



SUNY SULLIVAN

WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

DECEMBER 2021

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

Purpose

.....

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's newsletter will highlight **Emotional Wellness**.



Life After the Storm: Post-Traumatic Growth

By Kenneth Luck

In the wake of natural disasters, war, or any other traumatic experience, often times individuals will focus on the net loss of those experiences; in other words, emphasis is placed upon the negative impact of those experiences. And while it is probably not recommended to sugar-coat negative experiences, individuals do not automatically need to assume that a traumatic experience always results in a negative outcome.

This type of thinking, known as post-traumatic growth, places emphasis on positive outcomes rather than always focusing on negative outcomes.

According to authors in the American Journal of Orthopsychiatry – who published a paper titled “Posttraumatic Growth in Low-Income Black Mothers Who Survived Hurricane Katrina” – “Studies that focus only on the negative effects of disasters, however, may miss the broader picture, which in some cases includes self-reported positive psychological changes known as posttraumatic growth (PTG).”

The authors of the study continue: “The concept of personal growth through suffering is an ancient one, expounded on by writers through the ages, from Ancient Greek playwrights like Aeschylus, to the biblical stories of Job, to Nietzsche. After the Second World War, existentialist and humanist writers such as psychiatrist Viktor Frankl, who lived through the concentration camps, noted that making meaning out of suffering was central to successful human adaptation. Subsequent theorists . . . described growth resulting from cognitive processing wherein trauma survivors sought to rebuild their ‘assumptive worlds’ that had been shattered by trauma so as to establish safety and meaning.”



In other words, post-traumatic growth, although it has not always been called that, has been around for a long time. As noted above, authors such as Viktor Frankl in the aftermath of WWII focused on what can be learned after a traumatic experience. Additionally, decades before Frankl wrote, the German philosopher Nietzsche wrote a lot about how strength can be derived from pain, so these ideas are not new.

That said, however, as illustrated by the above mentioned study, researchers continue to probe this topic, as it remains relevant.

“[Post-traumatic growth] consists of positive psychological changes that arise from experiencing new opportunities that come to light as a result of a traumatic experience, as well as through the cognitive and emotional processing of trauma-related thoughts, sensations, emotions and memories,” the authors write. They continue: “[Previous research] identified five domains of PTG that they included as subscales in their PTG assessment instrument, the now widely used Posttraumatic Growth Inventory. These five domains are improved relating to others, enhanced spirituality, and a greater sense of personal strength, new possibilities, and appreciation for life” (my emphasis).

To conclude, post-traumatic growth stems from the aftermath of a traumatic event. As noted, although much emphasis has been placed upon the problems that emerge in the aftermath of terrible events, the silver lining is that positive growth is possible. Although more research in this area is needed, so far, the body of literature remains encouraging.

References:

Manove, E. E., et al. (2019). Posttraumatic Growth in Low-Income Black Mothers Who Survived Hurricane Katrina. *American Journal of Orthopsychiatry*, 89(2), 144–158.

What is Emotional Wellness?



According to scholars at the University of California, Davis, Emotional Wellness involves "the awareness, understanding, and acceptance of our feelings."

Signs of Emotional Wellness:

- Having the ability to talk with someone about your emotional concerns and share your feelings with others
- Saying "no" when you need to without feeling guilty
- Feeling content most of the time
- Feeling you have a strong support network i.e. people in your life that care about you
- Being able to relax
- Feeling good about who you are

Check in with your emotional wellness:

- Do you see stress as something you can learn from or something to avoid?
- Are you aware of your bodily sensations, emotions, and behaviors when you are stressed?
- Do you allow yourself to experience emotions, just as they are?
- How do you care for yourself on a daily basis?
- Are you able to ask for help when you need it?

unh.edu/emotional-wellness



Maintaining Emotional Wellness During the Holiday Season

By Kelsey Naylor- Adapted from NAMI (National Alliance of Mental Illness) California

The holidays can be a joy-filled season, but they can also be stressful and challenging.

Even for the healthiest individuals and families, this time of year can cause loneliness, depression, and anxiety. Additionally, for those already living with a mental health condition, stress from the holidays can contribute to worsening symptoms.

Whether you have an existing mental health condition or not, here are some suggestions for how you can reduce stress and maintain your emotional wellness during the holiday season:

Accept your needs. Be kind to yourself! Put your own mental and physical well-being first. Recognize what your triggers are to help you prepare for stressful situations. What is making you feel physically and mentally agitated? Once you know this, you can take steps to avoid or cope with stress.

