Wellness Warriors Monthly Newsletter
April 2016 Issue

iStrive for Better Health
Wellness Warriors Tech Upgrade

The Wellness Warriors Program will be undergoing a technological update. The utilization of the Wellness Warriors Blackboard Organization will be phased out, starting April 2016. Our new programming and resources will provide an integrated platform using HAP’s iStrive® portal customized for the Wellness Warriors Program.

HAP’s iStrive® for Better Health brings you a personalized digital wellness manager along with free wellness tools and programs, powered by WebMD Health Services. You’ll have unlimited access to doctor-developed online tools to help manage your health and increase your well-being:

- Customized tracking tool for the Wellness Bucks Incentive Program where you can document and earn bucks towards great prizes!
- The Health Assistant Tool that can help you reach your goals in a hand full of areas.
- Health Topics that offers in-depth assessments and gives tips about the many health issues.
- Search helps you find health topics from A to Z.
- Trackers help you monitor more than you step count but measurements, such as your blood sugar and blood pressure levels.

Starting Monday, April 18th the HAP’s iStrive® for Better Health portal will be available to 2016 Wellness Warriors. Information on how to register for the new portal and basic guidelines on how to use the tools within will be sent out via email on the 18th of April.

For those that want an in person review of the portal and help on registering for the site will have the opportunity on April 18th. Sessions are posted in Training, Seminars, and Workshop. To register for one of these portal training sessions, please log into your Academica Account and then click here.

Please email wellness@wayne.edu with all questions.

Inside this issue:

| HAP's iStrive® | 1 |
| 4 Desk Stretches | 1 |
| What’s Going On | 1 |
| Relaxation Techniques | 2 |
| Your Life Advisor | 2 |
| Improve Your Mood with Food | 3 |
| Calm.com | 3 |
| Accelerate Books | 4 |
| Are you Sick and Tired of Being Sick and Tired | 4 |
| Emotional Freedom Technique | 4 |

4 Desk Stretches to Relieve Neck & Shoulder Tension

www.popsugar.com

“Sitting at a desk for hours on end, staring at your computer screen, and scrunching your shoulders as you type can create a stiff neck and tense shoulders, or even a headache. Take a break and do these four stretches at your desk to offer some stress relief” (Sugar October 2015).

Please perform this stretches in a range of motion that is pain free. Consult with your primary care physician if you have any concerns regarding these stretches.

Photo Credit: http://edenlifenigeria.com/back-pain-at-work/
Relaxation Techniques for Stress Relief
HELPGUIDE.ORG

For many of us, relaxation means zoning out in front of the TV at the end of a long stressful day. Unfortunately, this does very little to reduce the damaging effects that stress has on our bodies. When stress overwhelms your nervous system your body becomes flooded with chemicals that prepare you for the “fight or flight” response. While this response can be lifesaving by acting quickly in a dangerous situation, it wears your body down when this response is constantly being activated.

No one can avoid all of the stress they may have in their life, but you can counteract the “fight or flight” response by learning how to produce the relaxation response. The relaxation response puts the brakes on stress and brings your body back to a state of peace.

When the relaxation response is activated:

- Your heart rate decreases
- Breathing becomes slower and deeper
- Blood pressure drops or stabilizes
- Your muscles relax
- Your body begins to heal

In addition to these benefits, the relaxation techniques also increases energy, combats illness, relieves aches and pains, heightens problem-solving skills, and boost motivation and productivity. There are a few things to keep in mind with the relaxation technique. Become aware of what your stress triggers are and find the relaxation response that works for you. Know that learning the basics of relaxation techniques are not difficult, but it does that practice and a mindfulness to apply it to everyday life.

Explore each technique by clicking on each link:

Relaxation technique 1: Breathing mediation
Relaxation technique 2/3: Rhythmic movement
Relaxation technique 4: Body scan mediation
Relaxation technique 5: Mindful meditation
Relaxation technique 6: Visualization meditation
Relaxation technique 7: Yoga and tai chi
Relaxation technique 8: Massage therapy

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
Facebook
Twitter
Blog

Ulliance Employee Assistance Program

For families, couples and individuals just like you. Call today for information about your benefit, at no cost to you and completely confidential.

