



April Wellness & Recognition Newsletter



Mark Your Calendars May 1- June 11



It's the 50th anniversary of the University of Lethbridge and to honour 50 years of academics, you will be racing through time and honouring the fitness crazes of the decades!

The **BEE Amazing Race** will take you through time back to the founding of the University of Lethbridge. As you turn the clock back, you will participate in the fitness crazes of each decade.

- Week 1 - 1990s- Tae Bo
- Week 2- 1980s - Aerobics
- Week 3- 1970s - Weight Lifting
- Week 4 – 1960s - Yoga & Meditation
- Week 5 – 1950s - Dance
- Week 6 – 1940s - Boot camp

Early registration begins mid-April.

MAY 31st Half Way Celebration

This year, we will have a (more than) half way celebration for the BEE Amazing Race with a lunch on Wed May 31 from 12- 1pm in Anderson Hall.

Join us for more details on the race and to get pumped for the

50 Ways to Stay Well

Each week we share a new wellness challenge that can help you improve your physical and mental well being. Along with a challenge, we will share local resources and links to help you enhance your wellness in 2017!

Follow our [Facebook page](#) for daily wellness tips & ideas!

April

#12) Massage

Massage isn't just for a day at the spa, it offers many physical and mental benefits.

Physically, massage has been shown to help with; anxiety, digestive disorders, fibromyalgia, headaches, insomnia related to stress, myofascial pain syndrome, soft tissue strains or injuries, sports injuries, temporomandibular joint pain.

Research has shown that massage can provide mental health benefits such as alleviating depression and anxiety— and improving sleep quality.

Sometimes a little self massage at work can help ease muscle tension and provide a little relaxation during your day.

#13) Dancing

When is the last time you busted a move? Most of us loved dancing as children, but as we got older (and more self-conscious) many of us lost the joy of dancing. But dancing has so much to offer to your personal wellness!

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs
- increased muscular strength, endurance and motor fitness
- stronger bones and reduced risk of osteoporosis
- better coordination, agility and flexibility
- improved mental functioning

Your challenge this week is to hit the floor! Take your spouse out dancing, sign up for a class with Sport & Rec, or close the door and jam out!

#14) Photography



Upcoming Events

4/6

Last cardiovascular screening for Health Check for U for the semester.

If you are interested and can attend from 8:15 AM - 10:00 AM please register [here](#) or contact wellness@uleth.ca

4/5

Lunch & Learn

About the U of L ASPIRE programs

12-1pm

AH100

[Register Here](#)

4/13

Alberta Healthy Living Grocery Store Tour

1:30-4:00 pm

No Frills West

Call 403-388-6654 to register

4/22

Diabetes Canada Community Awareness Day

1-4 pm

The Saddle Room, Exhibition Park

[More Info Here](#)

4/26

Lunch & Learn

Basic Bike Maintenance with Ascent Cycle

12-1pm

AH100

[Register Here](#)

5/3

Reducing Compassion Fatigue & Burnout

7-9 pm

Lethbridge Coast Hotel

[More Info Here](#)

5/6

Steps for Life 5K Walk

10 AM

Henderson Lake

Join the Luxy Loafers

[More Info Here](#)

challenging six weeks ahead.



April Wellness Champions - Fiat Dux heading to New Zealand to World Master Games!

We have some world travellers going to Auckland New Zealand to compete in the World Master Games (Dragon Boating). Here's a bit about our employees (past and present) and alumni representing U of L!

Linda Gilbert, Executive Assistant to the Provost & VP (Academic). The UofL has provided me with many opportunities of various health-related classes/activities over the years and, in 2009, it opened up the door to competitive Dragon Boat racing. Since then I have paddled with the UofL Fiat Dux team and various women's teams. It is not only about training and racing, but more importantly, the team work and camaraderie it creates. I am excited to be competing in the WMG Dragon Boat event in New Zealand, representing the UofL, Lethbridge, and Canada! Though it is not the Olympics, it will feel like it for those of us that are 'of age'!

Karen Johnson BMgt '86, Senator. An Alumnus of the U of L, Karen is very proud of the 30+years of career her degree provided her with the City of Lethbridge. In her recent retirement, you can find Karen coaching a group of adventurous paddlers at the Max Bell Pool on Monday nights and Thursdays at noon. Karen started out with the City of Lethbridge Dragn' R Butz crew in the first year of the festival, 2002. She has paddled in various locations in Canada and also has numerous coaching and paddling certifications. Karen is the coach of Fiat Dux and has also has been the race chair of the ATB Financial Lethbridge Rotary Dragon Boat Festival since 2010. Karen has many other hobbies and interests and is a very active member and past president of the Rotary Club of Lethbridge Sunrise, and a member of the University of Lethbridge Senate, chair of the Outreach Committee.