Write a gratitude list and offer thanks. As we near the end of the year, it's a good time to reflect back on what you are grateful for, then thank those who have supported you. Gratitude has been shown to improve mental health.

Be realistic. Even pre-pandemic, the happy lives of the people shown in those holiday commercials are fictional. We all have struggles at one time or another and it's not realistic to expect otherwise. Sometimes, it's simply not possible to find the perfect gift or have a peaceful time with family.

Set boundaries. Family dynamics can be complex. Acknowledge them and accept that you can only control your role. It is also okay to say "no" to commitments and traditions that don't bring you joy.

Move your body. Schedule time to walk, hike, or join a fitness class. Daily movement that increases your heart rate naturally produces stress-relieving hormones and improves your overall physical health.

Set aside time for yourself and prioritize self-care. Schedule time for activities that make you feel good. It might be reading a book, going to the movies, getting a massage, listening to music you love, or taking your dog for a walk. It's okay to prioritize alone time if you need to recharge.

Limit alcohol and other substance use. They don't actually reduce stress: in fact, they often worsen it. If you're struggling with substance abuse, check out: <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Substance-Use-Disorders>

Spend time in nature. Studies show that time in nature reduces stress. Need to break away from family during a holiday gathering? Take a walk or a scenic drive.

Volunteer. The act of volunteering can provide a great source of comfort. By helping people who are not as fortunate, you can also feel less lonely or isolated and more connected to your community.

Keep up or seek therapy. If you're feeling overwhelmed, it may be time to talk with a mental health professional. They can help you pinpoint specific events that trigger you and help you create an action plan to change them. If you're already seeing a therapist, maintain your appointments through the holidays.



KICK THE HABIT!



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 smoking cessation!



[Click here](#) to read more about the stress cycle of smoking and the impact it has on emotional and mental health!



Mental Health: Finding the Help You Need

When your life spins out of control, asking for help is a sign of strength, not weakness.

The American Psychological Association (APA) advises that you get the help of a trained mental health provider if:

- You constantly worry
- You feel trapped
- You aren't getting any better with self-help
- You feel as if you can't handle things alone
- Your feelings are affecting your job, relationships, or sleep or eating habits

You should also get help if someone who knows you well suggests that you go to counseling. Or if you have an untreated problem with substance abuse. These are only some of the symptoms that call for getting help. You may have others that concern you.

Call 911

If you have thoughts of suicide, get medical care right away. Call 911 if you or someone you know is in immediate danger, or go to the nearest emergency room. Or call:

- National Suicide Prevention Lifeline at 800-273-8255; to talk to someone in Spanish, call 888-628-9454

Finding help

The first person to talk with may be your family healthcare provider. This is to find out if your symptoms may be caused by health conditions. If a health condition is not the cause, your provider may be able to suggest a mental health provider. The mental health provider you choose should be licensed by your state.

These are the types of professionals who provide mental health services:

- **Psychiatrist:** A psychiatrist is a medical doctor with at least 4 years of specialized study and training in psychiatry after medical school. Psychiatrists can provide medical and psychiatric evaluations, treat disorders, provide psychotherapy, and prescribe and monitor medicines.
- **Psychologist:** A psychologist has a master's degree in psychology or a doctoral degree in clinical, educational, counseling, or research psychology. Psychologists do psychological testing and evaluations. They are also trained to treat emotional and behavioral problems and mental disorders. And they provide psychotherapy and behavior modification. Psychologists can't prescribe or monitor medicines.
- **Social worker:** A social worker has a bachelor's, master's, or doctoral degree and is licensed to practice social work. A licensed clinical social worker (LCSW) can assess and treat psychiatric illnesses and do psychotherapy. They don't prescribe or monitor medicines.
- **Psychiatric or mental health nurse:** This is a specially trained nurse with a bachelor's, master's, or doctoral degree. Mental health nurses can assess and treat illnesses. They do case management and psychotherapy. In some states, some psychiatric nurses with advanced training can prescribe and monitor medicine. They are called advanced practice registered nurses or APRNs.
- **Licensed professional counselor:** A counselor has a master's degree in psychology, counseling, or a similar discipline and has postgraduate experience. Licensed counselors may provide services that include diagnosis and counseling. They don't prescribe or monitor medicines.