1-800-448-8326 www.LifeAdvisorEAP.com
Improve your Mood with Food
wholeliving.com

Here’s some good news to keep in mind next time you’re stressed out. Eating may be a way to help reduce stress! We’re not talking about your typical go-to comfort foods, such as mac and cheese, pizza, or anything fried. We’re talking about getting enough B Vitamins, folate, omega-3 fatty acids, magnesium, and of course the wonderful antioxidants that help fight the damage that cortisol does to the brain cells and memory. Not only will these foods help reduce stress, but they will set you on the right path for overall health.

Vitamin B
Best Foods: Avocados, baked potatoes (with skin), bananas, chickpeas, yellow-fin tuna, steamed green beans
Why it Helps: Stress depletes B6, which helps produce serotonin, a calming neurotransmitter.

Vitamin B12
Best Foods: Clams, milk (fat-free), plain yogurt (fat-free), salmon, sardines, chicken
Why it Helps: Along with other B vitamins, B12 helps form GABA, a calming neurotransmitter.

Folate (Folic Acid)
Best Foods: Asparagus, chickpeas, lentils, oatmeal, orange juice, dark leafy greens
Why it Helps: Folic acid helps make dopamine, a neurotransmitter associated with pleasure.

Magnesium
Best Foods: Almonds, amaranth, spinach, sunflower seeds, tofu, wild rice
Why it Helps: Stress depletes magnesium, which stimulates the production of GABA and helps make dopamine.

Vitamin C
Best Foods: Broccoli, brussels sprouts, orange juice, red and green peppers, strawberries
Why it Helps: Vitamin C boosts your immune system and fights brain-cell damage resulting from constant exposure to cortisol

Calm.com
Relax with Calm, a simple mindfulness meditation app and website that brings clarity and peace of mind into your life.

Find out how 20 minutes a day spent meditating can improve your health:

click here for the full article from WebMD
Can’t attend our events on campus but what want to learn more on improving your health? 
Accelerate is a great WSU resources where various well-being topics are featured through e-books

Featured this month the following books are featured:

- Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life!
- Unwind! 7 Principles for a Stress-Free Life
- Goodnight Mind: Turn Off Your Noisy Thoughts & Get a Good Night’s Sleep
- Calming the Rush of Panic: A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks & Living a Vital Life

To gain access to these books: Login to Academica
In Academica, under WSU RESOURCES, select Employee Resources, then Other Resources, then click Accelerate - Employee Development Tools

Are you Sick and Tired of Being Sick and Tired?
Humans experience a "fight or flight" stress response to many of their daily responsibilities. When these responsibilities become over-whelming and other stress-filled events pile on the already distressed individual, a syndrome called adrenal fatigue develops. Find out if this energy-zapping condition is dragging you down, and how to treat it normally by attending the upcoming Wellness Warriors Wellness Workshop on:

Thursday, April 14, 2016
12:00 to 1:00 PM at Purdy Kresge Library, PK Auditorium
2:00 to 3:00 PM at Scott Hall, Margherio Auditorium

To sign up log into your Academica Account and then click here.

Emotional Freedom Technique Helps Improve Your Health by Freeing Yourself from Stress
eft.mercola.com

“By using techniques such as the Emotional Freedom Technique (EFT), you can reprogram your body’s reactions to the unavoidable stressors of everyday life. Exercising regularly, getting enough sleep, and meditation are also important “release valves” that can help you manage your stress” (Mercola 2013).

Read the full article here.

Receive the in person experience of how EFT can help you relieve stress by attending the upcoming Wellness Warriors Wellness Workshop sponsored by HAP on:

Thursday, April 7, 2016 from 12:00 to 1:00 PM at the Purdy Kresge Library, PK Auditorium

To sign up log into your Academica Account and then click here.