



SUNY SULLIVAN

WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

FEBRUARY 2021

Wellness is the state of being in good health, especially as an actively pursued goal. Let's pursue this goal together!

Purpose

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The purpose of the SUNY Sullivan Wellness Program is to enhance the physical, emotional, and intellectual health of our employees and students by developing awareness through education and voluntary onsite health related programming, as well as by connecting employees/students to external resources through our benefits programs out of Human Resources and Student Activities.

Our goal is to create a culture of health that increases individual self-efficacy around personal wellness. This will ultimately improve employee/student morale, well-being and happiness, while concurrently lowering overall health care costs and improving productivity for our entire college community.



Goals & Objectives



The SUNY Sullivan Wellness Program has several goals,

1. To increase Health Awareness and Education through:

- o Disease Management Resources
- o Seminars and Classes
- o Blood pressure screenings
- o Biometric screenings

2. To increase nutritional knowledge through cooking and nutrition classes and by providing information on healthy eating options in the school cafeteria as well as nearby restaurants and through the promotion of our community gardens.

3. To provide wellness and fitness classes that encourage employees and students to be active

4. To promote a Tobacco-free Campus



WELLNESS WHEEL

Wellness isn't just about eating healthy and exercising. There are many aspects of our lives that affect our overall health and wellness. Each month the SUNY Sullivan Wellness Program will highlight a category of the wellness wheel below that will include activities and information relative to the topic. This month we will highlight **Social Wellness**.



The Danish Art of Hygge: Finding Contentment at Home (and with Others)

By Kenneth Luck, Ph.D.

Denmark is a country located in Northern Europe that has a long and storied history. It is also one of the coldest – and darkest – countries in the world. During the winter months, Danes can experience at least 17 hours of darkness. And yet, ironically, Denmark constantly ranks within The World's 10 Happiest Countries list, according to Forbes. Also, Denmark is the third healthiest country in the world.

How can this be? How can one of the coldest and darkest countries on the planet be one of the world's happiest?

Mindset plays a key role.

“Hygge” (pronounced “HOO-ga”) is the Danish art of happiness. Although a direct translation remains elusive, the word roughly means “coziness,” or, as author Olivia Telford describes, “. . . [t]he idea of positivity and enjoyment that comes from everyday experiences.” And although an individual may practice hygge alone – sitting in a corner absorbed in a good book – hygge may also be practiced with others.

February in upstate New York can have the same feeling as Denmark in February: cold, dark, and the feeling of isolation. And never mind the social restrictions that have been implemented in the past year during this ongoing global pandemic. But hygge may be one practice that can have a positive social aspect.

“Long, cold Danish winters encourage people to gather together, light candles against the dark, and hygge,” writes author Louisa Thomsen Brits. “But in the summer, Danes hygge together in public places, celebrating the light by spending as much time outside as possible, sitting together in gardens and parks with their faces turned to the sun.”

While it may be difficult to gather in groups right now, hygge reminds us that we can engage in small pleasures alone and in socially distant small groups as a way of practicing social wellness.

References:

Brits, L. T. (2017). *The Book of Hygge: The Danish Art of Contentment, Comfort, and Connection*. Plume Publishing, New York, NY.

Telford, O. (2019). *Hygge: Discovering the Art of Danish Happiness*.

What is Social Wellness?

Social Wellness is the ability to create positive connections with friends, family, professors, coaches, supervisors and anyone else in your life. Fostering positive relationships helps maintain good mental, emotional and physical health.

Researchers believe there is a direct link between social relationships and health outcomes. Having healthy relationships can help reduce stress, encourage and motivate you and offer emotional support which will impact your overall health and combat feelings of isolation and loneliness.

An important aspect of Social Wellness is making sure relationships are healthy. Healthy relationships require good communication skills, connecting with others and developing healthy attachments. The ability to know how to cope and improve unhealthy relationships and respect for yourself and others is important for creating good social wellness.

Signs of good social health:

- Balancing your social and personal time.
- Engaging with people in your community
- Maintaining and building strong relationships with friends
- Creating healthy boundaries that help with communication, trust and conflict management
- Turning to friends and family for support



[Click Here for more information!](#)

How to Stay Connected in a Time of Social Distancing...

