



Spring into Wellness

UWSP Employee Wellness Newsletter

Spring 2017

A student publication edited by: Lizzy Dale

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Healthy as a DAWG Challenge

By: Lizzy Dale

The Healthy as a DAWG Challenge recognizes employees whom demonstrate exceptional wellness by incorporating all seven dimensions, social, physical, environmental, career, intellectual, emotional, and spiritual wellness into their daily life. This year we had eight great nominations, making it hard to choose just one so we have two winners, **Paul Williams** and **Trisha Lamers** and honorable mention to Jessica Haucke.



Paul Williams

Paul has been an employee on campus for two years working for residential living as a hall director. Paul was chosen by a coworker due to his recent lifestyle change and encouragement towards other employees and students to also make lifestyle changes. In the fall of this year, Paul decided to work with a health promotion/wellness student trainer; this brave call to action changed his life. To Paul the term wellbeing means taking care of yourself so you can be your best and feel fulfilled. Paul said, "Everything is connected, once you change one thing everything else is affected". Which is exactly what happened for Paul this fall. The student trainer helped Paul get back into exercise and reframe food, by sharing research and nutrition facts. After losing 45 pounds, Paul's advice is, "find your motivation, once you find motivation being well is not nearly as hard" and "It is okay to be selfish- leave your office for a brief time and take some time for yourself."

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Since Paul's lifestyle change, he has noticed it has improved his quality of life and acts as a trickle down affect in the seven dimensions of wellness. Paul is still continuing to improve in each of the seven dimension . In the meantime, Paul has a more set routine for exercise, is aware of what food he puts into his body, takes time for himself, and is making sure he gets adequate sleep. Paul is forever grateful for the opportunity he had to work with a health promotion student trainer, who helped him change his life.



Trisha (back row, middle, red visor), her parents ,and two boys

Trisha has been an employee on campus for almost three years as the director of the tutoring and learning center (TLC). Trisha was chosen by a coworker whom sees her strive for wellness daily even with a hectic schedule. Trisha is a mother of two sons, a wife, and is finishing her Doctorate of Education to graduate in May. Wellbeing to Trisha means balance, her mother always told her, "Everything is okay in moderation." Trisha makes sure that she focuses on all seven dimensions of wellness in order to achieve balance. Her spiritual wellness is achieved by practicing mindfulness and keeping a broad outlook on faith by not focusing on the small details, but the bigger picture. Trisha enjoys being physically active and eating healthy by consuming an anti-inflammatory diet to reduce joint pain. As director of the TLC, she helps students achieve success with programs, mentoring, and connecting them to support groups by creating a healthy environment. She truly loves her career and her co-workers. Her Doctorate program the past four years has continuously challenged her intellectual wellness. While still working full time and finishing her Doctorate she still makes sure she spend adequate time with her husband and two sons, ages 6 and 3. Although being a mother, a wife, working and attending school can make for busy days her advice is, "don't get too focused on one thing- let it go; flow with it, because it usually turns out better than you planned." The work environment and individuals Trisha works with in the TLC help her to foster and maintain wellbeing.



Intellectual Wellness

By: Blake Koch

Studies show that having an active mind can help improve connections throughout your brain and help reduce the likelihood of developing brain diseases such as Alzheimer's. Intellectual wellness and mindfulness are shown to have correlations that impact the body positively. Keeping an open mind and willing to try new things can be extremely helpful in trying to increase intellectual wellness. There are several strategies to improving this area using Mindfulness. Some of these examples include:

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Traveling and learning a new language:

Traveling or learning a new language can help the mind grasp new concepts through other cultures. When learning new languages, or traveling to new places the mind views new and strange concepts and opens the world and one's acceptance to other cultures.

Debating topics with friends:

When debating topics with your friends you learn to keep an open mind and learn opinions and beliefs that generally don't align with yours. When listening to others views through debating it expands your knowledge and allows your mind to grasp new information.

