



Employee Wellness University of Wisconsin-Stevens Point

Leap into Spring S.L.O.W.

Start Living Optimal Wellness

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“Healthy as a Dawg Wellness Role Model

By: Jon Pahl

Congratulations to our *Healthy as a Dawg* Winner for Spring 2015- Julie Hellweg.

Some people are always using the saying “Practice what you preach.” Julie is a prime example of a leader that has shown this quality throughout her life. Not only has this helped her succeed, but she has also impacted others as well. As her friend and coworker (and person who nominated Julie) Diana Wilcott said “She often talks with me about how important it is to maintain balance in life between the demands of family, work and self.” We as humans often do not have enough time throughout the day, but as Julie says you need to set your priorities and mark down time for yourself.

Social

Julie believes that, “...we need to be with others and share different types of interactions.” She elaborates by saying when going through life, you need to develop relationships at a personal and a professional level. Having these relationships is what helps make your life move forward. Julie’s actions show the importance of the social element at both home and work. At

work she holds walking meetings, establishes pot lucks during the holidays, and offers advice to coworkers. Julie makes time in her life to explore possibilities and find new things that she enjoys doing.

Physical

Julie is a real go getter in the physical category, she has a schedule throughout the week to keep her active. One interesting fact is how she is always going outside of her comfort zone and trying new activities such as yoga. It seems that in any one dimension, Julie tends to bring other wellness dimensions into her life. Julie likes being outside while exercising because she feels at peace in the world and also has a strong sense of spiritual relationship in nature. By keeping herself in shape, she is giving herself the opportunity to be as healthy as she can for as long as she can.

Environmental

In this dimension, the one thing that really stood I how Julie has a deep respect for nature. Julie looks at nature as a thing of beauty.

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“A person of integrity expects to be believed and when they are not, they let time prove them right.”

Special points of interest:

Inside-

Check out results from the first wellness challenge.

Learn more about enhancing your wellness!

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Wellness Role Model *Continued*



"If you want to make a difference, all you need to do is believe in yourself."

- Julie Hellweg

Nature is here for us to succeed, the last thing that we should be doing is destroying it no matter how big or small it is. Julie understands this thought and takes it to heart, she is always trying to make things better, even if they are as small as picking up litter around campus. She has found peace with nature and truly looks at nature as a thing of beauty.

Career (Occupational)

During college, Julie knew she wanted to work with people. This led her to double major in sociology and psychology. While going through school she always had people telling her that you won't be able to do anything with these degrees in your life. Julie has taken these type of comments to heart and loves to prove those people were wrong. She is always trying to do more in her life and this pushes her to be the best person possible. "I am always willing to learn more throughout my life, and that's why I have two ears and one mouth." If there is one message Julie would try to pass onto others in the career dimension, it would have to be that life is a continuous journey where we are supposed to continuously learn. Don't be afraid to make mistakes but learn and grow from them.

Intellectual

Developing and strengthening the mind is just as important as keeping the body strong. Julie has tried to develop good habits by reading some sort of literature for fifteen minutes a day. She tends to favor books that are devoted for self-growth. When you look around her office, she has quotes posted all over that focus on moving from good to great. Having a positive mindset can affect positive self-worth, and can create the difference from falling short of a goal or becoming successful.

Emotional

The biggest thing that Julie could pass on about life is be true to yourself. Knowing yourself and being aware of your emotions helps you relate to emotions that other people are experiencing. Julie says she has found that throughout life you become more and more comfortable in your own skin. You need to learn to laugh at yourself and go outside of your comfort zone because more often than not you will find joy in everything that you do.

Spiritual

Growing up in a very spiritual family helped Julie build her life mission around the spiritual dimension. Julie says, "What I am is God's gift to me, and what I make of myself is my gift to God." She

knows and understands that people believe in different things and that is okay, as long as you know what you believe in and why you believe it. Julie feels strongly that if you trust in God and believe that he has a plan for every one of us, then God will ultimately direct and guide us into the right direction. Her belief is "God gives us skills and talents, and it is our job to nurture and develop these talents throughout our lives to become the best person that we can be." Julie also brought up a book called *The Potter's Plan* in which God is the potter and we are the clay. The potter might reshape you or resize you but this is because God has an ultimate plan for all of us.

