



## August Newsletter

### Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC



Howdy, Texas A&M! It's August and soon there will be tens of thousands of students in numerous Texas A&M locations. They will be passionately pursuing their life dreams, which is the key element of Living WELL Aware. I am proud to announce that I will have two nephews and two great nephews enrolled this fall at the College Station campus. My family is full of Aggies!

### August Focus: Essential Element #8: Passionately Pursue Purpose and Priorities

While all of the Living WELL Aware 11 Essential Elements to Health and Happiness are ESSENTIAL to a life of optimal wellness, #8 is actually #1 in importance. Your purpose and priorities determine how you manage your life and if you are going to accomplish the other 10 essential elements.

Many of my problems in the past were the direct result of things and activities that I prioritized, but were NOT in line with a life of true health and happiness. We see examples every day of people making decisions, focusing on "priorities", which are resulting in deleterious outcomes. We can all find ourselves there, but that's OK! We are all works in progress. If we want to improve the quality and quantity of our life (our livelihood and longevity), we need to look at what we value and why.

This month's webcast on TrainTraq will help you do just that. When I began questioning what I was prioritizing and why, a whole new world of possibilities opened up that resulted in a life I never dreamed possible. Let's have the life we desire and deserve by Passionately Pursuing a Purpose and Priorities that will make it happen. Let's be our best 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).

## AUGUST VIDEO – “*Passionately Pursue Purpose and Priorities*”

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

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### Employee Wellness Champion of the Month: *Dylan Murray – Student Activities*

Dylan Murray has been a leader in promoting *WELLNESS WORKS!* initiatives and programs for his colleagues in the Department of Student Activities. Dylan has led efforts in organizing lunch break “viewing parties” of Dr. Sulak’s monthly videos, posting tips and monthly events in the breakroom for everyone to see, contacted KIND to bring healthy snacks to their breakroom for employees to enjoy, and gathered his colleagues to join the faculty and staff summer kickball league. His dedication to bringing wellness directly to the faculty and staff members of Student Activities has been a great success.

Here is what Dylan had to say: *“Being a WELL leader for The Department of Student Activities has been an amazing experience from the moment it began. The challenge with getting any new initiative started is just getting the word out about any new community or WELLNESS WORKS! programs. One of the largest obstacles we’ve started to overcome as a department is simply getting over our own fear that we are alone in our pursuit of wellness. When StuAct started our programs, they were small and getting others to attend could be challenging at times. Now, 2 months later, I’m starting to see a steady change in the way “wellness” is perceived throughout my coworkers within the department.*

*Weekly walks after work, “viewing parties” of Dr. Sulak’s videos during lunch breaks, Kickball (whoop!), and a slow incorporation of more healthy snacks at social events have all started conversations of how we can all be better... at treating ourselves better! My coworkers (and now friends) within the department have begun to inspire me far more than I could ever hope to motivate them- and continually push me to incorporate all aspects of wellness within our team. I’ve selfishly loved my role in trying to help my department live more consciously and “Well aware” and the positive impacts it’s had on my professional and personal wellbeing- and I look forward to continuing to bring more encouragement for wellness in the future!”*

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### **WELLNESS WORKS! Happenings:**

#### **Financial Wellness Counseling**

##### **General Services Complex Suite 1203 or 1205**

Throughout the fall semester, *WELLNESS WORKS!* will be facilitating one-on-one financial wellness consultations with financial/retirement advisors on campus. These consultations will be provided by Lincoln Financial Group and TIAA advisors and are intended to help employees learn ways to take control of their financial well-being. Both Lincoln Financial Group and TIAA are approved A&M System retirement vendors. Click [here](#) to learn more about this opportunity to enhance your financial wellbeing.

#### **New Piranha Fitness Studio Policies**

- **No Show Policy** - Beginning August 28<sup>th</sup>, there will be a “no show” policy enforced for *WELLNESS WORKS!* classes at Piranha Fitness Studio. Each time a participant does not show up for the class they reserved a spot in, they will receive a penalty strike. Each participant will get up to three (3) penalty strikes. After the third strike, the participant will no longer be eligible to participate in TAMUWW classes at Piranha Fitness Studio.
- **Cancellation Policy** – As a courtesy to other clients and Piranha instructors, participants must cancel a class before the scheduled class time in order to avoid a no show penalty (see no show policy).
- **Wait list** – If a class is full, join the wait list! Piranha will add riders on a first-come, first-served basis as spots become available. Participants will be notified via email when they have been moved from the waitlist into a spot in the class. The same policies described above will apply. If a participant has added themselves to a wait list and cannot attend the class, they must remove themselves from the waitlist to avoid a penalty strike.
- **Late policy** – Once the instructor begins class, reserved spots become eligible for waitlisted or walk-in clients to use. Piranha will only secure the participant’s spot up to the start of the class.

## FREE Fitness Sessions for Texas A&M Faculty & Staff

Looking for opportunities to maximize your [Wellness Release Time](#)? Check out one of our free fitness sessions for Texas A&M faculty and staff brought to you by *WELLNESS WORKS!*. Our fitness sessions are led by certified instructors from Rec Sports and other local health experts including Open Sky Health and Piranha Fitness Studio.

**NEW!** – Check out the *WELLNES WORKS!* August 2017 Interim Fitness Schedule for August 8 – August 24

*\*WELLNESS WORKS! participants are required to sign-in at the Rec Center Member Services desk for classes at Rec Sports.*

## Diabetes Self-Management Workshop

The fall Diabetes Self-Management Workshop is currently full, but here are some tips that were discussed in the informational session:

1. **Diabetes Plate Method:** The American Diabetes Association has an interactive online feature called 'Create Your Plate'. It allows individuals to meal plan ways to manage your blood glucose levels and lose weight. Your Plate can be found [here](#).
2. **Deep Breathing:** Did you know that stress can lead to higher blood sugar? Deep breathing is an easy technique that can be applied in any setting and has been proven to lower stress levels.
3. **Create an Action Plan:** Creating an action plan can help you to move from being educated to being empowered. An action plan should be around something YOU want to do, something that you can achieve in the timeframe of a week, and something that is an action. Set yourself up for success!

## Farmers Markets in BCS

Looking for opportunities to visit a farmers market in the BCS area? Here are a list of the ones occurring in the month of August.

- **Brazos Valley Farmers' Market**  
Open on Saturdays from 8:00 a.m. – 12:00 p.m.  
198 W 21<sup>st</sup> St, Bryan, TX 77803
- **South Brazos County Farmers' Market**  
Open on Tuesdays from 12:00 p.m. – 5:30 p.m. at Scott & White Clinic at Hwy 6 - University  
Open on Fridays from 12:00 p.m. – 5:30 p.m. at Scott & White Hospital at Hwy 6 – Rock Prairie
- **The Farm Patch**  
Open Monday – Saturday 9:00 a.m. – 7:00 p.m. and Sunday 10:00 a.m. to 6:00 p.m.  
3519 South College Avenue, Bryan, TX 77801
- **Wednesday Farmers Market at Lake Walk**  
Hosted by Brazos Valley Farmers Market  
Open Wednesdays from 4:00 p.m. – 7:00 p.m.  
4107 Lake Atlas Drive, Bryan, TX 77807

### Division of Human Resources & Organizational Effectiveness

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

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