More ways to improve your intellectual wellness

- ☀ Read for fun
- ☀ Play a board game
- ☀ Do a crossword, maze, or Sudoku
- ☀ Write down your thoughts/ journal
- ☀ Stay open minded
- ☀ Start a new hobby
- ☀ Organize your home or office space

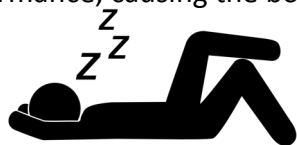
For more information visit: <http://medicine.uams.edu/faculty/current-faculty/intellectual-wellness/>



Sleep is More than Beauty Rest

By Sierra Lindahl

Our world revolves around sleep. If we do not get enough, we tend to feel tired and unfocused all day. We need sleep to feel energized, focused, and ready to get through the day. A good night's sleep may not only feel great, but is very beneficial to the body. According to the National Heart, Lung, and Blood Institute, sleep is needed to help repair the heart and blood vessels. Sleep can also reduce the risk of obesity, diabetes, and having a stroke. When the body is sleep deprived, the immune system cannot work at its peak performance, causing the body to be more susceptible to colds and viruses.




Now that we know why sleep is so important for many different aspects of our health, how do we know how much to sleep? The recommended amount of sleep is 7-9 hours a night for adults 26-54 years old. A lot of people think that if they miss one good night of sleep staying up late, hang out past your normal bedtime on the weekend, or any other reason, they can make up for it. This lack of sleep is called "Sleep Debt." Although it is good to try to make up some sleep that you missed by taking naps or sleeping in on the weekend, it can also throw off your sleep rhythm. The Sleep Foundation says; "The best sleep habits are consistent, healthy routines that allow all of us, regardless of our age, to meet our sleep needs every night, and keep on top of life's challenges every day." Next time you feel like you could stay up all night grading, making lesson plans, or working on projects, maybe it is a better idea to go to sleep and get back to work in the morning. Your health depends on it!


Sleep Facts


- **Recommended:** 7-9 hours of sleep for 26-54 year olds
- **Sleep helps you:**
 - Feel energized and focused
 - Reduce risk of diseases
 - Keep your immune system strong
- 1/5 adults don't get enough sleep
- Sleep is just as important as a healthy diet and exercise
- For more information go to: <https://sleepfoundation.org/excessivesleepiness/content/why-do-we-need-sleep> OR <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>.



Tips for showing Gratitude

 Take a moment to acknowledge co-workers by telling them you genuinely appreciate what they do and you value their work and dedication.

 Show your partner you care and value them. This could be as simple as date night or participating in an activity you both enjoy doing.

 Be grateful for everyone and their positive actions in your life just by saying a simple, "Thank you."

For more information visit:
<https://healthypsych.com/how-gratitude-helps-us-build-better-relationships/> and
<https://www.powerofpositivity.com/10-ways-show-gratitude-in-a-relationship/>

GRATITUDE
CHANGES
EVERYTHING.

Incorporating Gratitude into Relationships

By: Alannah Schmitz

Studies have shown when humans make gratitude a daily habit they are not only benefiting their personal health but also the well-being of those they are close too. By taking a moment to express gratitude to your partner, spouse, significant other, friend, or co-worker you are showing that you care and appreciate all they do. Research has shown that when people express gratitude for others' actions, they also show a greater desire to maintain the relationship. Studies done by Joel, Gordon, Impett, MacDonald, and Keltner (2013), indicate, "feelings of gratitude can increase relationship satisfaction" for both individuals (p. 1334). Couples who incorporate gratitude into their lives tend to have significantly longer and more committed relationships. Expressing gratitude also enhances the bond between people and has shown increases in mutual respect for individuals as well. Overall, expressing gratitude can have a positive impact on relationships by providing opportunities for growth and development for the individual as well as those they are close with. An attitude of gratitude may be exactly what a person needs to get through the trials and tribulations of life. Applying gratitude to your daily life can help you reframe a negative situation into a positive, by appreciating and being grateful for all of the people and opportunities you have in your life. Take a moment to reflect upon what you are grateful for today.



