

February Comfort Zone - Health and Wellness newsletter - This month's issue discusses the importance of reporting workplace injuries, life saving skills that are good to know, ways to beat the winter blues and more! Download it [HERE](#).



February Wellness & Recognition Newsletter

Dear Fellow Employee

From Suzanne McIntosh, Wellness Manager

Just a quick note of appreciation if you participated in some aspect of the wellness program last year. I hope you're continuing to achieve your well-being goals.

Now that we are into our second month of the new year, I'd like to invite you to help us do a better job of meeting your needs. If you have suggestions for improving our programs/services or anything we can do to support your healthy lifestyle, please call me at 332-5217 or email me at wellness@uleth.ca.

Here's a link to our [website](#) which has updated info on lunch and learns, mini-massage, Health Check for U, ergonomics, mental health info and sessions and other events. Let me know if you have questions or ideas.

Thanks again for your participation. All the best in 2017!

Suzanne McIntosh
Manager, Wellness & Recognition



50 Ways to Stay Well

In mid-January, we unveiled our Wellness initiative for the 50th anniversary- 50 Ways to Stay Well in 2017.

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!

Join us throughout the year at our Wellness Meet Ups!

Once in awhile, the wellness committee will host a group meet up to complete one of the challenges.

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

February

#4) Happy Heart - February is Heart Month!

More than 1.6 million Canadians report having heart disease. It is also the second leading cause of death in Canada, claiming more than 48,000 lives in 2012. You can reduce your risk of heart disease by



Upcoming Events

Health Check for U

Sessions run on Thursdays & Fridays

February 3- March 31, 2017

Markin Hall M2007, and M2009

[Register here](#)

2/8

Lunch n' Learn

Living Well After Cancer

Colin Moreland, Manager, IT Project

Management

12-1pm

Andy's Place

[Register Here](#)

2/20

Family Play Day

11am- 3pm

1st Choice Savings Centre

[More Info Here](#)

2/27

Knit n' Knatter/Crochet n' Chatter

12- 1pm

Art Gallery

[More Info Here](#)

3/8

Mini Massage

1-3pm

Parkway Services Lunchroom

[Register Here](#)

3/13

Lunch n' Learn

did you know?



Counselling is Covered Under Health Spending and/or Your Core Plan

A reminder that U of L employees with benefits have access to the counselling and plan smart services offered through our [Employee Family Assistance program](#). However, Counselling Services outside of the EFAP may also be covered through your health spending or Core benefits plan.

One such organization is:

[Associates' Counseling Services](#): a local group of 14 counselors that specialize in a number of counseling services including; aging/geriatrics, anger management, anxiety/panic, blended families, conflict resolution, disordered eating, family counselling, stress management, and so much more.

They offer specific support groups, some which are free to attend.

A free Infertility Support Group is available on the 3rd Tuesday of every month from 6:30 - 8:30 pm.

To learn more, [visit their website](#).



Photos of Winter Walk Day

Thank you to the 26+ who joined us on Winter Walk Day on February 1st! The wind stayed down and made for a crisp, but enjoyable lunch time walk around Aperture Lake with President Mahon.

understanding the risk factors that cause it, and making changes to your lifestyle. Register for [Health Check for U](#) to check your own heart health.

#5) Crocheting/Knitting

Crocheting and knitting has been proven as a great way to reduce stress and anxiety and improve mood.

You're in luck, because right here on campus the Art Gallery hosts a monthly program "Knit 'n' Knatter/ Crochet 'n' Chatter" one Monday each month from 12 – 1 pm.

This month, Knit n' Knatter will be on Monday, February 27th in the main gallery.

Want to try but don't know where to start? Stop by Suzanne's office (AH188) to borrow needles and yarn and give it a try!

#6) Family Play Day

Families are a source of emotional support, love, security and protection. Healthy family relationships result in happy and secure children and give parents the ultimate reward of being important in the life of a child.

The University will be hosting [Family Play Day](#) in the 1st Choice Savings Centre on February 20th from 11am- 3 pm. This free family fun event allows families to explore all that campus has to offer! Bring what you need to enjoy the day including a swimsuit, gym shoes and comfortable clothing.

#7) Skiing/snowboarding

Skiing and snowboarding are challenging and fun activities to get you outside on a cold winter day. There are many health benefits to these sports.