- Use Video
 - Whether you're in class, in a meeting or chatting with friends and family, joining by video is a great way to feel connected. Seeing faces on a screen helps you and others to stay engaged! Often times we worry about how we might appear on video, but now more than ever people just want to feel connected to one another, the way you look on screen is a nonfactor!
- Go for a Virtual Group Walk!
 - Get physical exercise while improving your social wellness. Use technology to have your friends, family or coworkers join you for a walk. Facetime, Google hangouts, IG Chat, Messenger, Zoom, there are so many free apps that can help you and your family stay connected.
- Host a Virtual Party!
 - Don't let Social Distancing regulations keep you from connecting with the ones you love. Joining each other on video to celebrate a birthday, graduation, holiday or even Superbowl Sunday is a great way to continue to feel connected to the ones you care most about.
- Attend a Virtual Event!
 - If the thought of hosting intimidates you then attend a virtual event! Hop on with your camera off and get a feel for what things look like. When you're comfortable, turn your camera on and practice being engaged!
- Spend time Outdoors!
 - If video chats aren't your thing then use the great outdoors as a venue to meet up with family and friends while keeping a safe distance!



Activities to Cultivate Social Wellness



Additional Resources to Learn More About Social Wellness:

[Coping with COVID-19: Ideas for Staying
Connected in this Time of Social Distancing](#)

[Virtual Activity Ideas to Keep College Students
Engaged During COVID-19](#)

[Social Wellness Toolkit: 6 Strategies for
Improving your Social Health](#)

[What is Social Health? Definitions, Examples and
Tips on Improving Your Social Wellness](#)



Social Wellness: Finding Connections in the Era of COVID-19

By Kenneth Luck, Ph.D.

For the past year, finding and establishing social connections has never been harder. The coronavirus pandemic has interrupted life as we knew it: professionally, financially, politically – and yes – socially as well.

It is often said that humans are social creatures, and almost all individuals have been reminded of this in one way or another across the globe in the past year, as lockdowns, social distancing, and quarantines have taken effect.

Yes, we innovate. “Zoom” has become part of the lexicon. Socially distant events such as weddings, graduations, and holiday gatherings have become commonplace . . . all attempts for us to find some connection with others.

And why not?

Fields such as developmental psychology and social anthropology have well established for decades that socialization begins the moment at birth. (Some even argue that a form of prenatal socialization occurs, taking place before a person is born.) The phenomenon of “pareidolia,” for instance, highlights that an infant’s ability to prefer the shapes of human faces over random objects demonstrates that we are wired from birth to be social.

But the fact remains that humans are social beings, not unlike our relatives in the animal kingdom such as primates and higher-order insects like bees and ants. And apparently socialization may even extend further – into the realm of plants. In the “The Secret Life of Plants,” for example, authors Peter Tompkins and Christopher Bird explore how trees “communicate” by secreting chemicals when they are being attacked by a parasite, which may alert other nearby trees to take precaution. The science behind this is technical and complex and extends beyond the scope of this article, but the point is, that our planet Earth – our biosphere – may be one big social network. Zooming out and taking a wider view may remind us that although the COVID-19 pandemic has physically separated us for now, we remain deeply connected through culture and even through our biology with one another. Finally, it remains important to remember that we are not alone, even though at a glance we appear to be. Life continues to thrive, and soon the economy and social life will rebound, too.

As Dr. Ian Malcom, the fictional character in the beloved 1993 film “Jurassic Park”, said: “Life finds a way.”

References:

Tompkins, P., and Bird, C. (1989). *The Secret Life of Plants*. Harper and Row Publishers. New York, NY.

*Social Wellness starts with
YOU*



EVERY DAY IS A HOLIDAY

During the winter months it can be hard to find ways to stay occupied or entertained especially with the restrictions of COVID. Below are some fun ways to turn every day into a celebration with your children, family or friends!

Visit [Holiday Insights](#) for more fun ideas!

February is Black History Month!

[Click here](#) for
28 Ways to Celebrate Black History Month A different way to celebrate for each day of the month!

Feb 3rd- Feed the birds day go to the park or the back yard throw some seeds and watch them feed.



Feb 4th- Thank Your Mail Person Day- Leave them a card or thank them in-person!



