



## Upcoming Wellness Events



### Staying Well at the U of L

Vicky Bennett, a programmer analyst, stays well here at the U of L by participating in archery and archery competitions. Vicky started participating in archery competitions when accompanying her husband to an archery competition. "I went to a competition to watch and support him, but very



**Calling all heroes!**  
**Join Nancy Walker,**  
**VP, Finance and**  
**Admin and be a**  
**hero by giving**  
**blood.** Nancy has an appointment April 17 at 5:20 PM to donate and would love to see more U of L members join her in donating the 'gift of life'. An additional 7 appts have been set up the same day starting at 5:30 PM. Please contact Patti Leeb at [leeb@uleth.ca](mailto:leeb@uleth.ca) or 403-329-5182 403-



### Upcoming Events

4/10 - 13

**Alberta Get Outdoors (GO!) Weekend**

More info check out

[www.getoutdoorsalberta.ca](http://www.getoutdoorsalberta.ca)

4/16

**Lunch and Learn**

AH100 - Noon - 1:00 PM - join me to hear Luc Martin

speak - 'Physical Activity and Motivation'. Just in

time for the Bee Amazing Race Physical Activity

Challenge! [Register for the Lunch and Learn here](#)

5/1

**Bee Amazing Race**

quickly I realized it's incredibly boring to watch! So after the competition I said to him I wouldn't go to another competition unless I was participating. I bought my bow that first day" said Vicky. She learned the tricks of the trade from her husband, and began shooting a compound bow (a modern bow that is much stiffer than other types).

Vicky now uses a traditional bow with an arm guard and tab on her fingers to protect her from injury. Vicky hopes to move on to shoot an Olympic style bow, which is a new style of archery to her. She is excited to learn about this new area of target shooting.

Vicky suggests going to an open shooting night in Picture Butte at the Fish and Game building if you would like try archery. There are coaches that attend with bows to help newcomers starting out. Archery is a very individualized sport and what works for one person may not work for another so try everything! Vicky has learned a lot mentally from archery. It helps to have a better focus, and to block out distractions. She has also learned to be in the moment. "The last arrow has flown and cannot be improved upon. The next one is yet to come, and nothing can be done about it yet; But the current arrow that is being pulled back and getting ready to fly, there's lots that can be done to perfect its flight to the target right now" said Vicky. "That's where my mental energy should be". Very inspiring Vicky! Thank you for showing us how **you stay well at the U of L!**

329-5182 to book these! [2014 Easter message.pdf](#)

### **Bee Amazing Race**

Early bird registration opens this month for the 10<sup>th</sup> annual BEE Amazing Race! Last year we had over 240 participants and 23 teams. Participants bounced from town-to-town to learn more about what it means to live healthy and well. Take advantage of the early bird registration to get your name in for an extra draw! And start thinking about how you will earn your 'Trip Tix'. **Canadian destinations this year!** Start thinking of goals you'd like to accomplish, and most importantly have fun! See the new and improved BEE Amazing Race starting in May. [Register here.](#)

The 10th annual Bee Amazing Race starts today and continues on until June 15th. Join now and move from town-to-town and learn more about what it means to live healthy and well! [Early bird registration April 22!](#)

### **5/3**

#### **Steps for Life**

Join the U of L Luxy Loafers for the annual Steps for Life 5K Walk - May 3, Henderson Lake, 10:00 AM. \$10.00 entry fee, includes bar-b-q, t-shirt and chance to win prizes. Kids under 14 are free. Register at [wellness](#) More info [Steps for Life 2014](#)

# Stress Awareness Month

Stress can lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks. It is easy to see why it's so vitally important to relieve stress.

This month is National Stress Awareness Month. Here are a few tips to help you release some of your stress:

**Get and/or Stay Healthy-** Living a healthy lifestyle can help you take charge of your body, and put yourself back in control. Exercising is also one of the best ways to relieve stress!

**Focus on Now-** Many of us can live our entire lives in yesterday or tomorrow. We are always worrying about the past or what lies ahead in the future. Live in the now, and concentrate on what's happening today.

**Be Positive-** Focus on the positive aspects in your life. Affirm yourself of the good, and forget the bad. Do your best to think about all situations positively and let the positive mindset become your focal point.

**Laugh-** It's true; laughter really is the best medicine. Watch a funny YouTube video or tell a funny joke.

Whatever it takes, give yourself some time for laughter every day.

**Meditate-** A still mind is a stress-free mind. Activities such as Yoga or Tai Chi can help with this or you can simply meditate at your desk while at work. Give yourself at least ten minutes to clear your mind.

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