With all of this paddling "under her belt", Karen is looking forward to paddling in New Zealand taking our crews to another level - World Masters Games!!
Teamwork makes the Dream Work!! (unknown)

Becky Lore, Manager, Scholarships and Student Finance. I started dragon boating with the University of Lethbridge Pronghorn Paddlers team in 2013. I never thought I'd like the sport as much as I do. There is something about being on the water that gives me a sense of rejuvenation. I've never gotten that feeling in a motorized boat, but paddling makes any day a nice day! I heard about the possibility of a Lethbridge team going to New Zealand and I thought that would be a perfect pairing - a sport I enjoy while travelling to a country I've wanted to visit!

Lynn Ambedian, Former Director, Academic Scheduling & Student Records, Arts & Science

Jean Harrowing, Associate Professor, Health Sciences Nursing Program, BAsC 1978
Check out the full story at [Staying Well at the U of L!](#)

It has been proven that creativity and art therapy are valuable tools for emotional wellness. Photography is one such tool that you can utilize without going to art school or being professionally trained. Modern technology provides easy-to-use options including a variety of automatic modes on point-and-shoot cameras, digital SLRs (single-lens reflex cameras), and camera phones. Now anyone can take photos — and just by taking a photo, you are taking a moment to stop and look at your environment through a new lens.

There are many benefits of having hobbies such as taking a break from life and work, offering new challenges, uniting you with others, and promoting staying present. With photography you open your mind to a new creative outlet and begin to see things in a way you might not have noticed before. Nature photography gets you outside and moving in nature, appreciating the little things that capture your attention. Online sites such as Instagram and Pinterest showcase millions of beautiful photos to inspire your imagination. Send your photos to wellness@uleth.ca

U of L Wellness

7 Day Photo Challenge

<ol style="list-style-type: none"> 4. This makes you smile 5. Work 6. Family 	<ol style="list-style-type: none"> 1. Shoes 2. Hobby 3. Something blue <p style="text-align: center; margin: 0;">Bonus: Breakfast</p>
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#15) Strength Training
Strength training is a key component of overall health and fitness for everyone. Did you know that lean muscle mass naturally diminishes as you age? Strength training is an important part of preserving your muscle mass. Strength training may also help you:

- Develop strong bones
- Manage your weight
- Enhance your quality of life
- Manage chronic conditions
- Sharpen your thinking skills

If the words 'strength training' conjure up images of Arnold Schwarzenegger body builder types- don't be fooled. Strength training can be done at home or in the gym and there are other ways than pumping iron. The most common strength training exercises include:

- Body weight
- Resistance tubing
- Free weights
- Weight machines

[Visit the website to learn more!](#)



Calgary Corner

Have a laugh- it's good

5/10
Lunch & Learn
Rattlesnake Chat
12-1pm
AH100
[Register Here](#)

5/24
2017 Long Service Awards
1- 2:30 pm
SUB Ballrooms
[More Info Here](#)

5/27-28
The Art & Science of Love
Weekend Couples Workshop
Based on Dr. John Gottman's research
Lethbridge Coast Hotel
[More info here](#)

5/31
BEE Amazing Race Half Way Celebration Lunch with President Mike Mahon
12-1pm
AH100

Mindful Employer sessions
Wellness will be in touch with your department to set up 1 hour workshops in one of the following areas:
Accommodation, Resolving Conflict, Workplace Collaborations, Responding to Mental Health Issues.
Click [Here](#) for more info or contact [wellness](mailto:wellness@uleth.ca)

App Corner: Stand Up! Timer



Google Chrome users- there is a great app for you! The Stand Up! Timer is an add on that you can set to give you pop up reminders to stand throughout your work day.

You set how often you want to be prompted to stand up and the browser app will alert you.



April Mental Wellness Tip

for you



2017 Long Service Awards & Retirement Recognition Ceremony

The University is holding the annual Long Service Awards and Retiree Recognition Ceremony on **Wednesday, May 24th, 2017 at 1:00 p.m.** in the Student Union Ballrooms (S.U.B.). We will be honoring 141 employees who have completed 10, 15, 20, 25, 30, 35, 40, 45 and 50 years of service. We will also be recognizing 51 retirees. [More Info](#)

All employees are invited to the ceremony and reception to honor the award recipients listed below. The reception will include light refreshments. We hope you are able to attend this celebration.