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



Nominate Your Wellness Champion!

We were inspired by Lesley Brown's leading of the A-Team and we want YOU to nominate a wellness champion in your department.

Do you have a co-worker who inspires you with their wellness practices? Maybe they arrive sweaty

March is Nutrition Month - Faye Craig

Dietitian

12-1pm

Andy's Place

No registration needed

3/22

Mini Message

1-3pm

L1076

[Register Here](#)

4/4

Mini Message

1-3pm

L1076

[Register Here](#)

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, Improving Workplace Collaborations, Responding to Mental Health Issues.

Click [Here](#) for more info or contact [wellness](#)

Lunch & Learn

Conquering Cancer, Chronic Illness, and Anxiety: Colin's Struggle for Wellness

February 8 - 12:00PM – 1:00PM

At 27, Colin Moreland was diagnosed with stage 3 melanoma and given a 50% chance of survival. Shortly thereafter he was also confronted with additional chronic illness diagnoses that changed his daily lifestyle drastically. Come hear his inspiring keynote address about his journey through diagnosis, treatment and anxiety, and how he found a way to succeed and thrive despite it all.



VOLUNTEER OPPORTUNITY!

The University is hosting it's 6th annual Family Play Day in the 1st Choice Savings Centre on February 20th from 11am- 3 pm.



from bike commuting or they spend lunch hour at the gym. Maybe they are so passionate about their volunteering or hobbies. Or perhaps those delicious looking healthy lunches inspire you to ditch your PB&J sandwiches.

Send us your nomination answering these questions:

- How does this person demonstrate living well?
- How have they inspired you?

You can nominate yourself too! Send wellness@uleth.ca your nomination and we will contact champions from each department and give out prizes and ask them to champion wellness initiatives within their departments.



Calgary Corner

What is a wellness activity? by Karen Ogilvie

Last week, some of our amazing Calgary campus staff and faculty came out to participate in our Winter Walk Day. Over the lunch hour, we took half an hour and walked along the river to St. Patrick's Island and then came back to campus for some hot drinks and Tim Horton's treats. When you think about physical wellness activities, it doesn't seem like much. But somehow it had a rejuvenating effect.

This small but simple walk fit perfectly into the definition of a wellness activity. On the surface, it might not seem like much. It was not a long or intensive walk. Did we break a sweat? Nope. Did we physically push ourselves? Not really. Did we indulge in some sugar filled treats? Most definitely. But we went! We took some time out of our day and got moving! We got out of the office, stretched our muscles and got some fresh air. (Cold air, but definitely fresh!) We spent time with each other and talked as we walked along. We took the opportunity to catch up with each other's lives and we got to know each other just that little bit better. It was such a simple thing, but was such a good way to rejuvenate for the afternoon.

When we think of wellness and physical activity, we tend to jump immediately to sweating it out at the gym-- Strengthening our muscles or staying in shape. But wellness is about more than that. It's

Volunteers are needed to run this free, family fun event.

If you are interested in volunteering, register here:

<http://signup.com/go/eonEtk>

App Corner: SworkIt

Need to squeeze in a workout in your office or at home but don't know where to start? [Sworkit](#) is a great free app to help!

[Sworkit](#) is a fitness app that takes you through 5-60+ minute strength, yoga, pilates and stretching workouts requiring no equipment. You choose the type of workout you want and how long you want to do it for and then follow along to the instructions!



February Mental Wellness Tip

Identifying Anxiety

(Source: [Mayo Clinic](#))

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry



about doing things that make us feel mentally and physically feeling good. It involves building our personal communities and feeling connected to other people, whether that's our family, friends, colleagues or neighbors. Even if it's just talking about what's going on at work or on the weekend. It's having that balance and variation within our lives. Going for a short outdoor walk with coworkers provided balance to a morning of sitting at the computer. Wellness activities can really be anything: taking time to sit by yourself. Going out with friends. Taking the afternoon to clean your house. Spending an hour at the gym or an hour watching Netflix. They're activities that balance out your life and make you feel good.

- Having the urge to avoid things that trigger anxiety

Several types of anxiety disorders exist including; agoraphobia, anxiety disorder due to a medical condition, generalized anxiety disorder, panic disorder, selective mutism, separation anxiety disorder, social anxiety disorder, specific phobias, and substance-induced anxiety disorder.

