Wellness Happenings for April

Stress Awareness Month
Stress can cause people to feel overwhelmed or pushed to the limit. With consequences of poorly managed stress ranging from fatigue to heart disease and obesity, it is important to recognize high stress and take healthy actions.

Tips to Manage your Stress
- Understand how you experience stress. Everyone experiences stress differently. Do you know when you are stressed? How are you when you do not feel stressed?
- Identify your sources of stress. What situations cause you stress? Family, finances, work, or something else?
- Learn your own stress signals. Because people experience stress in different ways, you may have hard time concentrating, making decisions, feel irritable, lack energy, and experience headaches or muscle tensions.
- Recognize how you deal with stress. Determine if you are using unhealthy behaviors, such as smoking, drinking, over/undereating. Is this routine behavior or specific reactions to certain events/situations? Do you make unhealthy eating choices as a result of feeling rushed or overwhelmed?
- Find healthy ways to manage stress. Consider healthy activities such as meditation, exercise, or talking with family or friends. Focus on changing ONE behavior at a time.
- Take care of yourself. Eat right, get an adequate amount of sleep, drink plenty of water, and be physically active. Ensure you have a healthy mind and body, do not forget to make time for yourself.
- Reach out for support. Receiving help from family and friends can improve your ability to manage stress.

For more information on how to manage stress, visit American Psychological Association.

One Minute Wellness – OWN IT!
So many of my problems were attributable to me thinking “other” people needed to change or do their part for me to make changes. NOT!! Keys to a Successful Journey #3: OWN IT! This is mandatory.

True story: For YEARS, I told my husband Jeff it was up to HIM to teach me how to understand the family finances and to help me clean up our cluttered house of 27 years with stuffed disorderly closets, drawers, shelves, tables, and floors packed full of things. Boy was I barking up the wrong tree. The problem was not him. It was ME. He understood the finances and was not bothered by the clutter. I was the one that needed to OWN IT!

And finally, this year I have put “declutter” several days a week in My Journey to Living WELL Aware daily planner and have taken charge of cleaning out one drawer or shelf or a section of a closet at a time. It only takes 15 minutes. I also put a couple of times on the weekly schedule to meet with Jeff to review some aspect of our finances – like HOW DO you pay bills online and where IS our money? If I wanted to improve my financial and emotional wellness and get organized, it was up to me to make it happen. It is working!
What is it for YOU? You cannot change other people, only yourself. OWN IT! Millions have the same problems you have. Those that take ownership of their life circumstances can succeed in having greater health and happiness. Take Charge and DO NOT GIVE UP!

ONWARD!
Patricia J. Sulak, MD

Stay connected with Living WELL Aware by signing up for the weekly One Minute Wellness email from Dr. Sulak.

*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).

UPCOMING EVENTS

Watercooler 5K
Presented by Bryan/College Station Chamber of Commerce
Thursday, April 5 | 3:00 p.m. – 6:00 p.m. | Wolf Pen Creek

Texas A&M University is again sponsoring the Water Cooler 5K Run/Walk hosted by the B/CS Chamber of Commerce Health and Wellness Committee. As a title sponsor, employees of Texas A&M University are encouraged to participate (with appropriate supervisor approval) in this fun physical activity event held during working hours to promote physical health. Texas A&M participants can still register here by April 4 or at Wolf Pen Creek before the race! - $15 per person.

Wellness booths and warm up prior to the 5K Fun Run and Walk (3:00-4:00 p.m.). The 5K Walk and Run will start at 4:00 p.m. Each registrant will receive an email with event logistics, which includes a map, schedule of events and an assumption of risk waiver form. For information or questions about the 5K, contact Roger Martinez at rmartinez@tamu.edu.

Throwback Thursday Dance Party
Presented by TAMU Rec Sports
Thursday, April 12 | 6:00 p.m. – 7:30 p.m. | Rec Center Archery Room

Get ready for FREE 90 minutes of high energy dance moves from then and NOW! From Jazzercise to Zumba, we'll be dancing the night away and finishing it off with a little Yoga Zen. Bring your friends and colleagues! Burn calories, have fun, and get fit while enjoying a blast from the past! Non-Rec members are welcome!