Coulee Clean-Up celebrates 10th Anniversary on Earth Day



The Helen Schuler Nature Centre presents the tenth annual Coulee Clean-Up starting on Earth Day (April 22).

Everyone is invited to take part in this annual tradition of cleaning up our natural spaces in Lethbridge. Thank you to all past/present volunteers and community supporters for helping with the Coulee Clean-Up program - your efforts have made Lethbridge a better place to live!

Registration is now open for Coulee Clean-Up 2017!

Are you ready to make a difference in our community? We are now accepting registrations from families, teams, organizations, community groups, and individuals!

Have you ever had a really funny April Fool's joke played on you? Not one of the ones are ridiculously lame, but the ones where everyone lands on the floor belly-laughing for hours? Think about how you feel after that—once you regain control of your breathing, your stomach hurts and the tears of hilarity stop flowing—think about the feeling you're left with. It's usually a good feeling. A feeling of lightness and joy, of connectedness to the others involved, and freshness with new air in your lungs. It's a good feeling! We've all heard the cliché phrase "laughter is the best medicine" before, but it's cliché for a reason. Laughter isn't just fun reaction—it has physiological effects that have been studied. And surprise! It's actually pretty good for you.

Laughter has a physical effect on the body. It relaxes your muscles and triggers the release of endorphins. Endorphins reduce the perception of pain while also triggering a positive feeling in the body.

Laughter also increases oxygen intake and blood flow in your body. Studies have shown that laughter causes blood vessels to relax and dilate which increases blood flow. You breathe more during laughter, so you're taking in more air. Ultimately this means that your organs and muscles are getting more oxygen helping them work more effectively. These physiological effects of a good laugh can leave you feeling invigorated and calm for hours afterwards. Think of it like laughter therapy.

Laughter has other positive effects as well. It builds community by connecting you to others by sharing in an experience. It also reduces feelings of anxiety and improves your mood. Laughing has some positive and powerful effects on the body that cannot be matched.

There are plenty of ways to bring laughter into your life. Whether it's a funny YouTube video, a hilarious friend or the Comedy selection on Netflix. Making plans for a Friday night? Plan on laughing!

Here are a few places in and around Calgary that might give you a laugh!

- Yuk Yuk's Comedy club- <https://www.yukyuks.com/calgary>
- Improve night at Loose Moose Theatre- <http://www.loosemoose.com/>
- Comedy Monday Night at Broken City- <http://brokencity.ca/events/monday/>
- The Laugh Shop- <http://www.thelaughshopcalgary.com/>
- Calgary Laughter Yoga- <http://www.calgarylaughteryoga.com/>

To end off, I'll leave you with a video that make me laugh every time. Take time in your day to remember to laugh. It'll make you feel good and relieve some stress in your day. If cat's make you chuckle, take a couple minutes and enjoy this: <https://www.youtube.com/watch?v=Q0W0MR6Ybgk>

The Power of Positive Thinking: Ways to Transform Your Thoughts

(Source: [Inspyr](#))

Did you ever read the story about the Little Engine That Could?

Sure, it's a children's book that can be read in about five minutes. But the lesson of a small train tugging a larger train over a mountain can set you up for a lifetime of success.

What's that lesson, you ask?



It's quite simple: *you can do anything you think you can do.*

If you think you can improve your life, you can. If you think you're stuck, and are meant for a below-average life, well, you're right about that also.

On your journey to a successful life, you'll want to upgrade your thoughts. Once you do that, everything else will fall into place.

After all, your thoughts lead to behaviors, behaviors lead to habits, and habits create your life.

Here's 9 ways to use the power of positive thinking to upgrade your thoughts on your path to living a great life.

9 Steps To Think More Positively

1. Talk to yourself the right way

You can do this by staying positive and giving your subconscious mind the right "instructions" to help you achieve any goal. That's right, we give you permission to talk to yourself. A lot. Out loud. Just make sure you're saying the right stuff.

2. Avoid negative self-talk

Lots of people talk themselves out of achieving their goals before they ever take their first step toward achieving them. You can be better than that by learning how to avoid negative thoughts and instead focus on the positive.

3. Adopt a positive belief system

Thoughts are things. Thoughts create your reality. And your thoughts are a result of your beliefs. Ask yourself a serious question: are your beliefs helping you, or hurting you? If your beliefs don't allow you to create the life you want to live, it's time to make an upgrade.