The cost of counseling services depends on if you choose a public or community-based provider, or one in private practice. The geographic area (for instance, rural versus urban) also effects the cost of care, as does the type of health insurance you carry.

You may get medicines from a psychiatrist and psychotherapy from another mental health provider (a psychologist or LCSW). If so, think about signing a waiver of confidentiality. This lets the providers share your clinical information. This clinical coordination helps ensure safe care. Know which provider you should call during a crisis.

Where to look

Finding the way to a solution can be as simple as making a quick phone call.

For example:

- Contact your employer's employee assistance program (EAP). You may want advice for relationship or financial problems, or you may need help for severe anxiety or drug addiction. An EAP can connect you to services you need.
- Contact your health insurance provider, as it may or may not cover mental health services. Your health plan may have a special phone number you can call to find out if you have coverage. You can also find out what services are covered and any limit on the amount the plan will pay. There may be restrictions on where you get services.
- Check with a community mental health center for guidance or a referral. You can find these centers online. They may be the most affordable choice for people who don't have access to an EAP or who have no mental health coverage. These centers offer many mental health treatment and counseling services. These are often available at a reduced rate if you qualify. They generally require that you have a private insurance plan, or that you are getting public assistance.

If you don't have health insurance or your insurance does not cover mental health, look for these resources:

- Pastoral counseling. Your place of worship can put you in touch with a pastoral counselor. Certified pastoral counselors are specially trained ministers, rabbis, imams, pastors, and priests in a recognized religious body. They have advanced degrees in pastoral counseling and professional counseling experience.
- Self-help groups. Another choice is to join a self-help or support group to learn about, talk about, and work on problems. These can include alcoholism, substance abuse, depression, family issues, or personal relationships. Be cautious when using online support groups. Red flags for online sites include those that promise a cure for your disease or condition, pressure you to purchase services or products, charge fees to attend, or suggest you stop traditional care (for example stop taking your medicines.)



An informed choice

Before seeing any mental health provider, be sure the person has training and experience in your area of concern. This could include alcohol, depression, gambling, domestic violence, family therapy, or marriage counseling. For licensed professionals, you can check your state's division of occupational and professional licensing to make certain the person is licensed. You can also check as to whether or not there is any pending disciplinary action.

You also have the right to choose a provider who can meet your cultural concerns. For example, if you're a woman dealing with domestic violence issues, feel free to ask for a female therapist. But a therapist doesn't have to be like you to be able to help you. What's most important is that the therapist is someone you feel comfortable talking with honestly. And he or she seems to care about your well-being.

The StayWell Company, LLC ©

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

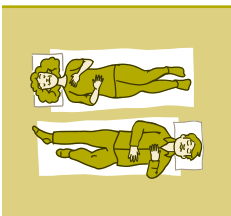


BRIGHTEN YOUR OUTLOOK

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

To develop a more positive mindset:

- ☐ Remember your good deeds.
- ☐ Forgive yourself.
- ☐ Practice gratitude. Create positive emotions by being thankful every day.
- ☐ Spend more time with your friends.
- ☐ Explore your beliefs about the meaning and purpose of life.
- ☐ Develop healthy physical habits.



REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage your stress:

- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Build a social support network.
- ☐ Set priorities.
- ☐ Show compassion for yourself.
- ☐ Try relaxation methods.
- ☐ Seek help.



GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

To get better quality sleep:

- ☐ Go to bed and get up each day at the same time.
- ☐ Sleep in a dark, quiet place.
- ☐ Exercise daily.
- ☐ Limit the use of electronics.
- ☐ Relax before bedtime.
- ☐ Avoid alcohol before bedtime and stimulants like caffeine or nicotine.
- ☐ Consult a health care professional if you have ongoing sleep problems.



BE MINDFUL

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

To be more mindful:

- ☐ Take some deep breaths in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- ☐ Enjoy a stroll, notice the sights around you.
- ☐ Practice mindful eating. Be aware of each bite and when you're full.
- ☐ Be aware of your body. Do a mental scan, bring your attention to how each part feels.
- ☐ Find mindfulness resources, including online programs.



COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To help cope with loss:

- ☐ Take care of yourself.
- ☐ Talk to a caring friend.
- ☐ Try not to make any major changes right away.
- ☐ Join a grief support group.
- ☐ Consider professional support.
- ☐ Talk to your doctor if you're having trouble with everyday activities.
- ☐ Be patient. Mourning takes time.