Having met Julie, she has shown that being a wellness role model has been hard wired into her daily life. Julie has shown that she demonstrates all of the dimensions of wellness and lives them every day. She exemplifies this saying, "By taking care of myself, I can have my actions speak louder than words to model what I believe is healthy living."

It has been with an honor to award the Healthy as a Dawg Award to Julie Hellweg on her achievements and her wellness lifestyle. Congratulations from all of us here in the Employee Wellness class.

1st Ever Wellness Challenge!!!!

7 Dimensions of Wellness Challenge

The purpose of the Wellness Challenge was to encourage employees to improve their personal wellness in all seven dimensions – social, physical, emotional, career, intellectual, environmental, and spiritual.

The 9-week program included:

- Health Screenings
- Fitness Assessments
- Guest speakers on Tuesdays during lunch
- A variety of group fitness classes on Thursday evenings
- A cooking demonstration
- A grocery store tour
- Health and Wellness Coaching

If participants were not able to attend the events provided, they were given the opportunity to earn entries towards the prize packages by filling out a wellness wheel card. These cards described their participation in any activity of their choosing, in all seven of the dimensions of wellness.



The challenge helped me focus on all areas of wellness created a new sense of balance and accomplishment in my daily routine. The challenge was an inspirational way to bring in the spring and shed that winter feeling of not accomplishing much!

- Jackie Mather

-Jackie Mather



For each event attended or completed wellness wheel card, the participant received an entry to win awesome prize packages!

Physical Wellness: Jackie Mather and Tom Bertram

Emotional Wellness: Julie Hellweg

Social Wellness: Corinna Neeb

Environmental Wellness: Denise Heimstead and Trevor Roark

Spiritual Wellness: Annie Baker

Intellectual Wellness: Justin Rueb

Career Wellness: Kelly Smith



Fad or Fiction: Modern Health Trends

By: Kaitlyn Michiels

We are constantly overwhelmed with many different perspectives on how to get healthy. The instant access to information makes it difficult to sort through the overload of media's get-healthy prescriptions and answer the question, is this a fad or is this fiction? Below are a few current topics, busted.

GLUTEN-FREE DIETS: Gluten-free foods are becoming common and have become a very trendy diet topic lately. What's important to know is this is not like any other South Beach diet; there are two groups of people who need to avoid gluten: those with celiac disease, and those with gluten-sensitivity/gluten-intolerance. These medical reasons are the only necessary reasons to cut out gluten. There is very little evidence that links going gluten-free with good health.

THE TAKEAWAY: Unless recommended by a doctor, save yourself the trouble and

don't worry about ditching gluten, you'd be surprised how hard it is to avoid.

For more information visit:

www.celiac.org

EIGHT GLASSES OF WATER A DAY:

We've all heard this recommendation, mostly because it's easy to remember, and unfortunately it's not exactly the best rule of thumb to live by. There is little evidence that proves this high quantity of water intake is beneficial, although it does depend on factors that influence your water needs, such as exercise or illness. However, we can fulfill these needs far beyond the standard glass of H₂O; foods can supply a significant source of fluids as well as beverages such as milk or juice.

THE TAKEAWAY: As long as you are staying hydrated, do not stress on a specific quantity of water, you can get your fluids from many other sources beyond a glass of water.

For more information visit:

<http://www.mayoclinic.org/>

healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg=1

JUICING VERSES SMOOTHIES:

Smoothies and juices have always been marketed to have undeniable benefits as cure-all tinctures. However, there are definite factors to be aware of before making them a substantial part of your diet. Juicing does not contain the majority of fiber found in whole fruits, missing out on significant nutrients. Although smoothies do contain whole fruits, they can become highly caloric, often having as many as five or six servings at once without getting that same fullness of the whole food. Furthermore, when bought from cafes or restaurants, these beverages have a big question mark when it comes to their ingredients.