Feb 6th- Eat ice Cream For Breakfast day-Rise and Shine with vanilla, chocolate or strawberry.



Feb 7th-
Super Bowl SUNDAY

Feb 10th-Umbrella Day-rain or shine you'll be covered. Create a fun and exciting item with things from around the house or the dollar store!

Feb 12th-Lost penny day-
It's not lost if used for a wish.



Feb 14th VALENTINE'S DAY
Send a card or note to a lucky recipient in a nursing home/military



16th -Mardi Gras -
Fat Tuesday

Feb 23rd Play Tennis Day- Grab a couple paddles and a ping pong ball and play on your kitchen table!



Feb 26th Tell a Fairy Tale

Feb 27th International Polar Bear Day!
Raise awareness about the conservation status of the polar bear!

Feb 28th Create a Floral Design



KICK THE HABIT!



Smoking can have a negative impact on your social wellness. Many people find it hard to quit because they use it as a way to socialize with other smokers. Other drawbacks can be the social stigma and isolation that comes with smoking from nonsmokers. Smokers are often forced to use designated smoking areas that are situated away from people and buildings.

Now is the perfect time to quit smoking and help your friends quit too! The social benefits of quitting include feeling less isolated. You can use the time to go for a walk with a friend and improve your physical health as well.



SUNY Sullivan is a Tobacco & Vape Free Campus!
Stop by the Health Services office or email Nurse Jones at pjones@sunysullivan.edu to get a free "quit kit" and information on free smoking cessation!



Did you know that the tobacco companies target specific communities?

According to Truth Initiative "In major cities like Washington D.C, there are up to 10 times more tobacco advertisements in black neighborhoods than other neighborhoods."

[Click here to learn more!](#)

In honor of Black History Month, watch [Black Lives Black Lungs](#), a documentary that explores the history, marketing tactics and impact of the tobacco industry targeting African Americans with menthol tobacco products. [Click here to watch!](#)





J ROCK YOGA ON YOUTUBE



Whether you are new to yoga or advanced, this channel is for you!! A new video is uploaded every week!!



SNOWSHOE WITH US JOIN US ON CAMPUS!

Join us for group Snowshoeing!! Snowshoes will be provided and attach to your winter or hiking boots. Masks should be worn. This event will be scheduled as weather permits. Keep an eye out for an email from the Wellness Committee!



GET FIT! LIVE VIRTUAL BOOTCAMP!

Whether you're trying to maintain your physique or improve your overall fitness, this at home workout is perfect for you. With certified trainer, Meaghan Mullally-Gorr, you'll be able to access **free live workouts** at 7:00am on Tuesdays and Thursdays held through a private facebook group. Complete the workouts live or whenever or wherever you want, no equipment necessary! Email Maura Caycho at mcaycho@sunysullivan.edu to join!



A MESSAGE FROM HUMAN RESOURCES

America Saves Week

America Saves Week (ASW) has been a national campaign since 2007. It is an annual event where a large network of organizations join together to encourage healthy savings habits and financial self-assessment by motivating and encouraging communities, employees, audiences of all ages to check their finances and make changes to build a financially better future. Thousands of organizations across different industries participate in America Saves week – from financial institutions to government entities to small business and colleges and universities.

For 2021, America Saves Week (ASW) runs from Monday, February 22nd through Friday, February 26th.

Please join us! Visit the website at <https://americasavesweek.org/> to register for this event.

Take this opportunity to review the savings available to you through SUNY employment, such as Direct Deposit, the SUNY 403(b), and NYSDCP, as well as the Financial Education & Planning Tools section of the SUNY Benefits web site.

ASW also offers a digital toolkit to help promote the week's themes this year, which are:

