

UWSP Employee Wellness Newsletter

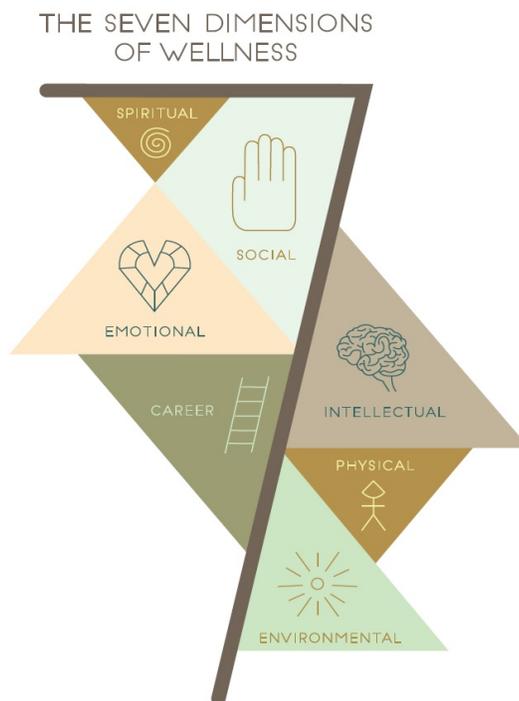
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A student publication edited by: Hailey Kunavich & Kayla Ahles

The Many Dimensions of You By: Hailey Kunavich

What does wellness mean to you? What do you think it means to be truly healthy? Most minds run to the physical aspects of well-being such as exercising regularly, sleeping well, eating enough fruits and vegetables, and avoiding junk foods. We often forget that health includes many different dimensions, and the physical dimension is just one of these. In this day and age, it is important to adopt what can be referred to as a holistic view of wellness. Holistic wellness takes the stance that the body, mind, and spirit are not separate entities but rather interconnected components of a person's well-being; what affects one component affects the others. As explained by the National Wellness Institute, "Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment."



At UWSP, we break down wellness into seven different dimensions. These include Social, Physical, Emotional, Career, Intellectual, Environmental, and Spiritual. Social wellness involves one's ability to connect with others and maintain positive relationships with all the people in their life. The physical dimension includes keeping a healthy quality of life that allows one's body to effectively accomplish what it needs to

throughout the day by adopting healthful behaviors and avoiding destructive ones. Emotional well-being deals with one's ability to look inward by recognizing and sharing feelings such as hope, love, and happiness as well as fear, anger, and sadness. Career wellness is gained by achieving personal fulfillment in one's occupation within their chosen career

while maintaining a balance between work and home. The intellectual dimension is keeping an open mind to new ideas and experiences, the improvement of skills, and a lifelong pursuit of learning. Environmental wellness is not only recognizing one's responsibility for the health of our earth, but also contributing positively to the surrounding environment which includes home, community, and the world. Finally, spiritual wellness is finding

balance and peace through knowing one's values and purpose in life while aligning their actions with those values.

Each dimension represents an integral part of well-being. The American Holistic Health Association calls this understanding "an approach to life". No matter what state of physical health a person may be in, it is always possible to improve a state of well-being. Moving towards a better well-being means moving towards a better you, and there has never been a better time to start!

Dedicated to Employee Exploration of the Seven Dimensions of Wellness

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The Silent Killer

By: Kayla Ahles

At one point in your life someone has checked your blood pressure. However, after getting the reading, you may not have understood what the numbers meant. Blood pressure affects your health in a variety of ways and it is important to understand what your numbers mean.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

<http://www.heart.org>

According to the American Heart Association, blood pressure is force exerted against the walls of your arteries. A normal blood pressure is less than 120/80. The top number is your systolic, which measures the pressure in the arteries when the heart beats. The diastolic is the bottom number and measures in the arteries when the heart muscle is resting between beats and refilling. Hypertension, or “the silent killer” is when a doctor diagnoses long term, elevated blood pressure of 140/90 or above. It is called the silent killer

because high blood pressure is a symptomless disease. Some factors that could influence your risk for high blood pressure include:

- Smoking
- Lack of physical activity
- High sodium diet
- Being overweight or obese
- Prolonged stress

This semester the Employee Wellness team screened 190 employees with an average blood pressure of 121.9/80.5. This puts our campus blood pressure in the category of prehypertension .

Ways to prevent/reduce high blood pressure:

- Reduce sodium
- Manage stress
- Enjoy regular physical activity (30 minutes, 3x a week)
- Avoid tobacco smoke
- Maintain a healthy weight
- Be informed

Not only will the activities listed above help reduce high blood pressure, but they may also impact other aspects of your life such as your overall well-being. Also, be sure to have any changes approved by your

Pictured to the right is Rob Kobiske, Technical Operations (N&I), having his blood pressure taken.



