



January Newsletter

Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC

Howdy, Texas A&M! As we begin the new year, let's all focus on **Living WELL Aware at Texas A&M***. How are we going to accomplish that to the greatest extent possible? By doing the unnatural. Yes, that's right: the **UNNATURAL!** Let's face it. How many of us actually wake up every morning and announce "My focus today in all my actions will be greater health and happiness." For most of us, it's easy to do what everyone else is doing: eating food that is not healthy in amounts we don't need, not meeting the fitness guidelines of exercising most days of the week, and living a stress and grievance filled life. If you find yourself in one or more of these categories, you are part of a big club: *The Living UnWell UnAware Club*. It's a club we want to cancel our membership in and join The 2017 **Living WELL Aware at Texas A&M Club!** Living WELL Aware is all about providing you:

- 1) the best **Information** on what IS healthy,
- 2) strategies on **Implementation** of the information, and
- 3) **Inspiration** to help you along the way.

THANKS to *WELLNESS WORKS!* for making this available to employees of Texas A&M.

While we will focus on one of the 11 essential elements each month throughout the year, you don't want to hold off on the other essential elements until the month they are covered. For example, Essential Element #11 is Seek and Secure Support which will be the focus for November. You want to start working on #11 now, building your support team! Starting a weekly **Living WELL Aware at Texas A&M** group in your workplace is an ideal way to go through the book and workbook. If you haven't formed your group, do it NOW! We all need accountability partners.

January: Essential Element #1: Normal Numbers Now!

Click [here](#) for the **Partner with your Provider** worksheet which includes all the normal numbers and a section for you to record YOUR numbers. The goal: EVERYONE at Texas A&M should know their EXACT numbers. As my book, *Should I Fire My Doctor?*, and workbook detail, knowing your numbers and getting them in an acceptable range is literally a matter of life and death. Additional information NOT covered in the book and workbook will be included in this month's course on **Normal Numbers Now** available on TrainTraq. In the course, I discuss critical elevations of various numbers that are life threatening and must be addressed immediately, and how even minor elevations over many years take a toll on our body increasing our odds of numerous health disorders.

The course may be found in TrainTraq by clicking on the Course Catalog tab and searching for the course title, **Living WELL Aware at TAMU – Essential Element 1: Normal Numbers Now** or by following the links below.

- **Texas A&M University, Workstation M** – click [here](#).
- **Texas A&M Health Science Center, Workstation H** – click [here](#).

Not only do you want to RECORD all of your exact numbers so you can follow progress in areas of needed improvement, you also want to begin journaling or recording progress in all areas you wish to improve. What gets MEASURED gets MANAGED. Decide what you need to monitor: your fitness workouts, food consumption, time in meditation, finances, etc... Do it in a simple notebook or an app. Even though fitness has become a routine part of my life, I record EVERY workout on my phone calendar. I want to know at the end of each week how many miles I logged, how many times I did abs, weights, or yoga. If I don't have goals and record my progress, I can't manage it.

Let's do the UNNATURAL! Let's make our physical, emotional, social, financial, and spiritual health the focus in 2017. How? By telling the Old Self to take a hike. The mind is the master. The body is the slave. Change Your Mind! The body WILL follow. Wake up every morning and say: "Today, I will focus on actions that lead to greater health and happiness." Repeat it several times throughout the day. Post it at work, at home. Make health a priority. **Living WELL Aware at Texas A&M** will give you the Information, Implementation, and Inspiration to help you make 2017 an amazing year!

WELL Leader Program - Applications Due Today!

The **WELL Leader** application period opened on December 20 and was expected to close on January 6. However, due to the great interest in participating and several requests for exceptions to the deadline, the deadline was extended to close of business today Tuesday, January 17. For information about how to apply to be a **WELL Leader**, visit wellness.tamu.edu. Don't miss out on this special opportunity to help be a wellness ambassador in your unit!

WELLNESS WORKS! Spring Fitness Schedule

As you know, Essential Element #3 of **Living WELL Aware at Texas A&M** is **Make Movement Mandatory!** Check out the new **WELLNESS WORKS! Spring Fitness Schedule** with 35 fitness opportunities to get you moving. For additional information including class locations and descriptions, visit wellness.tamu.edu.

Due to contractual provisions with Dr. Patricia Sulak, **Living WELL Aware at Texas A&M is only available to faculty and staff of Texas A&M University (System Part 02; workstations M and H only).*

Division of Human Resources & Organizational Effectiveness

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