

# Happy & Healthy Holidays

# 2017

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## UWSP Employee Wellness Newsletter

A student publication edited by: Rachel Kubacki & Katie Uhlenbrauck

### Who we are?

UWSP Employee Wellness is a student lead group of practicum students that are committed to providing employees with important information pertaining to wellness promoting events and activities. This practicum is lead by Sallie Scovill, PhD, associate professor in the School of Health Promotion and Human Development. Health Promotion and Wellness students design and facilitate many programs held on campus. You may have seen us administering blood pressure checks to all faculty and staff. We also put together the Safety and Wellness fair, Healthy as a Dawg challenge, and help promote activities for Risk Management and the Employee Assistance Program.



*Picture of the Employee Wellness Team*

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# Healthy as a Dawg Winners

By: Kalyn Dempsey

**T**his year's Healthy as a Dawg winners are Maggie Watson and Laura Bell. Both ladies, who are your fellow colleagues, demonstrate exceptional wellness and are great role models for the rest of the faculty and staff on campus.

**Maggie Watson** is from the Communication Sciences and Disorders Department located in the College of Professional Studies (CPS) Building. Maggie was nominated due to her exceptionally well-rounded wellness journey. Maggie regularly attends church and is involved with the community outreach programs that they provide. She is often found working out in the Cardio Center and rides her bike to work when the weather permits. She speaks highly of her career and loves what she does. She also encourages others in her department to recycle. She enjoys spending time with her friends and family and promotes wellness to them also.



**Laura Bell** is the Interim Vice Chancellor for Enrollment Management located in the Student Services Building. Laura was nominated because she shows strengths in multiple areas of wellness. She offers exceptional social support to her friends, especially during a time of need. She demonstrates an ability to handle and copes well with her emotions. She dedicates her time to working out, maintaining a well environment, and continues to expand her knowledge. These are some major contributors to what made Laura one of this semester's Healthy as a DAWG!



Both winners interviewed with us to provide insight on how to maintain a personal wellness journey. The first question asked was "How do you maintain wellness over the holidays?" Maggie and Laura both explained that they keep up their regular exercise schedule. If one day is skipped it easily turns into 3, which then becomes a

## *Advice on maintaining wellness over the holidays from these Healthy Dawgs:*

- \* *Maggie knows the holidays will be busy so she stays ahead of schedule so that her schedule doesn't control her*
- \* *Laura is mindful about what she is eating over the holidays so she feels healthy and happy*

week, which then can easily become a few weeks and so on. Maggie explained that she knows that it will be a busy time of year, so she stays ahead and doesn't let her busy schedule control her. She also said her family shares meal prep for the holidays to take the stress off one person preparing it all. Finally, Maggie explained that her family doesn't exchange gifts. They simply buy items for charity and donate them instead. This is less stressful and those in need appreciate it. For Laura, she uses discipline and is mindful when it comes to what she chooses to eat. She pays attention to what foods makes her not feel good and then avoids eating these completely; for her it is sweets.

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*“Do one thing  
a day that  
scares you.”*

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The next question was “What’s your motivation to be well?”. Laura explained that it makes her feel happy. She notices an increase in her energy level, has a more positive outlook on the upcoming day and on life in general. Laura also is motivated by her children; she wants to be able to run around and play with them. Maggie explained she likes the feel-good glow she gets. She says it helps promote positivity, feel accomplished, and relieves boredom from long days of sitting at her desk.

The final question was “What is your easiest and hardest dimension of wellness to achieve?” Maggie said without out a doubt that her favorites are social and emotional wellness. She believes these di-

mensions are tied so closely together for they count as one,. She stated, “emotion drives what you do socially.” Maggie says that all are important and fairly easy to maintain. She believes in balance and this has come through practicing throughout a long wellness journey. Through this journey she learned that you cannot avoid any of the dimensions in becoming a well-rounded and healthy individual. Laura said that her least challenging dimension is environmental because t it encompasses all the other dimensions. Within her environment there is physical activity, strong friendships, a good career, learning, and emotional healthy. Her hardest to balance dimension is spiritual because she feels as though it is her least defined dimension. In a traditional sense, it’s something that has never really been a priority to her and can be confusing.

Laura wanted to end with this quote from Eleanor Roosevelt “Do one thing a day that scares you”. Another quote she had was “stop acting like you live twice.” Your life doesn’t begin to change until you begin to step out of your comfort zone and you only get one life so live it to the fullest!



***Advice on maintaining wellness over the holidays from these Healthy Dawgs:***

- \* Stay on track: Both winners recommend maintaining a regular exercise schedule because one day skipped can turn into skipping the whole month***

# Managing Holiday Stress

By: Luke Reynolds

**W**ith the holidays right around the corner stress levels increase for many individuals. Almost everyone has experienced the negative symptoms of stress which makes it an important area of focus to try and manage. Here are some ways to manage stress that will be beneficial for you during the upcoming holidays.