STRENGTHEN SOCIAL CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

To build healthy support systems:

- ☐ Build strong relationships with your kids.
- ☐ Get active and share good habits with family and friends.
- ☐ If you're a family caregiver, ask for help from others.
- ☐ Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- ☐ Take a class to learn something new.
- ☐ Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- ☐ Travel to different places and meet new people.

Six Steps to Improving Your Emotional Wellness

BE AWARE OF STRESS

Stress gets a lot of bad press, and there's a good reason for that. Left unmanaged and allowed to run out of control, stress can be a serious drain on one's emotional and physical well-being. No matter the source, personal or professional, stress has been identified as a major threat to one's overall health.

To manage stress better, make sure to take on activities that distract you from that which stresses you out. In other words, find an outlet that helps you contain the stress, such as playing sports, volunteering in the community, or trying yoga. Massage, guided relaxation techniques and tai chi are other methods that can be used to handle stress better and improve emotional wellness.

www.activebeat.com/your-health/6-steps-for-improving-emotional-wellness

SEARCH FOR BALANCE

All work and no play...can be disastrous. It's important to balance our lives with many different activities and access to different types of people. Spend too much time at work and you may find yourself becoming overly dependent on the people and tasks you find there. At the same time, you can start to hurt your personal relationships at home.

To improve emotional wellness, be aware of balance. Attempt to recognize the advantages of spending an equal amount of time in different places and with different people. Set realistic objectives and go about achieving them, but be careful to avoid overwhelming yourself.

THINK POSITIVELY

Tell yourself that you're not good enough for that job, promotion, sports team, or relationship and you may find yourself becoming the master of your own destiny. And while it's true that sometimes things don't work out, thinking positively can help improve your chances of reaching your goals.

Even if that's not the case in every situation, thinking positively can make you feel better and will make you appear more confident, assured, even more attractive in the eyes of others. There's simply no drawback to thinking positively instead of negatively—it's a huge part of improving your emotional wellness.

MOVE BEYOND MISTAKES

We all make mistakes. And we all know that humans, by nature, must make mistakes to learn from them. These mistakes are all around us—they're at work, they're at home, and they're everywhere between. The important thing to remember is that no one is perfect and most people recognize that all humans are capable of making mistakes.

Once you realize this you can begin to accept your mistakes and start the process of moving on from them. Remember that there's no way to go back in time to change what happened.

Instead, to improve your emotional wellness, recognize that the past is the past and think about how you can make up for the mistake through actions now and in the future.

THINGS CHANGE

To enhance and maintain your emotional wellness, it's important to take stock of your life during both good and bad times. During good times, recognize just how much better things are than when they were bad. Take a few minutes to appreciate your current state of affairs and think about the simple decisions that are within your control that can help you maintain or grow your positive feelings about the now.

If you're in a time of crisis—and let's face it, we all go through these moments in life—remember that things will get better. Chances are this isn't the first time you've struggled and chances are you found your way out of the valley before. Things will change.

RECOGNIZE THE VALUE OF SUPPORT

Some people have no problem reaching out to their family and friends for support in good times or bad. But others, some of whom may be more proud than others, have a hard time accepting the support of others.

However, maintaining and improving emotional wellness means accepting support. To turn it away is to deny that we are human and to dismiss the helping hand of an important family member or friend. And don't fool yourself—if someone genuinely wants to help, they are worth your attention.



The SUNY Sullivan Garden Club invites you to the 3rd Annual

Lighting the Trail Illumination Walk

Tuesday, December 11th

Meet in room B113 at 4:30pm

Participants will then be guided to the trail
located near Parking Lot 1.

Hot chocolate will be served before & after the walk.

Participants should wear proper footwear
and dress appropriately for the weather.

Happy Holidays to you all!

Exercise in the Paul Gerry Field House!

The Cardio Room, Fitness Room & Indoor Track are
available to current
Students, Faculty and Staff!

Sunday: 2:00pm-10:00pm

Monday: 8:30am-10:00pm

Tuesday: 8:30am-10:00pm

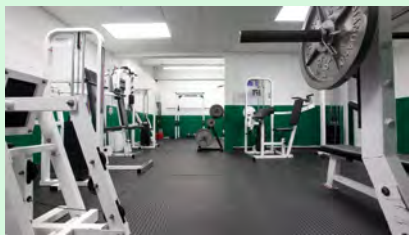
Wednesday: 8:30am-10:00pm

Thursday: 8:30am- 10:00pm

Friday: 8:30am- 10:00pm

Saturday: 1:00pm- 8:00pm

*Days and Hours are subject to change



NOW OPEN



LOCATED IN B105
WEDNESDAYS &
THURSDAYS
12:00PM- 3:00PM

For more info:
foodpantry@sunsysullivan.edu

Open to the entire SUNY Sullivan Community!