4. Think your way to success

People who are successful tend to predominantly

For groups/families/organizations/teams:

1. [Review the online map of available areas](#)
2. Organize your Coulee Clean-Up team and relevant details:
 - o Group name
 - o Group size
 - o Group leader
 - o Contact phone & email
 - o Date of Clean-Up
 - o Preferred Area #
 - o Back-Up Area #
3. Register by email
 - o [Send your team details to Curtis.Goodman@Lethbridge.ca](#)

For individuals:

1. [Register by email for an upcoming Drop-In Coulee Clean-Up!](#)
 - o **Saturday April 22**, 9-11am
hosted by Coulee Brew Co.
 - o **Saturday April 22**, 1-3pm
hosted by Shannon Phillips, MLA Lethbridge West
 - o **Friday April 28**, 4-6pm
hosted by Jo Jo Garden Design
 - o **Sunday May 7**, 1-3pm
hosted by Lethbridge Naturalists' Society
 - o **Thursday May 11**, 4-6pm
hosted by CKXU Radio Society
 - o **Thursday May 25**, 6-8pm
hosted by Friends of Helen Schuler Nature Centre Society
 - o **Tuesday June 6**, 6-8pm
hosted by SeBuNa (Senator Buchanan Neighbourhood Association)
 - o *Interested in organizing a drop-in clean-up? Let us know!*

Benefits of participating in Coulee Clean-Up

- improved habitat for wildlife in Lethbridge
- great team-building activity
- explore the river valley
- everyone enjoys a trash-free space
- volunteer appreciation BBQ in August!

Watch for an on-campus coulee clean up in May!

DIABETES CANADA | **Diabetes In Your Community**

Diabetes Canada Community Awareness Day

Looking to learn more about diabetes management or local support resources in the Lethbridge area?

Join Diabetes Canada for an informative day filled with interactive sessions on the latest treatments and programs as well as information about diabetes self-management resources that are in your community!

These sessions will empower and enable you to take active steps in managing your health.

A small treatshow will highlight local resources available in the community that support diabetes management.

Date: April 22, 2017
Time: 1 - 4 p.m.
Location: The Saddle Room, Caddiston Park
3412 Parkside Drive South, Lethbridge

Registration is free! Preregister to be entered into the draw prize.

For the program and to register visit: www.diabetes.ca/lethbridgeteam
Email: lethbridge@diabetes.ca
Call: 403-244-0620

Light refreshments will be provided.



Balancing Leadership and Life

It's possible to be an excellent administrative leader and still find time for leisure, health and social connections, write Joya Misra and Jennifer Lundquist, and here's how. Read the article [here](#).

have thoughts of optimism for health, wealth, and abundance. You can choose whether you'll learn and grow from events that happen in your life, or whether you'll act the victim.

5. Increase your expectations

If you don't expect great things to happen in your life, you won't recognize them when they do. Part of this means that you need to believe that your greatest days are ahead of you, not behind you.

Until you adopt this belief, your life won't be as filled with joy, success, and happiness as it could.

6. Say "yes"

Great things happen when you begin to say "yes" to life. You become more passionate. You enjoy life more. You take more risks, which means you grow faster. Saying "yes" to life allows you to live to your potential and enjoy the journey at the same time.

7. Get rid of your brain junk

Everyone carries around mental baggage. But the happiest, most successful people can replace the "junk" with positive thinking. It's a never-ending cycle, but required if you want to be optimistic and live well.

8. Take daily actions toward your goals

Success is achieved through a few simple behaviors that you repeat daily. Nothing more, nothing less. When you think of any successful, happy, or healthy person, you'll realize that the person has done specific things consistently in order to reach that level of success.

Don't overcomplicate things as you build your life; do something each day that will get you to where you want to be, and then keep at it until you get it.

9. Dream big, think big, act big

Lots of people settle for an average life. If that's what you truly want, that's great. But most people want more. Determine what you want to do with your life, and use the power of positive thinking to get it. It's as simple as that.

The Takeaway

The next time you've got an uphill battle, what are you going to think? Be like the little blue engine. Think. Then do. You'll be amazed at your potential once you get your thoughts on your side.

Mental Health Promotion Committee presents

FRANÇOISE MATHIEU

M.Ed., CCC., RP

Community
Evening Presentation
REDUCING
COMPASSION FATIGUE &
BURNOUT

MAY 3, 2017 | 7-9 PM | LETHBRIDGE COAST HOTEL
Doors open at 6:30 PM, 5:10 pre-register

What can professionals do to protect themselves from the difficult stories that they work with on a regular basis, limited resources and high volume of work, while still remaining effective and compassionate?

There is now over two decades of research proving that working in high stress, trauma-exposed professions such as community mental health, law enforcement and health care carries elements of risk to the care provider and can take a cumulative toll on us as individuals and as teams.