Finding Your “Why”: An Interview with Sean Foy

By: Sean Puffer

On Wednesday, April 6th, our campus was host to the Ministry Health Care Worksite Wellness Summit, where field-leading experts and health professionals gathered to present and network at a conference of wellness information and resources. One of these experts was keynote speaker Sean Foy. We were granted the opportunity to conduct an interview with Sean after his presentation in which he shared his thoughts on how we help the everyday person make changes to their health.

Every country around the world has the same issues when it comes to wellness. As Sean would put it, individuals all have problems finding the answer to the “why”, as in why their health needs to change and why it is worth doing. He says the reason people may have issues finding their “why” is because of how technologically advanced we are these days.

We find ways to occupy the mind instead of finding “why”. We are very technologically involved, which gives us many outlets to not answer “why”. We have become desensitized when it comes to feeling sorry for our actions. Our technology has consumed our lives and consequently lessened our capacity for empathy.

Sean has some insight on how to help this technologic dependency. He says that instead of just finding a way to distract ourselves, we should be opening up and accepting support rather than hiding things. It is important to have support in all aspects of life. Try finding someone to open up with about your life. We may say things are all fine and dandy, but the truth is we are a mess. Some generations

struggle more than others, but it is important to open up none the less. We must understand the importance of accepting where we are and finding people that are accepting of us and our situation.

Now there is one other thing that we seem to lack, and that is listening. Listening could mean that you just listen to someone without interruption, but that is not always easy. Sean

says that when it comes to fitness, it seems as though people hear the same thing about what they should do over and over, which he likes to call the “blah blah blah”. In this situation, people need to be truly heard and offered a personalized solution, rather than hearing the stereotypical list of ways to lose weight. Sean says, “The best exercise is the one you will do.” This could be something as simple as walking. We have to walk during the day anyway, so no matter what, everyone is

already exercising. He also brought attention to the importance of keeping accountable with the fitness goals and activities we set for ourselves.

Sean’s main message is that there are many ways to integrate fitness activities into your everyday routine, whether it be at home or in the workplace. If you would like some easy ways to get started, you can check out Fitness that Works by Sean Foy. In this, he takes normal everyday activities and puts a fitness spin on them. So the next time you are thinking about starting to workout or continuing your fitness journey, always remember that “the best exercise is the one you will do”.



Sugar Awareness

By: Sean Puffer

It seems as though we eat or drink things that we enjoy the taste of rather than caring about the nutritional value. Every day we see advertisements for things that taste good and are not the healthiest thing for us, but still may end up eating or drinking these at some point in the day. When looking at most of the advertisements we see, they usually revolve around being high in fat and sugar, but here we will focus on the sugar.

If you look at the dietary recommendations for this year, you will see that the USDA has now made a new recommendation for daily sugar consumption. The new recommendation is for the sugar content of the day to be less than 10% of your total calories.

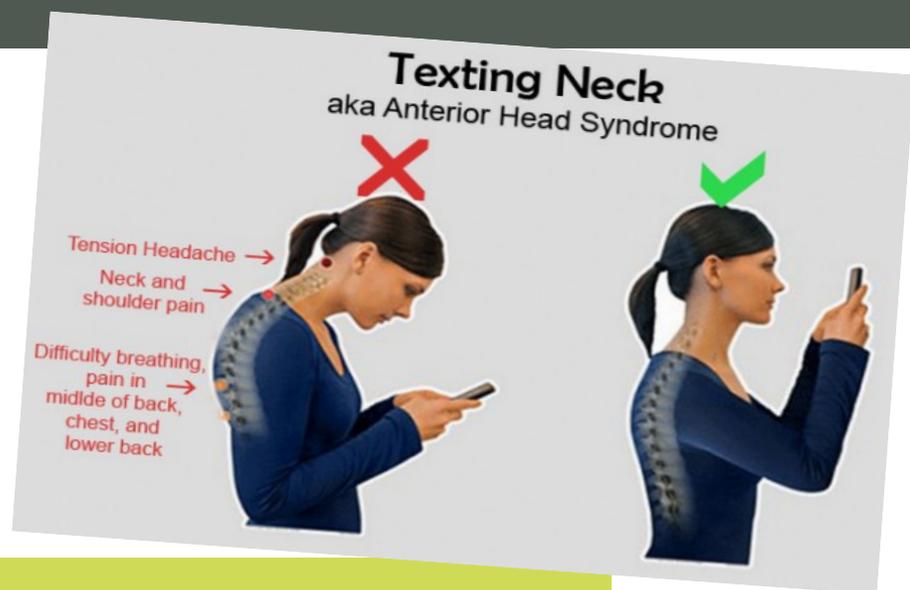
Now if we try and make sense of this recommendation on a 2,000 calories diet, that means the goal is to take in less than 200 calories of sugar every day. To make this a little easier to understand, we could break it down to how many grams of sugar that would be. A gram of sugar is equal to 4 calories, so 200 divided by 4 would equal 50 grams of sugar. That is roughly the amount of sugar in two cans of soda, as a can of soda has approximately 30 grams of sugar. If we want to stay below this, we need to make healthier choices when it comes to what we eat or drink on a daily basis. A quote we should live by comes from Jim Rohn: "Take care of your body. It's the only place you have to live."

