



## July Newsletter

### Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC



Howdy, Texas A&M! It's July. It's Texas. It's HOT! And so is *WELLNESS WORKS!* It's exciting to see so many involved in the numerous wellness offerings all over campus. As I travel around the country, Texas A&M is in a class of their own delivering a wide array of programs to improve all aspects of one's health. **DUMP** the excuses and participate in as many programs as you can. You will be Living WELL Aware at Texas A&M!

### July – Essential Element #7: Forgive: Family, Friends, Foes, and Ourselves

When compiling my list of essential elements to health and happiness, it was a no brainer to include FORGIVENESS. This concept has been around for thousands of years, emphasized throughout stoicism, psychology, and spiritual writings. As stated by the Buddha: “You will not be punished FOR your anger. You will be punished BY your anger.” As a practicing physician, I often see the physical and emotional destruction caused by the ravages of grievances and anger.

Do NOT miss out on this month's TrainTraQ webcast on forgiveness. I discuss the reasons we can find ourselves upset and angry today, the “myths” of forgiveness, and importantly, how and why dumping grievances is critical to optimal wellness – OUR wellness. Forgiveness is all about YOU. Not the person that harmed you. Don't let the actions of someone else destroy your health and happiness. July may be HOT but this month we are going to focus on being COOL. Let's focus on forgiveness at Texas A&M, and let's do it better than anyone else.

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).

### July Video – “Forgive: Family, Friends, Foes, and Ourselves”

- **Watch!** - Texas A&M University (Workstation M)
- **Watch!** - Texas A&M Health Science Center (Workstation H)

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## Employee Wellness Champions of the Month: Emily Terral and Lisa Payton – Contract Administration

Emily Terral and Lisa Payton have been leaders in promoting *WELLNESS WORKS!* initiatives and programs for their colleagues at the Purchasing & Stores building. They led the efforts in establishing a gym in their building and are now hosting *WELLNESS WORKS!* Body Blaster fitness sessions there this semester. They continue to promote wellness with their enthusiasm and support to fellow employees. Their dedication to bringing wellness directly to the staff members at the Purchasing & Stores building has been a great success.

Here is what Emily had to say: *“I am so blessed to be a part of WELLNESS WORKS! and am thankful for all those whose vision has breathed life into this inspiring program. The success of WELLNESS WORKS! has shown bright in our department with walks and talks, smiles and heart-warming new connections. The success of opening the gym in our building was just the icing on the cake! Another significant part of the program is how it connects us with others across our expansive campus and provides an elevated sense of being a part of a bigger, more important purpose, which is what TAMU is all about! The wellness leaders’ meetings and lessons learned from Dr. Sulak inspire me to be my best and that’s what enables me to encourage and uplift those around me. That’s my daily goal and I am happy to report WELLNESS WORKS! is working here!”*

Here is what Lisa had to say: *“Being a WELL Leader has been a positive impact on my world and everyone I come in contact with daily. At the first WELLNESS WORKS! meeting, Dr. Sulak discussed many important topics. But for me the topic of support stood out the most. She emphasized, ‘by helping others, you inadvertently help yourself.’ WELLNESS WORKS! has made this statement come alive in our department. It has created an upbeat environment full of smiling faces, laughter and positive encouragement that we have shared with friends and family members. Thank you to all of the WELLNESS WORKS! staff for your support!!! We want to particularly, thank you for our new Happy and Healthier Lives, Wellness does Work!!!”*

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## WELLNESS WORKS! Happenings:

### Diabetes Self-Management Workshop Informational Session – Brown Bag Lunch

Presented by Texas A&M Evidence-Based Programs Resource Center

Tuesday, July 25 | 12:00 p.m. – 1:00 p.m. | General Services Complex (GSC) Room 101A

*WELLNESS WORKS!* and the Texas A&M Evidence-Based Programs Resource Center cordially invite you to attend an informational session about the FREE, 6-week program that is designed to provide support to anyone who has diabetes, pre-diabetes, or loves someone who does. Join us and learn more about this interactive group learning experience that focuses on:

- Techniques to cope with symptoms of diabetes
- Suitable exercises for maintaining and improving your strength
- Healthy eating
- Appropriate use of medication
- Working more effectively with your health care providers
- Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program

To register for the workshop informational click [here](#). Light refreshments provided by *WELLNESS WORKS!*. For more information about *WELLNESS WORKS!*, visit [wellness.tamu.edu](http://wellness.tamu.edu).

Division of Human Resources & Organizational Effectiveness

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

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