THE TAKEAWAY: Homemade juices and smoothies can be a positive every now and then, but whole foods should be your first choice.



The more you know:

Products that don't contain wheat are advertised as gluten free.

THE ULTIMATE TAKEAWAY

THE key to achieving and maintaining health weight isn't about short-term dietary changes. It's about a lifestyle.

Avoiding Miracle Health Claims

The [Federal Trade Commission](http://www.ftc.gov) (FTC), the nation's consumer protection agency, and the Food and Drug Administration (FDA) say it's important to learn how to evaluate health claims, especially if you have a serious condition. The main issue is that individuals spend billions of dollars a year on health-related products and treatments that not only are unproven and often useless, but also sometimes are dangerous. The FTC's [website](http://www.ftc.gov) states,

"Health fraud trades on false hope. It promises quick cures and easy solutions for a variety of problems, from obesity and arthritis to cancer and AIDS. But the "cures" don't deliver. Instead, people who buy them are cheated out of their money, their time, and even their health. Fraudulently marketed health products can have dangerous interactions with medicines people are already taking, and can keep them from getting a proper diagnosis and treatment from their own health care professional."

Check out the FTC's [website](http://www.ftc.gov) to find ways to evaluate health claims so you aren't a victim of fraud.

**BEING HEALTHY
AND FIT ISN'T A
FAD OR A TREND.
INSTEAD, IT'S A
lifestyle.** 

May The Forest Be With You

By: Ashley Schmidt



The 45th anniversary of Earth Day last Wednesday, April 22, often think of green makes us think about

engaging in green acts on that day. However, we need to continue to think green on every day. *Every day should be Earth Day!* If you're having trouble determining how to become a little more environmentally friendly though, there's no need to worry; *carbon mission: let's ditch this emission*, is here to help you. Here are some helpful tips on how you can reduce your carbon footprint:

- Turn of lights or electronics when not in use.
- Turn down the central heating slightly. A 1 degree reduction will help reduce your heating bill by about 8%. What's not to love about that?
- Fill your dishwasher or washing machine with a full load and try to air dry your clothes as much as possible.
- Do your weekly shopping in a single trip.
- Use energy saving light bulbs.
- Use the bus or train rather than your car. Carpool whenever possible.
- For short journeys walk or cycle. Buy foods that are in season locally.
- Reduce your consumption of meat.
- Recycle, recycle, and recycle.
- Buy organic produce whenever possible.

- sible.
- Support your local farmers market.
- Invest in a BPA free water bottle, instead of bottled water.

If you're more interested in ways in which you can reduce your carbon footprint check out one of these calculators listed below. You can see how your carbon footprint matches up to United States and World averages. Remember that together we can make a difference every day and the 'forest will always be with us' as long as we treat it well.

<http://www.nature.org/greenliving/carboncalculator>

<http://www.carbonfootprint.com/minimisefp>

Proper Working Conditions

By: Ben Berken

An often over looked dimension of wellness is career wellness. Career wellness can be a broad subject from setting future career goals to trying to get better sleep each night during the week. Ergonomics, or the science of designing workspaces to so that the people and their physical environment interact efficiently and safely is another aspect of career wellness. One specific area to keep in mind is improving working positions, stretching, and moving frequently throughout the workday.

For those of you who work in offices and are sitting a lot throughout your day, it is important that you are sitting and working properly. Here are some tips to be mindful of throughout your day:

- While typing, hands, wrists,

and forearms should be straight and parallel to the floor.