Workplace Ergonomics

By: Carly Cayemberg

Evaluate your workstation and make some low cost fixes:



1. Position your monitor straight in front of you, placed at seated eye level and about an arm's length away.
2. Place mouse and keyboard at seated elbow height. Raise your chair to the proper position, or lower your keyboard in your lap when doing extensive typing to ease the strain.
3. Place wrists straight while typing and using your mouse.
4. Use adjustable features on your chair to provide good back support. Learn how to adjust your chair so that it fits your body properly.
5. Elevate your knees above the seat pan of your chair. Make sure that your feet are resting flat on the floor. If your feet do not touch the floor create a foot rest to ensure that your feet are supported.

Go to www.uwsp.edu/rmgt/Pages/ehs/health/ergonomics.aspx for more information

Ecotherapy

By: Brianna Genett

Many individuals do not spend a lot of time outside. In fact less than 5% of people spend their days outdoors. This can lead to stress and other health issues because even in our technology filled world our bodies require natural elements to thrive. As a way to reduce the negative effects of working almost exclusively indoors, individuals need to know more about Eco-Therapy. **Eco-Therapy** is the restoring of optimal health and well-being through routine exposure and experience in the outdoors. This means that by spending time outside and being in nature, you can help lower many risk factors for disease. Eco-therapy can have many physical benefits such as increasing sleep quality, decreasing resting heart rate, decreasing blood pressure, and improving the immune system. It can also have many emotional benefits

as well such as reducing depression, reducing anger, decreasing feelings of anxiety and stress, improving mood, self-esteem, and also increasing your emotional resilience. So be that person who loves to take a nature walk whenever possible and stare at trees, do it! In the warm months take a stroll through Schmeckle or Iverson Park. If you are not a fan of the cold months or your workplace resembles a shipping container make an effort to bring nature to you. Adopt house plants or take, print, and display your own nature photography at work. So go outside enjoy the fresh air and bring nature inside with you.



Visit: <http://www.mind.org.uk/information-support/drugs-and-treatments/ecotherapy/benefits-of-ecotherapy/>
#.WP92V2nyvIV

The Importance of Intergenerational Relationships

By: Liz Fischer

Getting the whole family together can be a lot easier said than done. Barriers such as distance, full schedules, and mobility often play a role in keeping families separated. This is such an unfortunate, but all too common situation that many people face. The Webster's Dictionary definition of an intergenerational relationship is the ties between individuals or groups of different ages. Family circumstances and the decisions made by members of one generation within the family have implications for the development of members within the same generation and for members of other generations.

What isn't included in the dictionary definition are the amazing benefits of forming strong intergenerational relationships within a family or group. Recent studies have begun exploring how preschool-age children can benefit from regularly socializing with older adults. Some of these benefits include accelerated development of language and mathematical abilities, cognitive and attention skills, and sociability, leading to a more advanced development over a 5-year period than children who were grouped exclusively with children their own age.

The positive aspects of getting people from different generations together doesn't stop there though. Intergenerational relationships have also been proven to help reduce the incidence of depression among older adults. Besides reducing symptoms of depression, strong intergenerational relationships can help fulfill their meaning in life, and enhance their sense of security. All of these effects help lead to an improved quality of life for the older population.

Finally, there are benefits that every member of an intergenerational relationship get to enjoy. The interactions help to foster the transmission of legacies and provide a sense of connectedness and belonging to an individual's heritage. Knowledge, practices, and values that cannot be learned anywhere else get passed down through experiences and conversations through these encounters. Undeniable benefits such as these are the core reason why intergenerational relationships are crucial to improving an individual's sense of social wellness.