SUNY Sullivan and the Episcopal Diocese of New York are honored to announce the creation of our newly expanded Pantry.

We welcome ALL members of our SUNY Sullivan community as hunger has NO boundaries.

Our mission is to reduce hunger in our campus community by providing food, offering nutrition education, sharing access to critical resources, and instilling hope.

Through a network of partner agencies, we will provide access to quality and nutritious food and related supplies.

Stop by for all of your food and toiletry needs!

LET'S GET COOKING WITH HAILEY!

HEALTHY SEASONAL RECIPES



Parmesan Fish Sticks with Glazed Carrots

This easy and healthy dinner recipe is from the Pioneer Woman. Enjoy!

Ingredients:

For the fish sticks

2 Tbsp. olive oil

½ cup all purpose flour

1 tsp. kosher salt

½ tsp. black pepper

1 ½ cup panko breadcrumbs

½ cup fresh parsley, chopped

3 Tbsp. salted butter, melted

½ cup grated parmesan cheese

3 large eggs

2 lbs. cod or haddock fillets

For the carrots

1 ½ lbs. carrots, cut in half across

2 Tbsp. salted butter

2 Tbsp. packed light brown sugar

½ tsp. kosher salt

1 Tbsp. apple cider vinegar

2 Tbsp. fresh dill, finely chopped

Instructions:

1. For the fish: Preheat the oven to 450°. Brush a large rimmed baking sheet with the olive oil. Combine the flour, salt and pepper in a shallow bowl. Combine the breadcrumbs, parsley and melted butter in a separate shallow bowl and mix with a fork, then stir in the parmesan. Whisk the eggs in a third bowl.

2. Cut the fish into 1-inch-wide strips. Bread the fish by giving the strips a good coating of the seasoned flour, shaking off any excess. Dip in the beaten eggs until coated, then roll in the breadcrumb mixture, pressing to coat. Place the fish strips in a single layer on the baking sheet.

3. Bake the fish for 10 minutes, then flip and continue baking until the breading is golden and the fish is cooked through, another 5 to 8 minutes.

4. Meanwhile, for the carrots: Combine the carrots, butter, brown sugar, salt and 1/2 cup water in a large deep skillet over medium-high heat. Bring to a simmer, then cover and cook over medium heat until the carrots start softening, 4 to 6 minutes.

5. Uncover and cook until the water evaporates and the carrots are tender and glazed, 5 to 7 minutes more, adding the vinegar during the last minute of cooking. Remove from the heat, add the dill and toss. Serve with the fish sticks.





SUNY SULLIVAN FOOD PANTRY

Here are the non-food items we seek:

Soap (liquid and bars)

Full size toothpaste

Full size shampoo

Full size conditioner

Toothbrushes

Razors

Diapers (any size)

Feminine hygiene products

Paper towels and toilet paper

Laundry detergent and dryer sheets

Other non-food items



Located in B105

Stop in!

Wednesdays and Thursdays 12:00 p.m - 3:00p.m.



For more information, please contact Deb
at dwaller-frederick@sunysullivan.edu



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 90 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: The first Wednesday of each month,
beginning December 1

Where: Via Zoom

Time: 12-2 PM, & 5-7 PM

[Click here to register!](#)

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



SUNY SULLIVAN

COMMUNITY LEARNING FREE ONLINE SERIES

In partnership with



Presents

Legal Document Training Series

Sullivan 180 Community Health Champion, Attorney and Registered Nurse, Roberta Chambers Esq., will offer free classes on various topics to help people prepare for medical and estate planning. These trainings will help people to better understand the necessary documentation needed in order to ensure your final wishes can be carried out. These classes will provide a general overview and general templates for participants.

Each session will focus on one of the following topics:

- Health Care Proxy and Do Not Resuscitate Instructions (DNR).
- Powers of Attorney and Living Will
- Will
- Trusts
- Medicaid Planning

Dates offered: Monthly on the 3rd Wednesday

10/20, 11/17, 12/15, 1/19

Where: Via Zoom

Time: 5:00- 6:00pm

[Click here to register!](#)

Participants who attend every session will be entered in a raffle to win a free Legal Document Package prepared by Attorney Roberta Chambers!