## Eat healthy foods

This is an important tool when trying to manage your stress. During the holiday season there are several temptations that arise, such as gingerbread cookies, snickerdoodles, and many more. When we eat these sugary treats in large amounts it can lead you to feel crummy either from a sugar crash or the stress and guilt that comes with gaining a few pounds. A great way to avoid this is to eat in moderation. You can still enjoy your holiday treats, but don't go overboard. You can also try to stay away from large amounts of caffeine. It may help you feel you get more done but, the crash the follows can lead you to feel sluggish and gloomy. Try to replace your coffee with tea or again drink it in moderation.

## Practice Mindfulness

A really hot topic today is Mindfulness. During the holiday seasons we are constantly trying to get things done; taking on way too much for

one person to handle. Because of this, sometimes the holiday zooms by without us really getting the chance to enjoy it. Mindfulness helps you to slow down and enjoy the events that are happening right in front of you that you might not pay attention to normally. It's key to ask yourself throughout the day how certain events make you feel. For example, after you finish wrapping a few presents and before moving on to the next task, take a second and experience the feeling of accomplishing a small task. These small practices help you stay in the moment and enjoy the little things more and help you to stop worrying about things a little less.

## Get plenty of sleep

With the added stress from the holidays it can be difficult for some people to get to sleep. Thinking about the laundry list of things that still need to get done tomorrow, or the list of things we couldn't get to today can keep us up at night. Getting a full night of sleep, preferably 8 hours, will dramatically decrease your stress levels and give you the energy needed to get things done. If you are struggling to get to sleep at night there are a few strategies that might help. First, try to complete a quick stretching routine before bed. A lot of stress is carried in our muscles throughout the day and releasing this is key to get a good night's sleep. Second, try to take advantage of meditation. This practice allows you to put the stressful thoughts aside by focusing on something other

than what needs to get done, such as the rhythm of your breathing. Third, try to read or listen to a book for a few minutes before bed. Getting lost in a good book allows you to focus the mind on something other than the stressful self-chatter in your head . You will find this helps dramatically when it comes time to fall asleep.

Finally, if you are still struggling with stress, depression or other emotional health issues, UWSP has an Employee Assistance Program , Life Matters, that can help you with a multitude of issues that often come up during this time of year. You can find the contact information here: <https://www.wisconsin.edu/ohrwd/uwsa/wellness/>

## Festive Holiday Stress Relief Coloring Activity



### Did you know?

- According to psychologist, Gloria Martinez Ayala, “Coloring has a de-stressing effect because when we focus on a particular activity, we focus on it and not on our worries.”
- Start relieving stress today by coloring in the festive holiday picture above

# Maintain, Don't Gain!

By: Tiffany Tushkowski

**D**o you have a hard time with extra weight gain from the Thanksgiving to New Year holiday? Don't worry, you are not alone, but unfortunately, the weight gained within those few short weeks, might take up to six months or more to lose. If you are struggling, we have a solution. You can still enjoy your holiday meals and not be scared to face the

scale around the New Year. The solution we have is by moving New Years resolutions up two months and making a Early Resolution to "maintain and don't gain."

When making your Early Resolutions, you should keep in mind these two things; making physical activity part of your daily life and prioritizing healthy eating.

## Physical Activity

When thinking about how to incorporate exercise into your daily life, think of these:

- \* Develop a "move more" mindset
- \* Take the stairs as often as possible
- \* Park as far from the front door as possible and walk to do errands or shop
- \* Make activity more enjoyable by doing something you like

When looking for ways to stay active during the holiday the Centers for Disease Control and Prevention has a suggestion. Think about what you and your family can do to stay active. Can you make physical activity a part of your holiday, vacation, or special

event? A morning or evening walk, swimming laps, or dancing could easily fit the bill.

Physical Activity doesn't have to be a formal structured exercise time. Because time is often limited during this time of year, be a little more active with any extra time you have.

## Embrace the Cold!

Winter activities can be easy and fun! Try snowshoeing, ice skating, or skiing with friends and family over the holidays.

Another way to manage weight during this holiday season would be to modify your eating habits by eating smaller portions more often. That way you don't feel that you are "starved" or have to wait until the big meal for the day. Choose food you enjoy eating but is still low in empty calories (calories with low nutritional

content). This includes fatty foods or foods that have too much sugar added. Allow yourself to eat some of the "fun" foods you enjoy, but use portion control. Moderation is key to controlling your portion sizes and your weight on the scale.

## Healthy Eating

Here are some ideas for keeping those extra pounds off during the holidays:

- \* Plan ahead
- \* Limit alcohol to 1 to 2 servings
- \* Split a rich dessert with a friend or two
- \* Don't go to the party hungry
- \* Drink plenty of water



Chair Squats



Chair Dips



Wall Push-Ups

**Shown above are 3 simple exercise ideas you can incorporate while at work**

# Sweet Potato & Brussel Sprout Recipe

By: Baihly Birdseye

Looking for a healthy side dish for your holiday meal? Well we've got you covered! This roasted sweet potato and brussel sprout quinoa salad is sure to please even the pickiest eaters and its beautiful colors are sure to compliment any dish you put it with.