Pre-register online for the evening presentation | Open February 1, 2017
<https://www.everette.ca/mental-health-promotion-committee-of-southern-alberta-313420222>

Françoise is the Co-Executive Director of TEND, and divides her time between public speaking engagements and working with organizations to educate their teams about burnout, compassion fatigue, vicarious trauma, high stress workplaces, self-care and helper wellness. Françoise is one of the leaders of Compassion Fatigue and Vicarious Trauma education in Canada. For more information on her work, please visit www.tendacademy.ca

Follow us on   @MHPCCA #MHPCC2017

Using Laptops Can be a "Risky Business"



(Source: [Anderson Ergonomics Consulting Inc.](#))

Are you an occasional laptop user who works on your laptop for short periods of time or are you a full-time user with the laptop as your main computer? Occasional users have fewer risks associated with repetitive strain injuries. Although full-time users have more problems, all users should pay some attention to how they use their laptop.

What is the most ergonomic position to use a laptop?

If you use one on a desk surface, your body adapts to the typically high desk height and hunches forward over the laptop, pushing the laptop back, resting forearms on the desk surface and bending the neck forward to view the screen (see picture above). This hunched posture can quickly lead to sore neck and upper back muscles.



Travelers beware: Using one in a hotel bed is even worse if you choose to rest it on the bed, as the low height will cause your neck to bend far forward and your wrists to bend backwards, possibly causing sore wrists and forearms.

Ok, crazy thought here, but ... Did you ever think that laptops, on their own, are actually meant to be used "in your lap" in a **reclined** position.

For Occasional Users – If you can, you should recline to use a laptop in your lap. If this isn't possible, you are better off sacrificing your neck posture, rather than your wrist and arm posture and keep the laptop low, bending your neck forward to use it occasionally. It is always best if you can:

- Recline in a chair or a bed, bring your knees up high (as in the picture below but could be used simply with a pillow beneath your knees) and place the laptop in your lap on a pillow or books or a stand (like the one shown in picture below)
- Push the screen back to maintain a good viewing angle (you may find that your screen to keyboard angle is up to 135 degrees), and
- Keep the keyboard at elbow level and keep a straight wrist angle.



For Full-Time Users – If you use your laptop at work as your main computer, you should have an external keyboard and mouse. Don't sacrifice the comfort of any part of your body. Instead, maintain a supported upright posture that is as neutral as possible. It is best if you can:

- Position the laptop on your desk or work surface at the proper height in front of you so that you can see the screen without bending your neck forward. You will likely need to raise it on a stable surface (see Product information on laptop risers below).
- The top of the screen should be level with your seated eye height (unless bifocal lenses are worn).
- If your screen is too small to see comfortably, consider getting a larger monitor screen to use instead.



Attach an external keyboard and mouse to the laptop (see picture below) and position these so they fall just below your fingers when you are sitting properly and your elbows are bent at 90-degrees. (Depending on the height of the desk you are using, you may need to consider a footrest to support you in a raised position or a keyboard tray to lower the keyboard and mouse).

If you have to travel with your laptop, consider using a small or folding keyboard



If you are a person who takes their laptop to different sites, having an external keyboard that can fold-up and travel with your laptop as well as an external mouse can be of great benefit in helping you maintain neutral arm and wrist positioning. You can get several small thin keyboards, such as the Evoluent keyboard, which is small and very thin and can fit into your briefcase. There is also a folding keyboard by Matias.

Transporting your Laptop



Do you have to carry your laptop between work and home, work and client's offices? This can hurt you if you don't have the right bag. Remember, you are carrying a 3-7 lb laptop plus you may have several extras including an extra battery, a power adapter, a cell phone and possibly other gear, such as an external mouse and possibly files. With close to 10 lbs on your shoulder, you may find yourself tired and sore after carrying your laptop for a considerable distance. What's more, improper posture can lead to various injuries.

When looking for an ergonomic laptop case, backpacks are a better choice than shoulder bags because they can distribute the weight evenly on both shoulders (if worn properly), reducing the risk of shoulder pain. Some backpacks will also have waist straps so part of the weight can be transferred to your hips. If you choose to use a backpack laptop bag be sure to look for one with wide, padded shoulder straps and a padded back for extra comfort.

If you tend to carry a lot of gear with you or do a lot of traveling with your laptop, you would be wise to use a rolling laptop case with smooth rolling wheels for easier transport. When choosing a rolling laptop bag be sure the mono telescopic handle is long enough for you so that you do not have to bend over to reach it and pull it as you walk.

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