Sleep Better, Feel Better: How Sleep Affects Health

If you want to improve your health, you must first ensure you are getting enough sleep every night. This essential part of our day-to-day lives should not be taken for granted as lacking only a few hours of sleep can cause tiredness, anger, and irritability. Missing many hours of sleep after many nights can lead to more serious symptoms.

Sleep effects your physical health in more ways than just your energy level!

- **Sleep helps you feel better:** If you give your body a full 8 hours of sleep, it will allow your muscles, joints, and the rest of your organs function at normal levels.
- **Sleep gives you balance:** Maintaining a normal sleep cycle can help your hormones stay balanced. If you are sleep deprived your hormones can be thrown off balance.
- **Sleep gives you clarity:** Insufficient sleep can throw you off balance and make you fall or stumble. You may feel dizzy or off balance after a poor night’s sleep because your body is trying to ration its remaining energy.

How to improve your sleeping habits:

- **Put down the phone:** Stay away from electronic devices at least 30 minutes before bedtime.
- **Get into a routine:** Go to bed and wake up around the same times each day to adapt your body to a regular sleep cycle.
- **Exercise:** Regular exercise during the week can help you burn off excess energy and ensure you receive the good nights' sleep your body needs.

For more information on how to improve your sleeping habits, visit [Airrosti](https://www.airrosti.com).

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One Minute Wellness – Plan/Monitor

Keys to a Successful Journey: #4: PLAN/MONITOR. You can #1 ENVISION daily the person you want to become, #2 BELIEVE you can do it, and #3 Own It, dumping all the past excuses that were getting you nowhere. Now, with a SPECIFIC PLAN you are on your way to traveling this journey at quantum speed. Whatever aspect of wellness you desire to improve, WHAT IS YOUR EXACT PLAN to get there? Be realistic and persistent. Failure to plan is planning to fail.

Just as important as planning is MONITORING. What gets monitored gets managed. Now that I am inputting my weekly plan into My Journey to Living WELL Aware and journaling daily, I am making changes that before seemed impossible. This stuff works! Each day, I am taking less than 5 minutes to plan and journal, and I am giving myself a DPS: Daily Performance Score. It’s NOT about what happened each day, but WHAT DID I DO and HOW DID I REACT to events of the day. What am I in control of? My actions and my emotions. What am I NOT in control of? The actions and emotions of others and most of life events. What's your DPS? It’s about Living WELL Aware!

ONWARD!

Patricia J. Sulak, MD
**Wellness Happenings Newsletter**

**May 2018**

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).

**WELLNESS WORKS!** would like to thank all who participated in **Walk Across Texas!**, an 8-week physical fitness program created by our own Texas A&M AgriLife Extension Service. As an extra incentive to participate, we created a campus-wide competition for all departments across Texas A&M for a chance to win a wellness grant ([additional info here](#)).

Congratulations to our grant winners!

1st place - $1,000: Small Animal Dream Team – 3,919.35 miles  
2nd place - $750: CVM Busy Bees – 3,752.84 miles  
3rd place - $500: Holy Walkamolies #1 – 3,656.20 miles

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**UPCOMING EVENTS**

**2018 May Interim Fitness Session Schedule**

The FREE May Interim fitness sessions for Texas A&M University faculty and staff employees will occur May 2-May 25. Check out [class times and locations here](#)! Stay tuned for the full 2018 Summer fitness schedule beginning May 29.

**Chronic Pain Self-Management Workshop Series (6-week Commitment)**

Beginning Wednesday, May 23rd and Ending Wednesday, June 27th | 11:00 am – 1:30 pm | GSC Room 1214

**WELLNESS WORKS!** and the Texas A&M Center for Population Health and Aging invite you to register for a FREE program that was developed at Stanford University to teach adults strategies to empower and improve their overall well-being. Self-management workshops complement clinical care and are evaluated and approved by the Center for Disease Control. This workshop is designed for anyone (and/or their support person) with ongoing chronic pain. This workshop meets weekly for six weeks for 2.5 hours each Wednesday. Participants will learn:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Exercise and nutrition for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Pacing activity and rest
- Communicating effectively with family, friends, and health professionals
- Learning and practicing self-management tools like problem solving, action planning and decision making

*Please be aware that this is a 6-week commitment with a 4 week minimum.*  
*Please bring your lunch as food will not be provided.*

To register for this workshop, please contact Rachel Foster at rfoster@tamhsc.edu or (979) 436-9353 no later than Monday, May 21st.

**FREE Financial Counseling On Campus**

- Presented by Lincoln Financial Group  
  Wednesday, May 2 | 9:30 am – 1:30 pm | GSC 1201

- Presented by TIAA Financial Group  
  Tuesday, May 8 & Wednesday, May 9 | 8:30 am – 4:30 pm | GSC 1203

Both Lincoln Financial and TIAA offer Texas A&M employees FREE one-on-one consulting meetings with their financial/retirement advisors in the HROE offices in the General Services Complex, Suite 1201. Let these professionals help you learn how to take control of your financial health!

RSVP for your meeting:

- [RSVP with a Lincoln Financial Consultant](#)  
- [RSVP with a TIAA Financial Consultant](#)
Texas A&M is Living WELL Aware Workshop

Work/Life Balance: Managing Our Days & Nights
Presented by Dr. Patricia Sulak
Wednesday, May 16 | 1:00 p.m. – 3:00 p.m. | Rudder 501

While Passionately Pursuing Our Purpose and Priorities and Making Movement Mandatory are essential elements to health and happiness, adequate sleep is vital! Too often, we ignore this critical aspect of our health. Sleep disorders not only affect our daytime activities and productivity, but also increase our risk for health disorders including cognitive decline and heart disease. Many are unaware they actually have a sleep disorder. Do not miss this seminar by Patricia J. Sulak MD open to all TAMU employees. Topics will include:

- Types of sleep disorders and ways to improve the quality of your sleep
- Work/Life Balance: You CAN have it all!

To attend the live event, register here. Light refreshments will be provided.
*Registered attendees will have a chance to win a Fitbit Flex 2!

The Art of Mindfulness
Presented by John Krajicek
Tuesday, May 22 | 10:00 am – 11:00 am | Memorial Student Center (MSC) Stark Gallery

How are you responding to the stress in your life? Are you happy with your relationship with your cell phone? Would you like to learn some effective brain training strategies to better deal with stress, distraction, and emotions? If so, this session is for you!

John Krajicek, Executive Professor at Mays Business School, will lead this session on mindfulness and meditation. Krajicek has been teaching and practicing mindfulness for many years. In this session, he will draw on both his own practice and his certified training in Emotional Intelligence and Mindfulness.

Limited seating available, RSVP for the informational here.

EAP Employee Enhancement Newsletter for May
Read the latest issue of the Deer Oaks Employee Assistance Program (EAP) Employee Enhancement Newsletter for information about:

- Online Seminar Reminder: DIY: Apps and Guides for Household Management
- Planting a Family Garden
- Digital Grounding: Modern Discipline
- When a Loved One is Dying
- Take Precautions with Pain Relievers
- How To: Seven Ideas to Earn More Money

Learn about these helpful topics and more from your EAP. Download the newsletter today! Deer Oaks EAP services are available at no cost to benefit-eligible faculty and staff employees as well as their dependents/household members.

For more information about WELLNESS WORKS! programs, visit wellness.tamu.edu.