Monday, February 22nd: Save Automatically

Tuesday, February 23rd: Save for the Unexpected

Wednesday, February 24th: Save to Retire

Thursday, February 25th: Save by Reducing Debt

Friday, February 26th: Save as a Family

SUNY SULLIVAN INVESTMENT ADVISORS

TIAA

Investment Advisor: Curtis J. Cluster, Curtis.cluster@tiaa.org

Office: 716-862-5934

Retirement@Work

1-866-271-0960

<https://www.retirementatwork.org/suny>

FIDELITY

Investment Advisor: Derek Sams, Derek.sams@fmr.com

Participants Service Team: 800-343-0860

Plan#: 72777

<https://nb.fidelity.com/public/nb/suny/home>

AIG

Investment Advisor: Jeff McTiernan, Jeff.mctiernan@aig.com

Office: 518-783-6464

Participant Account Information: 800-448-2542

VOYA

Investment Advisor: Stephen P. Donella,

Stephen.donellajr@voyafa.com

Office: 315-682-3532

Participant Account Information: 800-584-6001





SUNY SULLIVAN

COMMUNITY LEARNING
FREE ONLINE SERIES



Presents

Suicide Prevention Training QPR

Question. Persuade. Refer.

Sullivan County currently has the highest suicide mortality rate in the Hudson Valley. Through this free 90 minute training you can become a QPR Gatekeeper trained to recognize the warning signs of suicide.

This one-session workshop held via zoom is 60 min instruction, 30 min Q&A designed to teach suicide warning signs and QPR's three life-saving skills:

- Question...the person about suicide
- Persuade...the person to get help and,
- Refer...the person to the appropriate resource.

Dates offered: January 15th, February 15th,
March 15th, April 15th, May 17th

Where: Via Zoom

Time: 4:00- 5:30pm

[Click here to register!](#)

This training is being presented by Jenny Sanchez
Mental Health Program Manager at Sullivan 180
Questions? email j.sanchez@sullivan180.org

Free CAP COM Federal Credit Union Financial Webinar Series

Money Matters

An informative discussion on how to develop financial confidence and build financial knowledge as you prepare for various life milestones. Attend this webinar to learn,

- What is a credit union?
- Understanding your credit score
- Student loan debt
- Car Buying
- Saving/ Retirement

February 19, 2021 at 12:00pm

[Click here](#) to register!

Saving for College: 529 Plans

Attend this webinar to learn how to afford the rising costs of college.

March 19, 2021 at 12:00pm

[Click here](#) to register!



LET'S GET COOKING WITH HAILEY!

HEALTHY SEASONAL RECIPES

ONE PAN BALSAMIC CHICKEN & VEGGIES

This recipe is from the blog "Chelsea's Messy Apron" for a yummy and healthy one pan dinner.

Ingredients:

6 tbs Balsamic Vinegar

1/2 c Zesty Italian Dressing

1 1/4 lbs of Chicken Tenders (or Breast)

2 Heads of Broccoli

1c Baby Carrots

1/2 pint Cherry Tomatoes

1stp Italian Seasoning

3tbs Olive Oil

1/2 tsp Garlic Powder

Optional: Fresh Parsley, Salt & Pepper to taste



Instructions:



1. Preheat the oven to 400 degrees F. Spray a large tray with non-stick spray (line with parchment paper if the pan isn't already non-stick) and set aside.
2. Whisk together the balsamic vinegar and zesty Italian dressing
3. Trim the tenderloins of fat. If using chicken breast, cut into small pieces to resemble tenders
4. Place $\frac{1}{3}$ cup of balsamic and Italian mixture in a large bag and add the chicken tenders. Coat and place in the fridge to marinate for at least 30 minutes and up to 6 hours.
5. Chop the broccoli into small pieces. Slice the baby carrots in half.
6. Place broccoli and carrots on the prepared tray with the cherry tomatoes, Italian seasoning, olive oil, garlic powder, and add some seasoned salt and pepper to taste.
7. Roast the veggies for 10-15 minutes
8. Remove from the oven and flip around. Section the veggies to one side of the tray and place the chicken tenders on the other side (discard the marinade). Brush $\frac{1}{3}$ cup of the balsamic and Italian mixture over the chicken.
9. Return to the oven and cook for another 7-15 minutes depending on the size of the chicken. Be careful not to over cook it, the internal temperature of the chicken should be at least 165 degrees F when done.
10. Serve the chicken and veggies with the remaining Balsamic and Italian mixture. Top with freshly chopped parsley if desired
11. Serve over Rice or Quinoa

JOIN OUR COMMITTEE!!

We are always looking for members to join our committee!! Students and employees are welcome!

If you are interested in helping us expand our wellness program and offerings, email us at wellness@sunysullivan.edu!!

If you have ideas or suggestions we want to hear from you!