TEXTNECK

By: Kayla Ahles

Text neck, a widespread overuse of handheld mobile technology is resulting in a harmful and dangerous physical condition on the human body. If you are a regular cell phone user, follow these tips to reduce your risk of text neck:

- o Hold your phone up when you text or play games, instead of looking down.
- o Dictate. If your phones texting app has a dictation, use it.
- o Take frequent, regular breaks. Avoid prolonged bouts of texting, gaming, surfing the web, or reading emails.
- o Support your range of motion. When you take the time to exercise, focus on movements that will strengthen your neck, back extensors, rhomboids, and latissimus dorsi muscles.
- o Stay hydrated. Proper hydration all day long eases stress throughout the body, from the neck down.
- o Communicate with friends and family another way. Leave a voicemail, send an email from your desktop computer, or better yet, get together in person to enjoy a cup of coffee with your phones safely stowed away.



SOCIAL WELLNESS BY: WESLEY TITUS

According to worldbank.org, the United States has a Gross Domestic Product of \$17,000,000,000,000, yet anxiety disorders which include the depression and the feeling of isolation are the most common mental illnesses in the U.S. These affect 40 million adults in the United States, or 18% of the population.

According to the National Institute of Mental Health, these anxiety disorders are highly treatable, yet only one-third of those suffering receive treatment. How can this world full of cell phones, laptops, and smart televisions, have higher rate of having the feeling of alone? Through technology we should be able to engage in conversation with people around the world. How can the reaches of communication be greater than ever and still have people feel alone? The benefits of being social are endless but this isolation still haunts us.

Health Benefits of Sociability:

Social support may have indirect effects on health through enhanced mental health by reducing the impact of stress or fostering a sense of meaning and purpose in life (Cohen 2004; Thoits 1995).

Being social triggers physiological effects (e.g., reduced blood pressure, heart rate, and stress hormones) that are beneficial to health and minimizes unpleasant arousal that instigates risky behavior (Uchino 2006).

Personal control refers to an individual's beliefs that they can control their life outcomes through their own actions. Social ties may enhance personal control (perhaps through social support), and, in turn, personal control is advantageous for health habits, mental health, and physical health (Mirowsky and Ross 2003; Thoits 2006)

Tips to improve Social Wellness:

Ask someone how their day is going today.

Do not eat lunch alone.

Call five people every week and talk for thirty minutes. it can become fun again.

How to Exercise your Brain

By: Jeremy Reedy

Science has shown that the brain is amazing at adapting and learning more information no matter what age therefore, it is important to continue challenging and exercising the mind. According to helpguide.org, a site dedicated to improving personal health and happiness, there are 4 key elements to make a brain exercise successful:

- 1) **It teaches you something new.** No matter how intellectually demanding the activity, if it is something you are already good at it is not a good brain exercise. The activity needs to be something that is unfamiliar and out of your comfort zone. To strengthen the brain, you need to keep learning and developing new skills.
- 2) **It is challenging.** The best brain-boosting activities demand your full and close attention. It is not enough that you found the activity challenging at one point. It must still be something that requires mental effort. For example, learning to play a challenging new piece of music counts, while playing a difficult piece you have already memorized does not.
- 3) **It is a skill you can build on.** Look for activities that allow you to start at an easy level and work your way up as your skills improve —always pushing the envelope so you continue to stretch your capabilities.

Continued..

When a previously difficult level starts to feel comfortable, that means it is time to tackle the next level of performance.

4) **It is rewarding.** Rewards support the brain’s learning process. The more interested and engaged you are in the activity, the more likely you will be to continue doing it and the greater the benefits you will experience. So choose activities that, while challenging, are still enjoyable and satisfying.

