

UR Well EMPLOYEE



UPCOMING EVENTS:

Mindful Mondays

Wilton Center: Interfaith Prayer Room
Mondays from 12-1pm
Open to UR Community

Food For Thought

Bust a Move in 2019...without Breaking Your Body: Tips and Techniques for a New Exercise Plan
January 23 from 12-1pm in the Wilton Center, Multi-Faith Room
Register at: UR Talent Web

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Employee Wellness Newsletter

JANUARY 2019

University of Richmond Employee Wellness

Why You Should Ditch Your New Year's Resolutions

Remember the optimism and enthusiasm you felt Jan. 1? The incredible motivation you had to make this *the* year to finally lose the extra weight, exercise more, get healthier, or . . . (fill in the blank with whatever goal you set that day)?

Our take? If you want, go ahead and toss out your resolutions. In many cases, New Year's resolutions aren't helpful because they don't promote success.

"The day should be rechristened 'Recalibrate and Refocus Your Resolutions Day,'" says John C. Norcross, Ph.D., distinguished professor of psychology at the University of Scranton in Pennsylvania. "By Jan. 17, most resolvers will have lapsed or slipped, but a slip need not be a fail."

In fact, Norcross' research shows that 71 percent of successful resolvers say their first slip actually strengthened their efforts, renewing their inspiration to achieve their goals.

So don't simply give up till next year. Here's how to scrap the New Year's resolutions that aren't working and still successfully reach your health goals.

1. Rephrase your resolution.

If your objective is too broad, you can flounder. For example, "have a salad with dinner every night" is more tangible than "eat more vegetables." But even a specific target needs to be narrowed. Your big-picture vow can be "lose 20 pounds," but break it down into 5-pound chunks. Then when you hit each mini target, celebrate. Being positive about small successes helps to keep you moving forward.

2. Uncover the root of your motivation.

"Few people ask themselves why they set the goal they chose," says Christine Whelan, Ph.D., a clinical professor in the School of Human Ecology at the University of Wisconsin. "Accomplishing your goal can feel empty without understanding the motivation behind it."

So if the real reason you want to lose weight is because you want to have more energy to play with your kids, remind yourself of that often. When you're clear about what you're aiming for, you have a greater incentive to make the necessary changes to achieve your objective.

3. Stop trying to go it alone.

Making a public commitment to a change in behavior increases your likelihood of success. Join a diet support group, find an exercise partner, or even post your intentions on social media to help keep yourself accountable.

4. Start tracking your progress.

Keep a food diary, an exercise log, or simply a list of the steps you took that day toward your goal. "Such self-monitoring increases the probability of keeping your resolution," Norcross says.

5. Feel free to recalibrate again.

"There's a lot of self-blame around ditching a New Year's resolution," Whelan says. "Give yourself permission to reprioritize and re-evaluate as needed."

Source: Consumer Reports





Educational Corner: How Stop Cold and Flu Germs at Work

The colds and flu virus are among the most commonly transmitted because they can be airborne. With a small cough or sneeze, or even the sharing of utensils during a meal, it can already be transferred from one person to another. Here are some simple ways to prevent the spread of the cold and flu in the workplace.

Prevention is key. The first, and best, line of defense against the spread of both cold and flu is prevention. Many offices provide flu shots in-house, and most employees do not mind getting flu shots for work if it means preventing themselves (and their coworkers) from getting sick. And people are more likely to get a vaccine if it is convenient.

Avoid contact. If you do find yourself getting sick, stay home from work. A person is contagious a full day before

symptoms show up and up to 7 days after becoming sick. The CDC recommends that a person who catches the flu or a flu-like infection stays home for at least 24 hours after their fever is gone.

Wash your hands. The flu is spread through droplets when an infected person coughs, sneezes, or even talks. Washing your hands frequently, especially before eating can also help prevent the spread of cold and flu viruses. Germs are commonly transmitted hand-to-mouth, when the person is eating, biting their nails, or mindlessly touching their lips. Using hand-sanitizer can be a useful backup method. The majority of viruses enter the body through the hands into the mouth.

Cover your mouth. If you have to cough or sneeze, be sure to cover your nose or mouth. It is recommended that you cover your nose or mouth with a tissue, but if

one is not available, immediately wash your hands with warm water and soap after sneezing or coughing.

Keep surfaces clean. Whether you or your coworkers are sick or well, it is a good practice to clean and disinfect shared surfaces, such as door-knobs, phones, and keyboards often to prevent the spread of infection.

Prevention is the best way to avoid spreading colds and the flu, but it isn't always possible. Therefore, it is helpful to create a work environment that encourages hand-washing and cleanliness at all times.

Source: US Health Works



Healthy Cooking: Salmon Burgers and Slaw

Ingredients:

For the burgers:

12-14 oz. cooked or canned salmon
2 eggs
1/2 cup breadcrumbs
1 tsp. salt
1/2 tsp. garlic powder
1/4 cup chopped fresh herbs like parsley, chives, or dill
A squeeze of lemon juice

For the slaw:

1 head of green cabbage, finely shredded
1 cup plain Greek yogurt
2-3 tbsp. white vinegar (more to taste)
1 tsp. salt
1/2 tsp. garlic powder
1/2 cup chopped fresh herbs like parsley, chives, or cilantro

Directions:

1. *For the burgers:* Flake the salmon apart. Mix all the burger ingredients together and form 3-4 medium-sized patties. Heat some oil in a pan over medium heat. Fry each burger for a few minutes on each side until golden brown and crispy. Place on a plate lined with paper towels and sprinkle with some sea salt.
2. *For the slaw:* Mix all slaw ingredients together. Taste and adjust seasonings.
3. *To serve:* Serve those salmon burgers on top of a bed of creamy slaw. Top with some extra yogurt, olive oil, and fresh herbs!



How to Get More Organized at Home

conquer THE KITCHEN



tidy up YOUR BEDROOM



organize YOUR DESK



UR Well EMPLOYEE



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Karen's Korner, Karen Hensley, UR Dietician: Raising Healthy Eaters in the New Year

Teaching kids the importance of food and nutrition can be difficult due to our busy lives but it's important to teach them that food is used to fuel their busy body and used to nourish their strong bones and smart brains.

Raising children is a difficult job and no one is perfect so do your best to help raise healthy eaters during these critical years.

Below are a few ways to help raise healthy eaters.

- Serve regular, balanced meals and snacks using a variety of foods.
- Provide calm, pleasant meal times where adults and children can talk together.
- Remove distractions during mealtime such as television, phones, and tablets.
- Let the children use their internal signals to

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decide how much and what to eat from the foods you set on their plate.

- Exposure the child to a variety of flavors and cuisines.
- Make simple food safety (washing hands) part of every eating occasion.
- Teach basic skills for making positive food choices away from home.

Source: Academy of Nutrition and Dietetics