Sweet potatoes are full of vitamin A, as well as vitamin C, manganese, copper, niacin, potassium, dietary fiber, vitamin B<sub>1</sub>, B<sub>2</sub> and B<sub>6</sub>. All of these are great for boosting the immune system, excellent for digestion, and also maintain water balance in the body.

Brussel sprouts are extremely low in saturated fat and cholesterol and a great source of magnesium, phosphorus and riboflavin. Like sweet potatoes, brussel sprouts are a good source of fiber, vitamins A and B<sub>6</sub>, copper, manganese and potassium.

If you are looking to add a little extra health to your holiday meal, add in a tablespoon of hemp seeds for a rich source of healthy fats and essential fatty acids. They are a great source of protein and contain high amounts of vitamin E, phosphorus, calcium, iron and zinc.

This salad has so many health benefits and it taste great too!

## Ingredients:

- 1 pound Brussels sprouts, halved
- 3 cups sweet potato, cut into ½-inch chunks
- 2/3 cup dry quinoa
- ½ cup dried raisins
- ½ cup pepitas
- 1 small orange, juiced (about ¼ cup)
- 2 tablespoons balsamic vinegar
- 1 tablespoon hemp seeds (optional)
- ½ teaspoon salt
- ¼ teaspoon pepper

## Instructions:

Preheat oven to 375F. Line a baking sheet with parchment paper or grease with cooking spray.

Place cut sweet potatoes on one side of the pan and brussel sprouts on the other side, or use two pans.

Bake for 15-20 minutes; remove brussel sprouts and place into a large bowl. Return sweet potatoes to the oven; bake 15-20 more minutes until tender. Add sweet potatoes to the bowl with brussels sprouts.

While the vegetables are baking, rinse quinoa in a small mesh strainer and then add to pot on the stove top. Add 1 1/3 cups water; turn heat to high. Once boiling, cover and cook quinoa on low heat

Check us out on Facebook at [UWSP Employee Wellness](#) to watch the video of the step by step directions for this Sweet Potato & Brussel Sprout Salad recipe.



for 13-15 minutes, until fluffy.

In a small bowl, add orange juice, balsamic vinegar, hemp seeds, salt, and pepper. Whisk to combine.



In the large bowl with the vegetables, add quinoa, craisins, and pepitas. Pour the dressing on top. Stir to combine.

Serve as a side dish and enjoy!



# The Holidays & Your Budget

By: Kristen Freeman

**I**t's the season of giving, which also means it's the season of spending. Sounds stressful, right? You can make your shopping experience stress-free with these helpful tips on how to budget for the holidays.

## Start Saving!

The sooner you start saving, the easier it will be to shop as the holiday season approaches. Putting money aside each month can help lessen the worry of being able to afford gifts or trips over the holidays. If you start saving \$50 each month from January-December, you will have saved up \$600 to spend. By setting aside money earlier in the year, your stress levels will be less in the long run. Think about setting your savings budget for 2018 now.

## Cash Only!

Swiping to pay with a credit card can make it easy to overspend. Avoid unnecessary debt by paying with cash. You will be more likely to stick to a budget, purchase only the items you need, and not having to worry about how you will pay for it after the holidays.

## Make a List & Check it Twice!

Creating a list of what you may need can help you stay on track when shopping. There are the more obvious expenses we know to keep a list of such as gifts for others and traveling costs. However, there are several other expenses we tend to overlook during the holidays such as wrapping paper, cards, decorations, party food, or charitable donations. Don't let these smaller expenses go unnoticed as you write out your list!. Everything adds up!



# Blood Pressure

By: Lexi Grzanna and Brittany Peterson

After screening 148 faculty and staff for blood pressure in Fall of 2017, we found that the average blood pressure was 121/78. This average blood pressure indicates that as a whole, the faculty and staff, are systolically at the bottom of the pre-hypertensive stage (which is 120-139), while diastolically within the normal range. Systolic pressure, which is the first number read, is the time at which the heart is contracting. Diastolic pressure refers to the minimum pressure in your arteries during relaxation. Overall, the faculty and staff here at the University of Stevens Point are considered to be in a healthy range.

There are a variety of factors that can affect your blood pressure, therefore, it is important to get tested more often than the biannual checks we provide you. One way to be preventative is to test yourself more. There is a free blood pressure machine located on the first floor of the CPS (outside of the CPS cafe). Data shows that this machine is being used about 87.3 times per month!

Additionally, if you are concerned or would just like someone to talk to, our practicum students offer training and coaching sessions. For more information, please email Employee Wellness at [empwell@uwsp.edu](mailto:empwell@uwsp.edu).



## Holiday Tips For Maintaining Blood Pressure

- \* Remembering to exercise regularly is important, even with the busy holiday season
- \* Instead of giving up all of your holiday favorites, try using ingredients that contain low-sodium options. For desserts try options that contain dark chocolate with at least 60% cacao
- \* Volunteer and limit stress! Volunteering makes us feel good about helping others and puts our own lives into perspective over the holidays (Ex. Bell ringing, donating, serving meals to those in need)



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University of Wisconsin - Stevens Point