Benefits of Intergenerational Relationships

☀️ Preschool-aged kids accelerated development of:

- Language
- Mathematics
- Cognitive attention
- Sociability

☀️ Older adults:

- Reduce depression
- Fulfill meaning in life
- Enhance sense of security
- Improve quality of life

☀️ Everyone involved:

- Foster legacies
- Sense of connectedness and belonging
- Knowledge, values and practices passed on
- Good communication skills

For more information visit:

<http://www.legacyproject.org/guides/intergenbenefits.html> and

<https://experiencelife.com/article/the-value-of-intergenerational-relationships/>



What is Your Life Purpose?

By: Amy Brennan

One of the fundamental needs of humans is a sense of purpose. A sense of purpose can be described as a motivation that helps you move forward in the direction of a satisfying future. It helps you get the most out of the things you do and helps prioritize what's important in life. Have you found yours? If yes, great! If not, that's okay. Struggling to find your sense of purpose is normal and not something to get down on yourself for during the journey to find it.

A great way to start on your path to finding your purpose is by tapping into what is important to you. Do you absolutely break down when you see that sad animal commercial, you know the one from the American Society for the Prevention of Cruelty to Animals? Maybe a step in the right direction for you would be donating to a local animal shelter or even going one step further and adopting a pet. Does it absolutely drive you nuts when you see someone throw paper in the waste basket when the recycling bin is sitting right there next to it? Your sense of purpose might be creating a better planet for future generations.

Wherever you are in your journey, maybe you have been living out a sense of purpose for years, or are about to make a breakthrough and find yours, remember this:

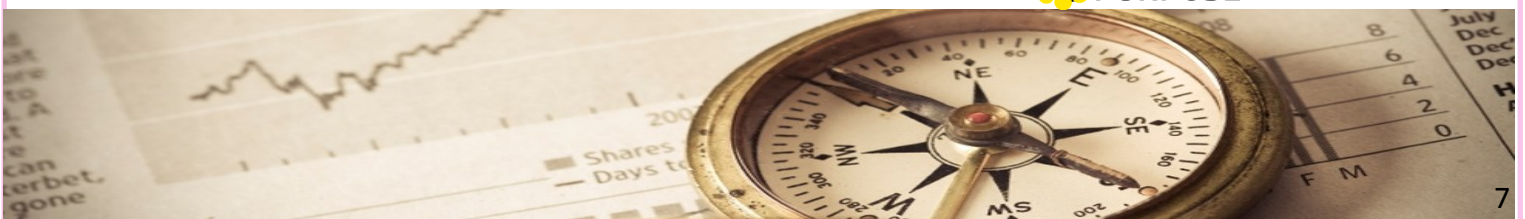
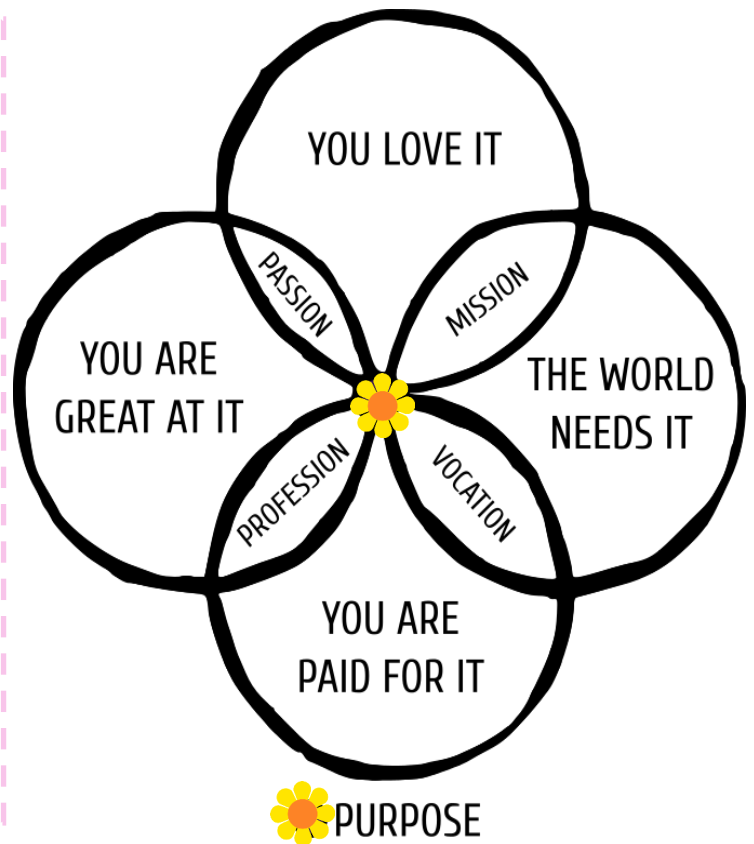
"You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously."

