

A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

April: Your Emotional Wellness and Stress Management



Mindfulness. “The practice of becoming more fully aware of the present moment--non-judgmentally and completely--rather than dwelling in the past or projecting into the future” (1)

Mindfulness can help reduce stress and can be helpful to those experiencing anxiety and depression, relationship issues, sleeping problems, and eating disorders.

You can practice mindfulness in various ways. Here are some mindfulness exercises that are simple and convenient to do:

- **Meditate.** Visit calm.com, a great tool!
- **Practice Deep Breathing.** [Click here](#) for a step by step instruction.
- **Listen to Music.** Find out how your playlist can change your life, [click here](#).
- **Declutter and Clean House.** Let go of things that you no longer need. When cleaning, approach it as a mindfulness



Photo credit: <http://holisticmds.net/mindfulness-buzz/>

exercise by experiencing your sense of touch and smell throughout each step.

- **Observe Your Thoughts.** Stop and just observe what is processing through your mind rather than becoming involved with your running thoughts.

Recommended reading on creating a less hectic and stressful life: [Organize your MIND Organize your Life](#) by Paul Hammerness and Margaret Moore

Resource: Scott, E. (2015). Everyday Mindfulness Exercises For Stress Relief. about health. Accessed on April 1, 2015. Available at: <http://stress.about.com/od/tensionamers/a/>

Employee Assistance Program (EAP)

Remember you can call **1-800-448-8326** for confidential assistance with any type of personal concern or work-life challenge. This is a free benefit to all subsidized benefit eligible employees and their dependents. For more information please call 313-577-3000 or visit our HR website: <http://hr.wayne.edu/avp/eap/>



Photo credit: <https://jaimehepp.wordpress.com/2011/09/30/happypeople/>

HAP Wellness Workshop: Be Happy Be Whole!

Presenter: Julie Booksh

Tuesday, April 7, 2015 | 12:00 to 1:00 PM | UGL, Bernath AUD

This is an inspiring and informative workshop on the many opportunities we have to positively impact our health and happiness. We will look at what we consume throughout the course of one day, and we're not just talking about food. We will also take a look at the many ways we can

overcome obstacles to emotional freedom. Finally, we will explore some practical tips and techniques for improving sleep quality and rest. **For Julie's Bio and to sign up, log into your [Pipeline](#) account and [click this link](#).**

What's Going On!

- > April Fitness classes throughout the month with MHRFC instructors!
- > April Lifestyle Nutrition and Your Individual Plan with Debra Cavender. A one-on-one appointment with our Wellness Warriors Nutritionist.
- > Life Advisor EAP Training: Emotional Wellness with a Ulliance Speaker. 4/15 | 12 - 1 PM | UGL Community RM
- > Life Advisor EAP Training: Conflict Resolution with a Ulliance Speaker. 4/20 | 12 - 1 PM | A/AB RM 3700
- > [Greatest Loser](#) and [Diabetes Prevention](#)

Sign up for any of the events above through TSW on [Pipeline](#) or [Academica](#).

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Wellness Warriors



Stress By: Debra Cavender, RDN

Our bodies have a built-in mechanism for protecting us from the effects of immediate stress.... (like being chased by a wild animal). That effect, often called the “stress response”, involves the production of several hormones. Following the immediate “adrenaline rush” that helped us escape the danger, we would experience a massive release of cortisol, often referred to as the “stress hormone”.

These big chemical jolts helped our ancestors survive and occurred maybe once every 4 to 6 weeks. They were meant for life-threatening situations. We were not at all designed to get these jolts of chemicals every time we think about pending deadlines, or somebody pulls out in front of us in traffic.

Some of you are so stressed that you give yourself more than 100 chemical jolts every single day!

If stress continues unabated the body simply gets exhausted. You begin to feel fatigued, achy and mentally foggy. And probably the worst thing you can do is consume caffeine and sugar, which of course is what most people do, because they tell themselves they just have to

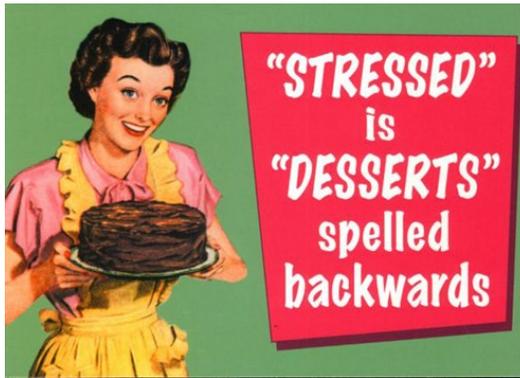


Photo credit: <http://thespiritscience.net/2014/12/02/3-secrets-to-handle-stress/>

keep going, no matter the cost.

When treating stress related problems it is important to correct the underlying imbalances with time-honored natural remedies good nutrition and lots of self-care. The following are sensible life changes that can help boost your energy levels; **avoid sweet and starchy** foods but rather choose those that metabolize slowly, such as lean proteins and non-starchy vegetables, get plenty of **rest**, and **exercise strategically** (if you feel tired after moving, don't give up but rather cut back and build up slowly over time).

Prioritize **self-care**. We are a part of a crazy, sped-up world whether we want to be or not. Take time to press the “Pause Button”.

Upcoming Nutrition Event! Hosted by Debbie Cavender

Lose Weight Like Your Life Depended On It

Thursday, April 9th | 12 PM UGL, Bernath AUD | 2 PM SOM, Margherio AUD

Scientists now recognize many biochemical pathways and control mechanisms help regulate how we absorb, distribute, and expend ingested food throughout the body. With each discovery we identify additional points for intervention that can tip the scales in favor of successful reductions in body fat. The goal of this session is to understand the cause of your weight gain so that an effective plan can be put in place for you to successfully lose weight. **To sign up, log into your Pipeline account and click this link.**

Success! Your peers sharing their achievements

This section is dedicated to YOU, our most valuable asset. We want to showcase you! If you've been successful becoming a better version of yourself and would like to share your story, please tell us! Many wellness warriors have come up to us and told us their story, and we want to share these great people! Perhaps you quit smoking, or lost weight or learned a new language. These are all great accomplishments towards being a healthy and well-rounded individual.

We also think you'll inspire others to change. What a powerful tool you could be! So if you've made a change and want to share it with us, let us know! How has the Wellness Warriors Program helped you reach your goal or helped you accomplish something? Write to us at wellness@wayne.edu.

Wayne State
University's Employee
Wellness Program

Engagement,
Encouragement, Education

Total Compensation and
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WELLNESS
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Stay Connected with us where ever you go!

While at home or out of town maintain your efforts in becoming your best self by seeking wellness information and tips through our social media sites

[Face book](#)

[Twitter](#)

[Blog](#)

Keep Your Family Members in the Loop!

Support from your friends & family can help you stay committed to your wellness goals.

Keep your support team updated with Wellness

Warriors news by submitting their email address to receive our monthly newsletter to wellness@wayne.edu