



## April Newsletter

### Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC

Howdy, Texas A&M! A big THANK YOU to everyone who is participating in **Living WELL Aware at Texas A&M**. I have heard from many of you who are viewing the monthly videos on TrainTraq and going through the corresponding lessons in the **Living WELL Aware** workbook. All videos will only be available through the end of 2017. **This is an astounding, inspirational program provided by Texas A&M at NO COST to you!** This program WILL change your life as it has for many other Texas A&M employees.

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#### April – Essential Element #4: *Halt Harmful Habits*

Any perfect people out there? Obviously NOT! We all do things that do not serve us or others well. My harmful habits may be different than yours. Some people can hide theirs, while for others, they are in plain view. Some of our damaging behaviors may be the result of what we have been exposed to throughout our lives and we might even be genetically predisposed to others. My eating habits may be the result of how I was “brought up.” My emotional status and personality may be due in part to my genetic code. No matter what, it’s up to me to decide what needs to change in order to lead the amazing life that I want. Focusing on excuses isn’t going to make changes!

How do we halt harmful habits? By taking ownership of them. I am in control of my thinking and my mind tells my body what to do. If I condition my mind to think positive, healthy thoughts, my body will follow with positive, healthy actions.

I cannot halt any harmful habit without recognizing that it IS harmful and that I am free to choose my thoughts about it. **I can think excuses, or I can think solutions.** In the **Living WELL Aware** workbook, I list 30 common habits that are destructive. Some may surprise you. In this month’s video on *Halting Harmful Habits*, I discuss the top 5 harmful habits that result in hundreds of thousands of preventable deaths every year in the United States. Be the best 2017 model of yourself by **Living WELL Aware at Texas A&M!**

ONWARD!  
Patricia J. Sulak, MD

\*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 (workstations M and H only).

**Living WELL Aware at TAMU – Essential Element #4: Halt Harmful Habits** is found at:

**Texas A&M University, Workstation M – [click here.](#)**

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### Employee of the Month: Kathleen (Kit) Darling – Texas A&M College of Veterinary Medicine

Kit and other WELL Leaders at the CVM filled their conference room last month to hear all about **Living WELL Aware at Texas A&M**. Here is what Kit had to say: *“I was so excited to see the room packed and have heard very positive comments. Personally, I am very excited about Texas A&M University offering **Living WELL Aware at Texas A&M**. I like that it includes all aspects of health. I hear the same comments from others and know that it has helped a lot of us think about our health and do things to improve our health - increasing our exercise or activity level, improving our diet, managing stress, building a support system and giving back to our community. Since the program has started there are also more conversations among us about improving health. Thank you and Texas A&M University.”*

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### Upcoming Events

**Living WELL Aware at Texas A&M - Halt Harmful Habits Workshop**  
**Monday, April 24 | 1:00 p.m. – 2:00 p.m.**  
**General Services Complex (GSC) | Room 101A**

To coincide with this month’s Essential Element #4 - Halt Harmful Habits, Blue Cross Blue Shield of Texas, the Brazos Valley Council on Alcohol and Substance Abuse (BVCASA), and *WELLNESS WORKS!* have partnered to bring you a special workshop to:

- Address multiple components of **tobacco use** including psychological/social factors, media influence, health/fatality rates, and consequences
- Discuss community-wide resources available to help you or a loved one halt tobacco use
- Discuss health plan resources available through Blue Cross Blue Shield of Texas
- Provide information about the Texas Quitline ([yesquit.org](http://yesquit.org)) and the American Cancer Society’s Freshstart program
- Share ways you can support your workplace and get involved in the community

Workshop will be led by Mr. Alton Burton, Tobacco Prevention and Control Coordinator for BVCASA, and Ms. Kelley Melcher, Wellness Coordinator for Blue Cross Blue Shield of Texas. To register, click [here](#). Additional information about these organizations can be found at [bvcasa.org](http://bvcasa.org) and [bcbstx.com/tamus](http://bcbstx.com/tamus).

### Division of Human Resources & Organizational Effectiveness

**WELLNESS WORKS!** [wellness.tamu.edu](http://wellness.tamu.edu)

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