-Steve Marabli, *Life, the Truth, and Being Free.*

Allow yourself the opportunity to explore and discover your purpose

1. Ask yourself how would your purpose align with your passion, mission, vocation, and profession?
2. Go for a walk to take some time to think deeply about what is important to you.
3. Write down a list of your goals, passions, and dreams.
4. Doodle! This boosts creativity and may bring you new ideas you haven't thought of before.
5. Take a moment to fill out the diagram.

For more information visit: <https://hbr.org/2014/05/from-purpose-to-impact>



Upcoming Events

Schmeckle Reserve Spring Candlelight Hike Festival

When: Friday May 5, 7-9 pm

What: Walk torch-lit trails and discover Schmeckle's most powerful superheroes. Arrive and leave when you like. Free event!

Where: Schmeckle Reserve: 2419 N point Drive, Stevens Point, WI 54481

Visit: <http://www.uwsp.edu/cnr-ap/schmeckle/Pages/home.aspx>

2017 Portage County Safety Fair

When: Saturday May 20, 10 am– 2 pm

What: Face painting, balloons, Ambulance - Fire Truck -Police Car tours, child photo ID, child safety activities, Smokey Bear and Sparky, hands only CPR/AED, DOT Motorcycle Simulator, medical Helicopter, and Vehicle Extraction Demo. Free event!

Where: Mark Toyota: 1765 Park Ave, Plover, WI 54467

Visit: <https://www.stevenspointarea.com/event/2017-safety-fair/3467/>

The 28th Annual Energy Fair

When: Fri, June 16 & Sat, June 17, 9am–10pm, Sun, June 18, 9am–4pm

What: Celebrate the summer solstice at the Energy Fair which brings 13,000+ attendees together to learn about clean energy and sustainability, and take action towards a more sustainable future.

Where: Midwest Renewable Energy Association: 7558 Deer Road Custer, WI 54423

Visit: <https://www.theenergyfair.org/>

Point Duathlon

When: (Kids– Fri, July 14, 6 pm and (Adults– Sat, July 15, 8:30 am)

What: The Stevens Point Area YMCA will host the Point Duathlon to benefit the YMCA's chronic disease programing. Test your athleticism individually or as part of a relay team.

Where: UWSP Allen Center: 400 Illinois Ave, Stevens Point, WI 54481

Visit: <https://www.spymca.org/point-duathlon-2017/>

For more community events visit: <https://www.stevenspointarea.com/>

Get Ready for Walk Wisconsin

By: Collin Gaie

Stevens Point will be hosting the annual Walk Wisconsin event Saturday, June 3, 2017 along the Green Circle Trail. Walk Wisconsin allows all ages and ability levels to participate in a non-competitive, multiple distances walking event. Being the leading walking event in the Midwest it encourages people to continue to live healthy lifestyles all year long.

Walking is a great way to improve personal health, lower stress, encourage weight loss, and has many other positive benefits. There are four options to choose from including the ¼ marathon (6.5 miles), half marathon (13.1 miles), ¾ marathon (19.6 miles) and full marathon (26.2 miles) options. There is still plenty of time to register so grab a friend or tackle the event solo and get out there and Walk Wisconsin!

For more information on the Walk Wisconsin event, training guides, and to register visit:

<http://www.activeportagecounty.com/>



Employee Wellness
University of Wisconsin-Stevens Point