- Head should be level or slightly bent forward and is in line with the torso.
- Elbows stay in close to the body and are generally bent between a 90 and 120 degree angle.
- Feet should be flat and fully supported on floor.
- Footrest should be considered if desk height is not adjustable.
- Back is fully supported especially lumbar support.
- Posture should be vertical or slightly leaning back.
- Upper legs and hips should be fully supported by a well-padded seat and be parallel to the floor.
- Knees should be in line and at the same height as hips with your feet slightly forward.

Although these are great tips for your posture, you should not stay in the same pos-

ture for too long. Make sure to frequently change your working position throughout your day. You can make small adjustments to your chair or backrest as well as stretching your fingers, hands, arms, and torso. You could also stand up and walk around for a few minutes to bring proper blood flow back to your legs and feet. Also, see if stand-sit workstations are available for you!



The middle picture best illustrates a proper working position.

Feng Shui Everyday

By: Haley Palubicki

Cultivating your creativity, expressing your energy, and finding inner peace are all different examples of ways to practice the spiritual dimension of wellness. Perhaps one of the most important times to gather creativity, positive energy, and inner peace is at our workplace. WE spend more time at work than any other activity except sleeping.

One way to do this is to simply bring “Feng Shui” (a

4,000 year old art of balance and harmony in your environment) into your office space. Feng Shui is very individualized and based on each person’s vision, but some examples could be to paint your space a peaceful color or hang art pieces that have strong earth elements such as a waterfall or a mountain. Other examples could include a lamp with living light instead of fluorescent light or clearing clutter around your workspace to

relieve any oppressive or overpowering feeling from your mind. Your office or cubicle should feel like a sanctuary instead of a jail cell and this will lead to becoming a happier, more productive, more spiritually enhanced human being.

Marshall, E. (2006). Using Feng Shui to increase productivity, reduce stress in the office. *Health Care Stress Relief*.



Emotional Wellness

By: Jaren Starnard

According to the University of California-Riverside, “Being emotionally well is more than just handling stress. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.”

Emotional wellness was recently brought to life for me in an article I recently read. The story was about a family in New Hampshire whose priority was to maintain their emotional wellness and displaying it for all to see even in the face of tragedy.

Donald St. Laurent and Chris-

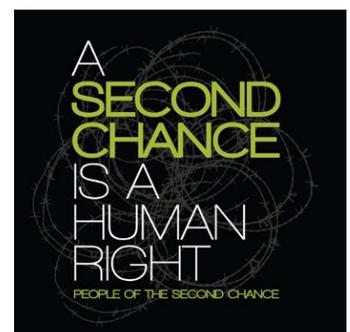
topher Bazar were roommates at college and in 2011 something happened that changed both of their lives forever. One night Christopher Bazar had a couple of drinks and smoked some marijuana. One thing led to another and Christopher accidentally shot and killed his roommate and close friend Donald. Most parents in this situation would want whoever shot and killed their son to pay the penalty and spend many years in prison...but not the St. Laurent family. Instead of seeking revenge, they pleaded with the court to shorten this young man’s sentence to four years, instead of ten, and eventually got Christopher released even earlier than that. Deborah, Donald’s mother, stated “He’s my other son, he loved my son and I loved my son more than life.” Don-

ald’s father also said, “I think he’s done his time. I think it’s something he’s going to have to live with the rest of his life. I also believe that people deserve a second chance.”

In addition to all of this, the parents of Donald St. Laurent invited Christopher Bazar to live with them and even offered him a job at the family business. This is a family, I think, that accurately shows what it means to have true emotional wellness and one who practices what they preach. Even in the heat of emotional distress they reached for forgiveness and understanding rather than hate and anger and that is something that we should all applaud.

Everyone should deserve a second chance and thankfully this family was able to do that for that young man.

See more about this story at: <http://www.nydailynews.com/news/crime/family-forgives-son-killer-helps-released-prison-article-1.1979574><http://www.nydailynews.com/news/crime/family-forgives-son-killer-helps-released-prison-article-1.1979574>



Train Your Brain: Improving Intellectual Wellness

By: Amanda Goltz

Have you ever wondered about your brain and how it all works? You make think that you are focusing on things you see right in front of you... but think again.