The key point to exercising your brain is to improve learning and memory. There are some practical tips that can be applied for this: **pay attention, involve as many senses as possible, relate information to what you already know, focus on basic ideas when learning complex material, rehearse information you’ve already learned, and use mnemonic devices to make memorization easier.** Here are some examples of mnemonic devices:

Mnemonic device	Example
Visual image – Associate a visual image with a word or name to help you remember them better. Positive, pleasant images that are vivid, colorful, and three-dimensional will be easier to remember.	To remember the name Rosa Parks and what she’s known for, picture a woman sitting on a park bench surrounded by roses, waiting as her bus pulls up.
Acrostic (or sentence) – Make up a sentence in which the first letter of each word is part of or represents the initial of what you want to remember.	The sentence “Every good boy does fine” to memorize the lines of the treble clef, representing the notes E, G, B, D, and F.
Acronym – An acronym is a word that is made up by taking the first letters of all the key words or ideas you need to remember and creating a new word out of them.	The word “HOMES” to remember the names of the Great Lakes: Huron, Ontario, Michigan, Erie, and Superior.
Rhymes and alliteration – Rhymes, alliteration (a repeating sound or syllable), and even jokes are a memorable way to remember more mundane facts and figures.	The rhyme “Thirty days hath September, April, June, and November” to remember the months of the year with only 30 days in them.
Chunking – Chunking breaks a long list of numbers or other types of information into smaller, more manageable chunks.	Remembering a 10-digit phone number by breaking it down into three sets of numbers: 555-867-5309 (as opposed to 5558675309).
Method of loci – Imagine placing the items you want to remember along a route you know well, or in specific locations in a familiar room or building.	For a shopping list, imagine bananas in the entryway to your home, a puddle of milk in the middle of the sofa, eggs going up the stairs, and bread on your bed.

MAY 7, 2016

Portage County Cultural Festival at SPASH, 10a.m. to 5 p.m.

JUNE 4, 2016

Walk Wisconsin Stevens Point, All Day

JUNE 14, 2016

Farmshed Community Potluck, 6:30-8:30 PM

AUGUST 6, 2016

Boys and Girls Club Bike-a-thon at ATG/Travel Guard, 7 a.m. to 1p.m.

HEALTHY AS A DAWG

By: Cassie Dewey

The Wellness Role Model program recognizes deserving employees and faculty who demonstrate exceptional wellness practices by engaging in all of the seven dimensions, being spiritual, physical, emotional, career, intellectual, environmental, and social wellness. This semester, we had outstanding nominations and are recognizing not one, but



two wellness role models: *Ann Klosinski* (left) and *Tammy Naczek* (right).

Ann has been with UWSP for 31 years and is the University Conference Coordinator. She is a former volleyball player but was injured and required surgery. Realizing she was becoming discouraged because of her injury, she decided it was in her best interest to keep moving. Ann participates in group fitness classes at the Allen Center. Her favorites are Insanity, cycling, and body sculpting. Additionally, she organizes a workout group for other faculty members during their lunch hour. Ann also comments on her spiritual wellness practices, stating that she believes that we all have

opportunities which we need to feel are fulfilled. In her spare time, she is a guardian for at-risk elderly in Portage County. This program helps keep her busy and keep perspective. Ann is a great mentor to all that surround her, spreading kindness wherever she may go. She notes that wellness helps her be a better mom, wife, worker, and most importantly happier.

Tammy is a part of the CNR at the university. Tammy takes pride in practicing physical and social wellness. She participates in fitness classes at the local YMCA and enjoys taking walks on her breaks on campus. "Moving is amazing," Tammy explains. Career connections are something that Tammy is also known for; she greets everyone she meets and introduces others while creating a positive environment wherever she goes. A big part of Tammy's life is meditation. Meditation has helped decrease her stress levels as well as food cravings, giving her a more positive outlook on life. Wellness is a goal that Tammy has intrinsically been motivated to improve. She has met many of her goals, but is also excited to see what the future holds. Tammy states, "It is never too late to start change."



These are just two examples of wellness lifestyles on campus. The numerous nominations that we received this semester were wonderful. Therefore, we would like to give honorable mention to *George Heeres III*.

Cheesy Cauliflower Soup

Ingredients

- 1 medium head cauliflower, broken into florets*
- 1 medium carrot, shredded*
- 1/4 cup chopped celery*
- 2-1/2 cups water*
- 3 tablespoons butter*
- 3 tablespoons all-purpose flour*
- 3/4 teaspoon salt*
- 1/8 teaspoon pepper*
- 2 cups 2% milk*
- 1 cup (4 ounces) shredded cheddar cheese*
- 1/2 to 1 teaspoon hot pepper sauce, optional*



Directions

In a large bowl, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain). In another large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted. Add hot pepper sauce if desired. Stir into the cauliflower mixture. Yield: 8 servings (about 2 quarts).

Greek Quinoa and Avocado Salad



Ingredients

- 1/2 cup uncooked quinoa, (rinsed and drained)
- 1 cup water*
- 2 roma tomatoes, (seeded and finely chopped)
- 1/3 cup finely chopped red onions (1 small)*
- 1/2 cup shredded fresh spinach*
- 2 cup fresh spinach (for presentation)*
- 2 tablespoons olive oil*
- 2 tablespoons lemon juice*
- 1/2 teaspoon salt*
- 2 ripe avocados, (halved, seeded, peeled and sliced)
- 1/3 cup crumbled feta cheese*