SUNY SULLIVAN

COMMUNITY LEARNING FREE ONLINE SERIES

In partnership with



Presents

Nutrition and Wellness in the Catskills

Yes, we all "know" what we should do to be healthier--like eat more vegetables, drink more water, eat less junk food, and exercise on a regular basis. Yet for many of us, there is a big difference between knowing what is good for us and actually incorporating these behaviors into our daily lives. For some people, a dose of inspiration and motivation can help change our state of mind and build the willpower to begin to make healthier personal choices.

This class aims to be a catalyst for you to start or continue taking positive action in your own life, no matter where you might be in the journey. Eugene will present both conceptual knowledge and also practical life hacks that will help make those healthful changes incrementally more doable.

This class will also help you learn how "food can be medicine," discover our bodies' innate and extraordinary healing abilities, develop a healthful reverence toward an allopathic medical system, and open your eyes to some of the intricate nuances of food and our food system. It will also provide you with easy, straightforward solutions that can increase your general well-being.

The class will be guided by you and other participants, with the advice, guidance and insight based on the emails and questions sent in by the group members. Remember that this class is not intended to treat, prevent or diagnose any illness-- rather we aim to help you make general changes to help you along your health and wellness journey.

Date: Monthly on the 2nd Wednesday

Where: Via Zoom

Time: 5:00pm-5:45pm

[Click here to register!](#)

Questions? Email wellness@sunysullivan.edu



Monticello Teacher's Association

presents the 7th annual

TINSEL TROT

5K

Sat. Dec. 11th, 2021

10am

Rock Hill, NY

Sign up - <https://runsignup.com/Race/NY/RockHill/5thAnnualTinselTrot5kFunRun>





Seasonal Best Wishes From Your EAP!



All of us at your EAP extend our warmest wishes to you and yours over the holiday season. However and wherever you'll celebrate and with whom, we wish you happiness and peace! We look to the wonderful prospect of spending time with beloved family and friends who we missed last year. But remember - things won't always go according to plan. Embrace imperfection and be flexible – easing back to “normalcy” is a process. While things are starting to look brighter, we still face a second year of pandemic holidays. We still need to be cautious and limit our health risks.

And times are still tough for many who are struggling with loss, absence, financial worries, illness, stress, child/elder care issues, and more.

If your life is improving have patience and reach out to those less fortunate. And if you are struggling and things get to be too much during the season, keep the number to your EAP handy. We're here 24/7/365 if you need a lifeline. We have **counselors** and **coaches** that are ready to listen and help, even on holidays. Plus, there are more than **25,000 self-help tools** and resources at your fingertips in your online help center or app. Please reach out if we can help!

For more help, please visit our handy [2021 Holiday Survival Toolkit](#) for links and tools to many common holiday problems and issues.

SEASONAL REMINDER:

Don't dig yourself into debt over the holidays. If you accumulate \$1,000 debt on a credit card with a 16% interest rate and make \$25 monthly payments, it could take almost 5 years to pay off.

Covid-19 Holiday Safety

- Protect the vulnerable among us by getting vaccines and wearing masks.
- Avoid crowded, poorly ventilated spaces. Outdoors is safer than indoors.
- Wash those hands often and get your seasonal flu shot!
- Stay home if you are sick. Get tested if you have Covid-19 symptoms or are exposed.
- For more, see the [CDC on holiday celebrations](#).

Planning for a Fresh Start in 2022?

Resolutions can be a great way to quit bad habits or begin positive ones. Why not challenge yourself to learn something new or add one daily positive habit? **Here are a few ways to ensure success:**

- **Make meaningful goals.** Be honest with yourself about what you'd really like to change or accomplish.
- **Go in with a plan.** Focus on things that are within your control. Research the time, money and effort you need to be successful.
- **Be realistic.** Don't overdo it. Narrow down to one or two goals you'd most like to make.
- **Be positive.** Focus on the positives that the change will make in your life, not the hard steps you need to take to get there.
- **Expect obstacles.** Keep focused on your goal even if you have setbacks.
- **Call on your EAP.** Get support from coaches, counselors, wellness tools and a wide roster of courses to help you reach your goals.



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!