The TV show, Brain Games, by National Geographic provides an examination of the nature of human perception and how it can be fooled. After watching an episode of this show, you will find yourself questioning how your brain thinks! Here are just a few examples of how this show will have you playing Brain Games.

Common Sense:

Question: If I am running in a race and I pass the person in second place, what place am I in?

Were you able to answer this correctly? You would be in second place, but many people jump to the conclusion that you would then be in first place.

Your brain trades facts for efficiency; when faced with a problem, your brain

is naturally wired to use short cuts to save time and energy, answering based on past experience (what we call common sense) leaves open the possibility that you are incorrect.

Deception:

A cake stand is set up in a crowded area, with two cakes for taste testing. One cake is retailed at \$15 and the other cake is retailed at \$55. Which cake would you eat? Which cake do you think would taste better? Many people sampled both cakes and all concluded that the \$55 cake tasted better. The catch.... They are the same exact cake!

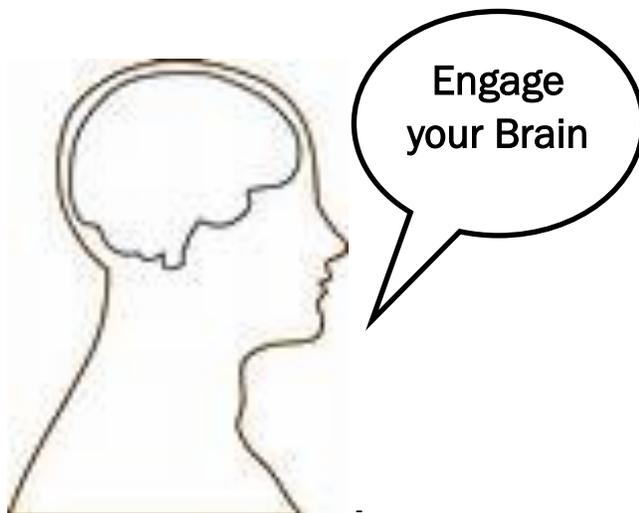
Why did their brain make it seem like one tasted better? Seeing a high price tag often makes the brain believe that the product is better. By simply putting a higher price tag on one cake, it tricks your brain in to thinking that the cake must be made with better ingredients or by a more

experienced cook.

Earworms:

Have you ever had a song stuck in your head all day? No matter what you do, you can't stop humming it or hearing it in your brain. These tunes are called earworms. So what makes these earworms so catchy? Earworms consist of lots of repetition, upbeat sounds, and a back and forth beat; your brain is attracted to the simple repetitive melody and rhythm. The easier it is to hum along to, the more your brain likes it. Music labels and advertisers use your addictive tendencies to their advantage by putting these earworms in the background of their music and advertisements.

Fascinated by these Brain Games? Go to <http://natgeotv.com.au/tv/brain-games/> and let your brain explore!



	1	4	2	5	
5					6
		3	1		
7	5			4	8
2	8			5	9
		9	6		
6					2
	7	1	3	4	

The objective of Sudoku is to enter a digit from 1 through 9 in each cell, in such a way that:

- Each horizontal **row** (shown in pink) contains each digit exactly **once**
- Each vertical **column** (shown in yellow) contains each digit exactly **once**
- Each subgrid or **region** (shown in green) contains each digit exactly **once**



Employee wellness team (L-R, Alex Grahn, Jon Pahl, Haley Palubicki, Dr. Ann, Caitlin Ahlberg, Bobby Cieplewski) with Dr. Ann Kulze, author of *Eat Right for Life*.



Employee Wellness Team: (Left to Right)

- Kaitlyn Michiels
- Amanda Goltz
- Ashley Schmidt
- Ben Berken
- Jaren Sternard
- Alex Grahn
- Haley Palubicki
- Bobby Cieplewski
- Jon Pahl

Not pictured:

- Scott Morin
- Caitlin Ahlberg

