

# SPRING INTO WELLNESS



## *Employee Wellness Practicum Student Newsletter*

### Intro

The Employee Wellness Practicum is one of the practicums offered through the Health Promotion and Wellness program that provides workplace experience for students. This semester the students have been working diligently at their assigned projects to benefit the wellness of the employees on campus. This newsletter highlights the work these students have done over the past three months. This semester our theme is growth. We focus on the growth of our students, employees, and program development. Read more to find out what the students have accomplished Spring Semester of 2019!

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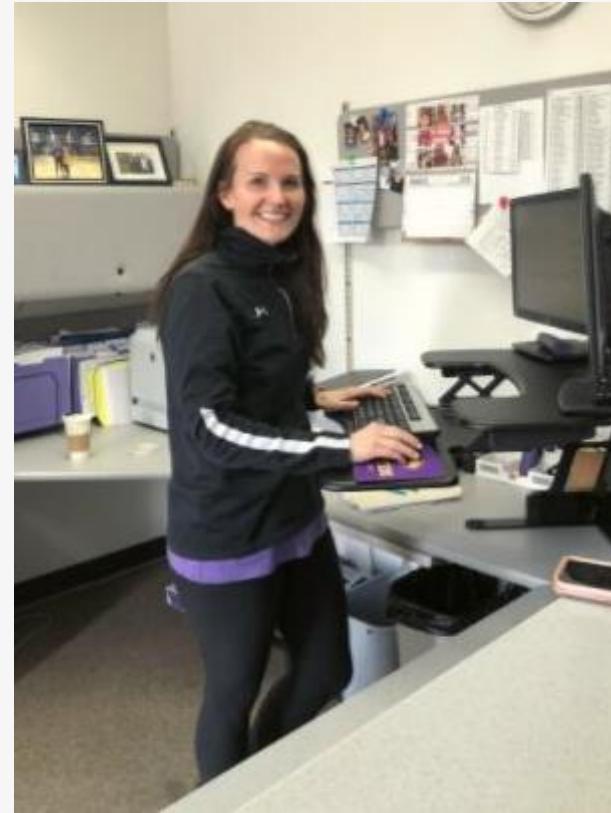


*EW Students L to R  
Bottom row: Amber Landowski, Dannielle Kluz, Katelyn Mueller, Audrey Runyon, Sydney Conley. Top Row: Anthony Schulist, Lydia Ulrich, Morgan Drake, Mackenzie Kratch, Lexi Hanson, Chelsi Knorr.*

## Healthy as a Dawg

Congratulations to this semester's Healthy as a Dawg winner, Kelly Romano! Kelly has been the UWSP Athletic Department Program Assistant for 11 years and has been making it a priority to put herself and health first. Kelly's fitness journey started in 2015 when she wanted to be a role model for her children and show them a healthy lifestyle. She displays all 7 dimensions of wellness through being involved at work and through her church, running half marathons, and eating beneficial foods. Kelly has nominations from her coworkers and students because she is a role model for athletes, women and her coworkers. She holds others accountable for their wellness and shows support when they set health goals.

We had the pleasure of meeting with Kelly to discuss wellness and how it is such a key component to her life. Kelly has found balance in her life through organization, being a mom, and putting dimensions of her wellness first. Kelly's fitness journey started in 2015 when she had her youngest child. She indicated that she wanted to be a good example for her children and show them a healthy lifestyle so that they can grow up to be the best they can be.



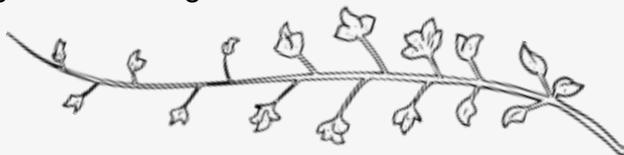
We asked Kelly why she thinks wellness is important and she said, "Wellness is so much more than what you look like. It's making your whole self happy and healthy, not just being physically fit... Everyday you get the choice if you'll have a good day or bad day and it's okay not to be okay for a day." Kelly tries to make the best out of every situation and she understands that it is about having balance in your life for optimal health.

There were many nominations from faculty and staff making choosing one difficult. We hope you can look up to Kelly as we think she exemplifies all 7 dimensions of wellness and use that as motivation for your own wellness journey.



