



# Coordinator's Bulletin 2015

## Make Your New Year's Resolution Stick

There's no tried and true formula for sticking to your health goals, approaching them in the right way can improve your chances of success. Try these techniques.

Be realistic. In terms of New Year's health goals, the path to success is to start out small and make steady progress. In psychology that is called shaping, and it involves breaking down a bigger goal into more manageable, easier to accomplish pieces. So, instead of resolving to "exercise more," start out with "I will exercise twice per week," and build from there. Make yourself accountable. People who wrote down their goals, shared them with a supportive friend, and sent that person weekly updates were 33% more likely to accomplish those goals than people who stopped at just making a resolution.

Team up for motivation. Studies consistently show that when adults partner with an exercise buddy or join a group, they're more motivated to keep up their workout routines. Try these techniques and keeping your New Year's resolution will become a lot easier.

## Volunteer for Your Mind and Body

A recent review of studies involving adults 50 years of age and older, found that engaging in regular volunteer work helped reduce the risk of depression and increased longevity! Volunteers also reported better overall health. The tipping point for good health seems to be when volunteers do about 2 to 3 hours of work per week. What kind of volunteering is best? Any opportunity that is socially and mentally stimulating and that keeps you physically active (within your own limitations) is ideal. So if you are looking for a way to feel happier and live longer, look for a way to get involved and give back to your community!

## Ditch the Diet

'Tis the season for employees to start thinking about making those New Year's resolutions. Studies show that 21% of resolutions are weight loss related. Most resolutions are not thought of once we hit the end of January.

Do you want to help employees stick with that weight loss resolution? Then schedule the **Ditch the Diet** class at your worksite. This 60-minute class gives participants ideas on how to lose weight in a healthy way and learn strategies to keep it off for good. The emphasis of this class will be on weight loss strategies that support a healthy lifestyle.

To schedule this class at your worksite contact Anne Charles at [acharles@memun.org](mailto:acharles@memun.org).

## December Health Observances and Holidays

December 1: World AIDS Day

December 5: International Volunteer Day

December 6-12: National Hand Washing Awareness Week

National Drunk and Drugged Driving Prevention Month





We are like a

## SNOWFLAKE

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beautiful way

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## Workplace Violence and Difficult People

Last year, Abby launched the Dealing with Difficult People class and has had a great response. However, more times than naught, the class would really get focused on the topic of having a safety plan in place and workplace violence issues. Recognizing this topic needed to be addressed, Abby sought out the advice of professionals in the Risk Management Department for assistance in developing a program that targeted this topic. Anne Schneider was kind enough to work with our staff to develop this fantastic addition to our program lineup, and coupled with the Dealing with Difficult People class, it provides a great framework for your workplace to address the important topic of employee safety. This program will be added to our class lineup and can be offered at your worksite! If you would like to schedule the Workplace Violence and Dealing with Difficult People class, contact Abby at [adipasquale@memun.org](mailto:adipasquale@memun.org).

## Positive Thinking Sets You Up For Success

Create some fail proof habits. You may have heard the saying, "No failure, only feedback." That means instead of feeling bad about something that didn't turn out like you wanted, you look at what happened from a more objective, less emotional place. Say for instance your weight is up 2 pounds. You could say, "Well, that was a lost week. I'm going to be overweight forever." That's called a *failure response*. Or you could say, "My weight is up. I wonder if the salt in the soy sauce last night could have made a difference. I won't do that next week." That's called a *positive feedback response*.

Another way to look at the concepts of failure or feedback is to consider the two kinds of mindsets described by Carol S. Dweck, PhD, a psychology professor at Stanford University. For more information on mindsets, google some of Dr. Dweck's books and articles.

A *"fixed mindset"* is the belief that your qualities or talents can't be changed. A *"growth mindset"* is the belief that you can always develop more. The second view is about always hoping. When you take the idea of failure out of the equation of your goal, what you're left with are success and learning. To schedule the Power of Positive Thinking, contact Danielle at [dyale@memun.org](mailto:dyale@memun.org).

## We Goofed...

If you have looked through the new class listing, you may have seen that Take Control- Protein class. We inadvertently listed Danielle Yale as the instructor, this class is actually taught by Abby DiPasquale. So if you would be interested in scheduling this new class, please contact Abby at [adipasquale@memun.org](mailto:adipasquale@memun.org).



Wellness Works wishes you warm holiday wishes and a healthy New Year! We look forward to seeing you in 2016!