Airrosti Lunch & Learn - Health on the Move
Presented by Airrosti
Monday, April 16 | 11:30 a.m. – 12:30 p.m. | General Services Complex 101A

WELLNESS WORKS! and Airrosti invite you to attend an educational session to learn more about the common lower extremity conditions that are affecting millions of Americans. During this session, you will learn valuable tips that can be applied to relieve and/or prevent lower body pain. Those who are currently suffering from a related condition will be shown best practices and exercises to help relieve the pain and discomfort. Limited seating available, RSVP for the workshop here.

Complimentary Pain/Injury Assessments
Airrosti providers spend the necessary time identifying the root cause of our patients’ pain, then resolving that pain as quickly as possible-often within 3 VISITS (based on patient-reported outcomes). If you are suffering from pain or unresolved injuries, we encourage you to take advantage of this COMPLIMENTARY, NO OBLIGATION, 15-minute injury assessment from 1:00 pm – 5:00 pm in the General Services Complex, Room 101C. Click here to register for this assessment.

Run the Ramps 5K
Presented by Memorial Student Center Freshmen in Service and Hosting (MSC Fish)
Saturday, April 21 | 8:00 am | Southeast Side of Kyle Field

MSC FISH is preparing to host the second annual Run the Ramps 5K run to raise proceeds for Kyle Field Day (MSC FISH’s largest service project) which takes place on the ramps and concourse of Kyle Field! Participants will run up the ramps, around the concourse levels and back down the ramps and will finish on the southeast side. Check-in on day of event will begin at 8:00 am. There will be a competitive wave at 9:00 am, noncompetitive wave at 9:30 am, and Family 1.5 mile Fun Run will follow.
Registration for the event is $35 per participant. Registration includes a TriBlend T-shirt, Custom Race Bib, finishers medal and timing results post-race. In addition, FREE Race Day Photos, a Swag Bag, post-race catering by Hopdoddy Burger Bar, and a great experience!

***Make sure when registering that you fill out a medical release form and pay online as both of these are required in order to participate.

Click here to register and learn more about Run the Ramps. For any questions contact fishfindev@msc.tamu.edu

**Staff Appreciation Week 2018 – April 23 - 28**
See full schedule of events at [https://staffappreciation.tamu.edu/](https://staffappreciation.tamu.edu/)

**Maroon & White Walk and Fitness Friday at the Rec**

**Friday, April 27**

**Walk: 11:30 a.m.** | [Route Map](#)

East Campus Team: Meet at Academic Plaza, by the Sul Ross statue *(Led by Executive Vice President and CFO, Dr. Jerry R. Strawser)*

West Campus Team: Meet between Mays Business School and West Campus Library *(Led by Vice President, Dr. Barbara A. Abercrombie)*

**Rally: 12:00 p.m.** | [Terrace at the Rec Center (2nd floor)](#)

Wear maroon or white workout gear (t-shirts), comfortable walking shoes, sunglasses, and sunscreen and gather coworkers to join the walk. Meet for a warmup at 11:30 a.m. at either location then follow the team on a quick walk to the Rec Center Terrance for a brief rally and light snacks then stay for Fitness Friday!

**Fitness Friday: 12:30 - 2:30 p.m.** | [Rec Center](#)

Join us at the Rec to participate in various activities such as yoga, meditation, use of the outdoor pool or rock wall as well as other activities such as pickleball, racquetball, and table tennis. Pick-up your bingo cards on the terrace and participate for extra chances to win fun fitness related prizes!

- Light refreshments and water provided on the outdoor Terrance
- Free SAW 12th Man Towels while supplies lasts

**Free Wellness Exams On Campus**

**Presented by Catapult Health**

**Monday, April 30, Tuesday, May 1, & Wednesday, May 2 | 8:00 am – 5:00 pm | General Services Complex 101 B/C**

Free, quick and confidential preventive health checkups administered by Catapult Health will again be offered on campus for employees and their covered spouses enrolled in the A&M Care health plan. [Register here!](#)

Completion of a Catapult Health checkup will qualify as your annual wellness exam for the purposes of the Texas A&M System Wellness Incentive Program. The target deadline to have your annual wellness exam completed is by June 30. Check your wellness exam incentive status on [MyEvive](#) and remember, completing the annual wellness exam will ensure that you have the lowest rate for your health insurance premiums.

Visit the [Wellness Incentive Program webpage](#) for more information.