



September Newsletter

Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC



Howdy, Texas A&M! I hope the new academic year is off to a great start for you. For some, it may be a bit hectic. As I speak around the country, one of the main complaints I continually hear is: "I'm stressed out!" Are you **Living WELL Aware at Texas A&M**?

September Focus- Essential Element #9: Stifle Stress / Sever Suffering

If you are like the overwhelming majority of us who can find life a bit stressful at times, do NOT miss out on this month's webcast on TrainTraq! We all face stressful events. Sometimes it's a major event, such as a severe illness or death among our family or friends, financial difficulties, substance abuse, or relationship turmoil. Even day-to-day events can stress us out, such as deadlines, interruptions, juggling work and family, or caring for handicapped children or elderly parents. The list goes on and on.

But why is STRESS such a universal problem today? It's actually not that stress is something new to our world. Unfortunately, our culture has redefined "stress." It can get to the point that every unwanted event is "stressful". None of us can argue with the fact that major life events can get us down. The problem is when we don't resolve the unwanted, undesired event. My dad was a great example of the often quoted saying: "It's not what happens to us in life. It's our reaction to it." He had to deal with 31 bombing missions over Europe during World War II, the death of a son, a devastating tornado, crop failures, and much more. He used to say: "You gotta deal with it!" That's a worthy goal in life. Since we can't control most life events, our focus has to be on getting control of our reaction to unwanted life events - - ASAP.

Being continually STRESSED OUT is NOT good for us! Our emotional and our physical health are affected. It can lead to anxiety, depression, hopelessness, inability to cope with pain leading to increased use of narcotic medications, increased susceptibility to heart disease and other health problems, and even suicide. When we are stressed out, it can lead to us saying and doing things we later regret. Chronic stress is not a good set-up for a life of health and happiness.

The Good News: We can Stifle Stress / Sever Suffering - helping us lead a life full of gratitude, joy, peace, and love, and keeping us from a life filled with disappointment, anxiety, fear, anger, and numerous other negative states. Let's all work on stifling stress so we sever suffering. This month's webcast on TrainTraQ will help you do just that. It's all about **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).

SEPTEMBER VIDEO – “Stifle Stress / Sever Suffering”

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

Employee Wellness Champion of the Month: Noah Nettles- Transportation Services

Noah Nettles has been a prominent leader in promoting **WELLNESS WORKS!** initiatives and programs for his colleagues in Transportation Services. Noah created a departmental wellness webpage to provide easily accessible wellness resources for his colleagues. He has also driven the effort to establish the Transportation Services Wellness Incentive Program, which rewards employees for progress toward achieving their health and fitness goals, participating in **WELLNESS WORKS!** sponsored events, and submitting photos that demonstrate activities of a healthy lifestyle. Noah's work continues to spread the word about wellness initiatives and is providing constant motivation to live a life of greater health and happiness.

Here is what Noah had to say: *“I have enjoyed being a WELL Leader and venturing out to different WELLNESS WORKS! Lunch N Learns learning about various topics that I would not normally learn about. Constantly being reminded to think of my wellness and having a support system has helped me reach out for different goals that I would not have previously tried. Heart conditions run in my family and I would like to try and stop that! Strength is something I am lacking in, and I started doing push-ups every morning with a goal of being able to do 50 push-ups consecutively. I have already reached that goal and am working towards 100 now!”*

WELLNESS WORKS! Happenings:

Informational: Chronic Pain Self-Management Workshop

Friday, September 15 | 10:00 a.m. - 11:00 a.m. | General Services Complex (GSC) Room 101A

WELLNESS WORKS! and the Texas A&M Center for Population Health and Aging cordially invite you to attend an informational about the FREE 6-week program that was developed at Stanford University to help and provide support to anyone who has chronic pain or love someone who does. Join us and learn more about this interactive group learning experience that focuses on teaching adults strategies to empower and improve overall wellbeing. Self-management workshops complement clinical care and are evaluated and approved by the CDC. This workshop meets weekly for 6 weeks for 2.5 hours. [Register here.](#)

Lunch & Learn: Airrosti Rehab Centers - We've Got Your Back

Friday, September 29 | 11:30 a.m. – 1:00 p.m. | General Services Complex Room 101A

Join Airrosti for an educational and interactive workshop where you'll learn simple, proven techniques to increase flexibility and strengthen your back and core - helping you **eliminate back pain and prevent future injuries**. Please wear pants/flexible clothing to perform the exercises. [Click HERE to register \(Space is Limited\)](#). Light lunch provided.

Also On The Same Day – Complimentary Pain & Injury Assessments

Friday, September 29 | General Services Complex Room 101B

If you're currently suffering from pain or an unresolved injury, [register](#) for a complimentary 15-minute assessment with Airrosti. Learn how Airrosti can quickly eliminate back, neck and other chronic pain or acute injuries without surgeries, pharmaceuticals, or injections.

Fall Prevention Awareness Event **Thursday, September 14 | Brazos Center**

Did you know that even though falls are the number one cause of injuries for older adults, falls are NOT a natural part of aging? Join The Texas A&M Center for Population Health and Aging (CPHA) to learn how you can take simple steps to prevent falls for yourself and loved ones. CPHA is hosting this FREE Community Event that includes exhibitor booths, a professional expert panel, and various free health screenings. For additional information, contact Meredith Martin at mmartin@sph.tamuhsc.edu or (979) 436-0606.

Financial Wellness Counseling

Beginning in August, *WELLNESS WORKS!* will be facilitating one-on-one financial wellness consultations with financial/retirement advisors on campus in the General Services Complex (GSC) Room 1203 or 1205. 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 well-being.

Save The Date: October 20 - Texas A&M Employee Wellness Fair **8:30 a.m. - 3:00 p.m. | Student Rec Center - South Entrance near Olsen Field**

Also, save these dates for the fall flu vaccine clinics for Texas A&M employees and their covered dependents.

- **October 4:** Walk-in Flu Vaccine Clinic, General Service Complex
- **October 5:** Walk-in Flu Vaccine Clinic, Koldus Building
- **October 12:** Drive-thru Flu Vaccine Clinic, Fan Field Parking Lot – off Research Parkway
- **October 20:** Walk-in Flu Vaccine Clinic, Wellness Fair at the Student Rec Center

Check back for updates about the fair and clinics on our newly renovated website, wellness.tamu.edu!

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