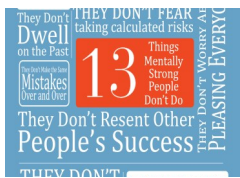


# Wellness Works Coordinator's Bulletin

Providing your wellness committee with updates and relevant health information!

## January 2016

### Highlights from this Month's Bulletin:



**13 Things Mentally Strong People Don't Do**  
A preview of our Wellness Conference  
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## Get in Gear for 2016!

**Get your fellow employees geared up for a great year with a wellness kick off or challenge.**

A New Year brings about many resolutions and goals to reverse the holiday eating and weight gain, yet sadly we know that most resolutions are short lived— regardless of how well intentioned!

In order to keep the momentum going and the spirit of living a healthy life at the forefront of employees minds, consider offering a challenge that lasts 8 weeks or more. Biggest loser competitions, walking challenges or stretching programs are a great way to get people moving and focused on wellness. Thinking of door prizes to go along with your wellness events? Consider offering things that focus on being active: ski passes, snow tubing, or a local Zumba or yoga studio gift certificate!

It is also time to book your 2016 wellness classes, you may want to survey your coworkers to see what topics interest them— this is a great way to highlight the wellness program and get good feedback on what people want! If you didn't receive your 2016 program catalogue, contact Amanda at [acollins@memun.org](mailto:acollins@memun.org).



**Save the Date!  
Annual Wellness  
Conference –  
Tuesday, April 26,  
2016**

Mark your calendar...we are in the process of planning the 28th Annual Wellness Conference! The conference will be held on Tuesday, April 26, at the Harraseeket Inn, in Freeport, Maine.

Our keynote speaker will be Amy Morin, LCSW. Amy is the author of the bestselling book, 13 Things Mentally Strong People Don't Do. In her keynote presentation she will address why some people struggle to overcome life's challenges, while others bounce back from adversity better than before. In an inspiring presentation filled with clear action steps and anecdotal stories, Amy will provide the answers.

To the right you will find the article, 13 Things Mentally Strong People Don't Do, that will give you a preview of what Amy will be speaking about.

We are still in the planning process of the conference. In the weeks to come, we will share more details and registration information.

## 13 Things Mentally Strong People Don't Do

~by Amy Morin, LCSW

Mentally strong people have healthy habits. They manage their emotions, thoughts, and behaviors in ways that set them up for success in life. Check out these things that mentally strong people don't do so that you too can become more mentally strong.

- 1. They Don't Waste Time Feeling Sorry for Themselves.** Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life and understand that life isn't always easy or fair.
- 2. They Don't Give Away Their Power.** They don't allow others to control them, and they don't give someone else power over them. They don't say things like, "My boss makes me feel bad," because they understand that they are in control over their own emotions and they have a choice in how they respond.
- 3. They Don't Shy Away from Change.** Mentally strong people don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt.
- 4. They Don't Waste Energy on Things They Can't Control.** You won't hear a mentally strong person complaining over lost luggage or traffic jams. Instead, they focus on what they can control in their lives. They recognize that sometimes, the only thing they can control is their attitude.
- 5. They Don't Worry About Pleasing Everyone.** Mentally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy.
- 6. They Don't Fear Taking Calculated Risks.** They don't take reckless or foolish risks, but don't mind taking calculated risks. Mentally strong people spend time weighing the risks and benefits before making a big decision, and they're fully informed of the potential downsides before they take action.
- 7. They Don't Dwell on the Past.** Mentally strong people don't waste time dwelling on the past and wishing things could be different. They acknowledge their past and can say what they've learned from it. However, they don't constantly relive bad experiences or fantasize about the glory days. Instead, they live for the present and plan for the future.
- 8. They Don't Make the Same Mistakes Over and Over.** They accept responsibility for their behavior and learn from their past mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future.
- 9. They Don't Resent Other People's Success.** Mentally strong people can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success.
- 10. They Don't Give Up After the First Failure.** They don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right.
- 11. They Don't Fear Alone Time.** Mentally strong people can tolerate being alone and they don't fear silence. They aren't afraid to be alone with their thoughts and they can use downtime to be productive. They enjoy their own company and aren't dependent on others for companionship and entertainment all the time but instead can be happy alone.
- 12. They Don't Feel the World Owes Them Anything.** They don't feel entitled to things in life. They weren't born with a mentality that others would take care of them or that the world must give them something. Instead, they look for opportunities based on their own merits.
- 13. They Don't Expect Immediate Results.** Whether they are working on improving their health or getting a new business off the ground, mentally strong people don't expect immediate results. Instead, they apply their skills and time to the best of their ability and understand that real change takes time.





## Good Eats

Finding fresh, local foods in the wintertime can be tough. Our consumption of vegetables and fruits goes down dramatically from November-June, when gardens are buried under feet of snow. But there are ways to get good quality fruits and vegetables even in the off season.

Focus on purchasing local produce whenever possible— in Maine we have a growing hydroponic vegetable industry, which offers great tomatoes year round! If local isn't an option, your next best bet will be frozen foods, without added sugars or sauces. Using frozen fruits and vegetables is a good way to ensure that the nutrient value of your food is at its peak— as an added bonus, buying frozen usually saves you a lot of money!

For more ways to eat right and save money, consider offering Abby's "Eat Right When Money is Tight" class. You can reach her at [adipasquale@memun.org](mailto:adipasquale@memun.org) to schedule!



## Are You Winter Wise?

Winter is upon us, bringing heavy snow and icy conditions...not to mention the brutal cold! The Occupational Safety and Health Administration (OSHA) has published the Three P's of Safe Winter Driving:

1. Prepare for the trip.
2. Protect yourself
3. Prevent crashes on the road.

For more winter weather driving tips, check out <https://www.osha.gov/Publications/SafeDriving.pdf> or view it as an attachment to this month's Bulletin!



## What's the Word for 2016?

In a recent staff meeting, we were discussing New Year's resolutions and how hard it is to make them stick. So instead of yet another resolution, it was suggested we come up with a word that we want to set the tone for our year.

There are so many great words out there to help you focus on what is important, here is just a short list of some that came up in our group:

**Balance**

**Peace**

**Thanks**

**Grateful**

**Present**

Spend a few minutes this month thinking about what your word would be for 2016 and let that guide your actions!



Just a reminder- We now offer a Track C for those of you who offer the incentive program for employees. Track C allows employees to save up all of their points for a year (or 600, whichever comes first) and redeem them for a Fit Bit Zip.

This handy gadget can be customized to track your steps, active minutes, and calories burned. You can also create groups to challenge one another, or join established challenges on [www.fitbit.com](http://www.fitbit.com).

People who use Fit Bits typically see a 43% increase in their daily steps and are easily able to track if they are on target for reaching their 10,000 daily steps! For more information about the incentive program, contact Anne Charles at [acharles@memun.org](mailto:acharles@memun.org).



### Contact Us:

Wellness Works  
60 Community Drive  
Augusta, ME 04330  
1-800-452-8786  
[Wellness\\_Department@memun.org](mailto:Wellness_Department@memun.org)