See your doctor if:

- You feel like you're worrying too much and it's interfering with your work, relationships or other parts of your life
- Your fear, worry or anxiety is upsetting to you and difficult to control
- You feel depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety
- You think your anxiety could be linked to a physical health problem
- You have suicidal thoughts or behaviors — if this is the case, seek emergency treatment immediately



Health Centre Lunch & Learn

Join U of L's own Registered Dietician, Faye Craig to learn more about nutrition! No registration is required.

March is Nutrition Month

Monday, March 13, 2017
12p.m.- 1 p.m.
Andy's Place

Eating should be joyful, not a source of everyday frustration and confusion.

Thank you for everyone who came out to the Winter Walk Day. It was a great hour of activity and community. And hopefully something we do more of!



Your worries may not go away on their own, and they may get worse over time if you don't seek help. See your doctor or a mental health provider before your anxiety gets worse. It's easier to treat if you get help early.

To learn more [CLICK HERE](#).

UNDERSTANDING FLEXIBILITY: AN IMPORTANT PART OF FITNESS

(Source: [Healthy Alberta](#))



Flexibility is one of the three components of fitness. The other two are aerobic training and strength training. All three components are important when developing a well-rounded fitness program.

What is Flexibility?

Flexibility can generally be defined as the range of movement in a joint. For you, this means how much movement you have in the various joints that you have in your body. As your life experience and your own body has probably taught you, some of your joints may be more flexible than others!

Improving Flexibility with Stretching

Static Stretching

This type of stretching involves slowly moving a selected joint in a given direction to a point where you “feel” the stretch, then holding the position for 15-60 seconds. Using the static method, it slowly stretches the muscle and connective tissue associated with that joint.

Dynamic Stretching

Typically, the movement starts gently, then slowly increases in reach or speed. For instance, you may begin by doing some slow, gentle “arm circles” (by holding your arms out horizontally, then making circles in the air), then gradually increase the width of the circles and the speed of your circling motion.

When to Stretch?

Myth 1: Stretching helps you warm-up before an activity.

Reality: In fact, the opposite is true; you need to be warmed-up before you stretch. The muscles and connective tissue surrounding your joints need to be warm before stretching. Warm-up your muscles by doing a short 5-10 minute aerobic session. This elevates your heart rate, warms up your body and makes you begin to sweat.

Benefits of Stretching and Improved Flexibility

- Improved range of motion;
- Relief from muscle tension or tightness; and
- Psychological or emotional benefits.

Stretch and Flex into Your Future!

Now that you know more about the basics of flexibility and the benefits of stretching, aim to add more stretching into your physical activities and make improved flexibility one of your short- and long-term fitness objectives.

Learn More

[Stretch and Strengthen](#)

Get Fit at Work - U of L stretch and strengthen at your desk or work space.

[Stretching at Your Desk \(video\)](#)

Take a break from work to stretch! Check out this video and others from the Alberta Centre for Active Living.

[A Guide to 10 Basic Stretches \(slide show\)](#)

From the Mayo Clinic; follow this slide show to learn how to stretch your major muscle groups.

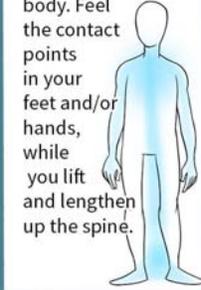
[Keys to Exercise – Flexibility \(video\)](#)

One in a series from the A

Take 5

Stay in a Mindful Zone with the Take 5 Mindfulness Tool

- ◆ Use anywhere, at anytime.
- ◆ No need to stop what you are doing.
- ◆ Nobody needs to notice.

1 Notice the Cue	2 Notice Something New	3 Notice the Body	4 Notice the Breath	5 Notice Now
<p>Use cues in your environment to remind you to Take 5</p> 	<p>Respond to your cue by shifting your attention to notice something novel that you were not paying attention to a moment ago.</p> 	<p>Now, move the spotlight of awareness to your body. Feel the contact points in your feet and/or hands, while you lift and lengthen up the spine.</p> 	<p>Begin with one complete breath. Then, deepen and lengthen the breath. Finally, take five breaths this way.</p> 	<p>Respond to what is present with openness, nonjudgement and patience. Now you are ready to choose a wise step forward.</p> 

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