## Weight Management

This semester, three Employee Wellness Practicum students, Lexi, Amber, and Chelsi developed and led weight management classes for employees of UWSP. Meetings covered how to read food labels, incorporate desk exercises, mindfully eat, maintain a calorie balance, and so much more! Dedicated participants in the program took what they learned and were able to apply it to their lives which resulted in seeing changes happen. This program was not used to lecture employees on why they should lose weight, but to show how they can incorporate small changes that lead to bigger results. These results will then lead to growth in living a well balanced life.



L to R: Chelsi Knorr, Amber Landowski, Lexi Hanson

It was the little things participants started to notice that made this experience memorable. A highlight was the cooking class and turkey stuffed peppers!

One of the topics participants wanted to learn more about was healthy snacking. Another participant explained how she now brings carrots with hummus and clementine's to keep at work for whenever she needs a snack. Also, participants started to look more into food labels and changed what they ate during breakfast and lunch. Some even started walking during their breaks to maintain energy balance through calories. It really showed how committed the participants were when they started implementing things from the program into their real lives.



## Employee Assistance Program

As an employee of the University of Wisconsin Stevens Point you have access to the Employee Assistance Program, also known as EAP. This program is managed by an outside company, FEI Behavioral Health. This program offers many free services to employees services including assistance with drug and alcohol problems, balancing work and family, emotional and family concerns, and coping with change and transition. These are just a few of the services that the EAP has to offer that can help promote growth and behavior change. To see all the services offered to the EAP link (<https://www.feieap.com/>) and log in with the username SOWI to have access to all of the free programs the EAP has to offer. Employees can also link to EAP in many other ways including through the State Wellness Program website <https://wellwisconsin.staywell.com>. These services are not just available to the employees but spouses, significant others, and dependents also have access.

In addition to the services listed, EAP also has monthly webinars that focuses on one major issue and this month, the issue is sexual harassment in the workplace. There will be a webinar on May 15th at noon that will offer more information on the topic. If you are not free at that time, don't worry! They have the webinars from past months on their website too! You can register for the webinar by going to the EAP website and clicking on the webinar/training tab to gain knowledge about a pressing topic and grow as an employee of UWSP.



## Blood Pressure Screenings

For three weeks during spring semester, students in the Employee Wellness Practicum went out to buildings throughout campus and offered free blood pressure screenings. During these three weeks, students gained experience in talking with employees and educating them on how to maintain their blood pressure within the normal range, which is less than 120/80. As blood pressures were being taken, students recorded their information and provided information cards as to what they can do to lower their blood pressure if they were high or maintain it if they were in that normal range for blood pressure. After the three weeks a grand total of 196 blood pressures taken across campus. For those that want to keep up on their blood pressure, UWSP provides an on-site blood pressure cuff located in the CPS on the first floor next to the CPS café. (If you are standing facing the CPS café, it is located on the left hand side, right around the corner in a little cubby area). If you have a high screening number, please check with your physician for further assistance.



## Video Production

This semester Sophie Forbes and Katelyn Mueller were the faces behind the videos that you might have seen posted on our Facebook page . Both of them came into this project with little to no experience in video editing and production. As the semester progressed they were able to create some pretty cool content. Sophie and Katelyn both have a passion for cooking and shared some tasty creations such as vegetable pizza with a spring side salad, healthy vegan Twix bars, and morning glory muffins. In addition to the cooking videos they also produced an informative video sharing the green house located in the Trainor Natural Resources Building.



This green house is open to the public and has three different rooms with variant temperatures and plants that are being grown. This is a great place on campus to get in touch with your environmental wellness and an even better place to take a break and reconnect. Both students took this as an opportunity to learn a new set of skills and enhance their social media, marketing, and videography knowledge. Both Sophie and Katelyn were grateful for the opportunities this project presented. This experience allowed them to grow as students and future health promotion professionals. As the two progress in the field of health and wellness these skill sets will allow them to reach a larger population, impacting more people and overall creating content to inspire optimal wellbeing.



## Facility Services

Being Health Promotion and Wellness majors, we know all about wellness and what it entails, but many people outside of the major including the employees on campus don't always know what wellness is. Through an opportunity to work with employees in Facility Service's, Morgan Drake and Lydia Ulrich have been able to help these employees grow in their overall wellness. The program they put on for the employees was educating them on stress management techniques. The students provided information on four techniques that included deep breathing, guided imagery, progressive muscle relaxation, and meditation. With these four techniques shared, the group practiced 2 of them and received a handout that they could take with them to practice it at home and then also with their families.

To go along with the stress management techniques, they also put together a Superfood Roasted Chickpea Trail Mix that is a healthy snack employees can take to work with them or make at home. Enjoying healthy and nutrient packed foods will enhance their physical dimension of wellness and promote healthy living! After the program, participants filled out an evaluation and these were some of the comments they gave about how this will help them grow on their journey to wellness. The comments included: employees were aware of a few of the techniques but learned more about it, made awareness that they should be practiced more often, how to handle stress more appropriately, help with those who have trouble with sleep, it gave all the employees new things to try, and they learned about all the benefits that go along with those techniques!



## Well Wisconsin

This semester, students Amber Landowski and Katelyn Mueller had the opportunity to work on a project for Well Wisconsin which is the State of Wisconsin's health engagement solution that the University of Wisconsin-Stevens Point uses for those who are eligible for the health insurance benefits. Prior to this semester neither student had any knowledge about what the program was or the presence of it here on campus. Throughout the semester, as a class, students had a video conference with Kristi Mulcahey, ETF manager, who provided a walk through of the online website and showed students how to navigate through the platform and answer common questions that come up pertaining to the benefits of the program and how to setup an account. Additionally, she talked about the three steps that need to be completed by October 11, 2019 in order for members to receive their \$150 Well Wisconsin incentive. The three steps can be completed in any order and they are: The Health Assessment, The Health Screening, and 1 Well-Being Activity. The well-being activity includes numerous options such as the Million Steps Challenge, Sleep Well, Daily Dash, 21 Day Meditation, Health Coaching and many more opportunities and resources for employees.

Aside from working with the online platform, Katelyn and Amber set-up a table at the last health screening that took place in February. They advertised for other programs that are taking place in the employee wellness practicum this semester that included, weight management, Healthy as a DAWG, and a new Pilates class offerings. Looking forward, as of recently Well Wisconsin has offered an opportunity to the UWSP-Employee Wellness practicum students to generate videos on 5 minute micro lessons that will be broadcasted on their online website, our UWSP Employee Wellness Facebook page, as well as our YouTube channel. These micro lessons will be on various topics that represent the 7 dimensions of wellness. There is lots to look forward, stay tuned for updates on social media!



<https://wellwisconsin.staywell.com.>

**“ONE CAN CHOOSE TO GO BACK TOWARD SAFETY OR FORWARD TOWARD GROWTH. GROWTH MUST BE CHOSEN, AGAIN AND AGAIN, FEAR MUST BE OVERCOME AGAIN AND AGAIN.” ABRAHAM MASLOW**



## Pilates

With all the stressors an individual faces, Pilates is a perfect way to get into a new mindset and new body! Deanna Deising, from the HPHD Department facilitated free classes for with the help of Employee Wellness Practicum students Morgan Drake, Mackenzie Kratch, and Anthony Schulist. These students spent the semester watching Deanna engage with the employees to connect with themselves between sensations and movement and transforming their mental well-being as well as their physical body. The students learned how to grow as instructors by being personable, respectful, and motivating. Deanna did a great job creating a program that catered to all skill levels. Anthony said, "I did not know what to expect when doing Pilates, but I had a background in yoga, so I was able to pick up Pilates fast." He really enjoyed his experiences with Deanna and would recommend anyone on campus to attend her classes. During each session, Deanna incorporated breathing, while engaging in series of exercises. Different major muscles groups are also engaged while using breathing techniques. In addition, Mackenzie said, "It takes about ten sessions in Pilates class to get comfortable. I was using different muscles and wasn't familiar with the new movements in Pilates." like said before, Pilates is catered for all ages and a perfect way to get into a new mindset and new body! The students also got a chance to facilitate part of the classes as a learning experience.



*Participants L to R: Corrinna Neeb, Amy Kowalski,  
& Mackenzie Kratch*

**Thanks for a great semester and all who participated!**

**Student Newsletter Editors: Sophie Forbes, Audrey Runyan, & Dannielle Kluz**

