

# Wellness Works Coordinators' Bulletin

July 2019

Providing your wellness committee  
with updates and relevant health  
information!



**CBD Oil**  
What do we truly  
know?  
Page 2



**Already on the  
Move?**  
Take it up a notch!  
Page 2



**Weekly Wellness  
Challenges**  
The months of  
September &  
October!  
Page 3



**Mindful Eating**  
Consciously  
appreciate your  
food more.  
Page 4

## Social Wellness

### July is Social Wellness Month on Anthem EAP

([www.anthemead.org](http://www.anthemead.org) login: MMEHT), so take some time to nurture your relationships and build new ones for better mental wellbeing. In addition to relationships with others, it's important to nurture your relationship with yourself! Take time for you, be kind to yourself, and focus on your health. The following topics are highlighted on Anthem EAP this month and can be accessed by all employees:

- Social Wellness Toolkit
- Making Time for Yourself
- Emotional Wellness Toolkit
- Visualization Practice Exercise
- Tips for Getting Along with a Roommate
- Friendships for Young Adults

To find these articles, logon to Anthem EAP and click on the "Monthly Promotions" icon on the green sidebar!



With cannabis (aka marijuana or pot) shops popping up on every corner it seems, many people are hearing about potential “treatments” for a wide range of ills. The most frequent question we have been asked about lately is CBD. Cannabidiol, commonly known as CBD oil, is a chemical in marijuana that can be extracted from other psychoactive components and put in a variety of tinctures, oils, and foods. It's increasingly popular among people looking for muscle relaxation and anxiety reduction. But researchers still have a lot to learn about the substance.

Here are a couple of things to remember about CBD in the short-term:

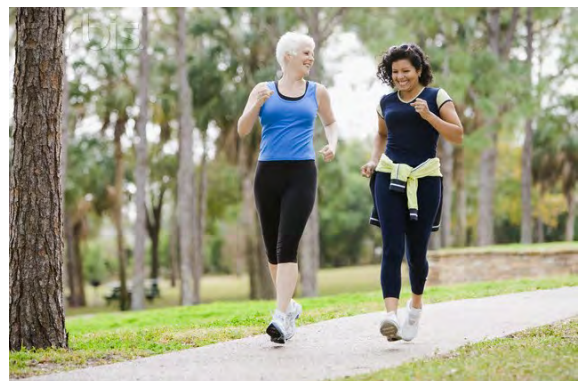
- There is insufficient evidence on CBD's effectiveness for most conditions. More research needs to be done!
- Some medications cannot be taken with CBD. So always check with your doctor and pharmacist before using any over the counter, prescribed or herbal supplement with other medications.
- Side effects range from dry mouth to drowsiness, but again, there is still A LOT we don't know about CBD.
- CBD is not the psychoactive component of marijuana, which means it won't get you “high.”
- Proper dosages have yet to be defined. This can make it hard to know how much you are taking, should take or need to take. Keep in mind that these products are also not regulated by the FDA, so there may be unknown components to the foods and tinctures you are about to use.

For more information on CBD, visit [www.mayoclinic.org](http://www.mayoclinic.org).

## Already on the Move?

Are you already doing an exercise routine?  
Try stepping it up a notch  
with these strategies:

- **Try sneaking in some speed.** Once you've warmed up, pick up the pace for 1 to 2 minutes. Slow down to your usual pace, then repeat.
- **Take the next step.** Take the stairs at every opportunity. To add more benefit, take each step slower to challenge your muscles more.
- **Start swinging.** When walking, swing your arms. You can increase speed, elevation, and arm swing to raise your intensity.
- **Be inclined.** Find a hilly route for your walk or ride. You'll work harder and add variety to your workout. Be extra careful on the downhill side.
- **Buddy up.** Do some of your workouts with a friend who is fitter than you. You'll have an added incentive to push yourself and having company will make the time fly by.
- **Get with the program.** When using cardio machines, choose the interval program to automatically add inclines, increased resistance and higher speed bursts to your workout



# Weekly Wellness Challenges

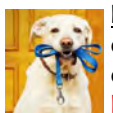
Here are the weekly wellness challenges for September and October 2019! These challenges are easy to roll out to employees and cover a variety of health and wellness topics. Best of all, they can be offered at any time throughout the year. Your wellness committee can also choose to offer wellness classes along with these challenges to round out the program.

If you would like to offer these challenges at your worksite, contact Amanda Nile [anile@memun.org](mailto:anile@memun.org). She is the go-to person to receive copies of the calendars that describe the weekly challenges and simple log cards. We encourage you to find ways to give employees incentive to participate by offering raffle items or simple completion certificates!

The challenges for September are below and classes that can be done in conjunction with the challenge are listed in red:



**Smell the Roses** - When is the last time you slowed down and enjoyed what is around you? Spend 15 minutes outside each day observing and appreciating what is around you.  
(Mindfulness, Managing Stress and Living Well)



**Don't Over Sit Your Welcome** - We sit far too much and move far too little. Make it a point to get up and move around this week. Any time you sit for 60 minutes, be sure to get up and move around for 3...or better yet get at least 20 minutes in or moving each day! (Take a Stand, Get Off Your Seat and Move Your Feet, Footworks, Power of 10, Walking 4 Wellness)



**Recipe Round Up** - This week, submit your favorite healthy recipe to your wellness committee and then commit to making at least 3 healthy meals during the week. (Eat Right When Money is Tight, That's a Plateful, Game Changer- Meal Planning)



**Skip the Salt** - We love our salty foods! Many of us don't even pay attention to how much sodium is in our foods. This week track your sodium and try to switch out the salt for a healthier alternative, like herbs. (DASH Diet, Take Control- Sodium, Life's Simple 7)

---

The challenges for October are below and classes that can be done in conjunction with the challenge are listed in red:



**Focus on Food Logging** - Complete ANY food log for the week and see how your eating stacks up to the recommendations. (New Look at Nutrition Labels, Portion Distortion)



**Stretch Your Limits** - Sitting makes your muscles tight and being inflexible can lead to injury. Stretch for at least 10 minutes this week to improve your health. (Deskercise, Take a Stand, Stretching Solutions)



**Practice the Power of Silence** - rush, Rush, RUSH! This week slow down and spend at least 10 minutes being quiet, meditating, praying, or just thinking every day. See if it helps you refocus and refresh. (Managing Stress and Living Well, Mindfulness)



**Primarily Plants** - Focus on eating ONLY plant-based foods until your evening meal. Then choose a sensible supper. Don't forget to add in protein (beans, nuts, seeds, etc.). (Clean Eating, Cut the C.R.A.P., Buy Well, Eat Well)



**Sweat NOT Sweets** - Avoid the Halloween candy this week and focus on getting an extra 20 minutes of strength training in at least 4 times this week. Use resistance bands or your own body weight. (Clean Eating 101, Cut the C.R.A.P., Snap Into Shape, Food is Fuel)

**We hope these challenges will add some fun and excitement to your wellness programs.  
Please contact any of our staff with questions!**



# Mindful Eating



How many calories do you consume without even realizing it? Bring awareness to your meals with these tips. Mindful eating is an effective weight-loss strategy that encourages you to slow down and pay attention to your food, noticing each sip or bite you take. It helps focus your senses on exploring, savoring and tasting your food, and teaches you to follow hunger cues. Put mindful eating into practice with these ideas as you prepare and eat meals. It gets easier over time!

- **Practice acceptance.** Be aware of critical or judgmental thoughts about food, your eating habits and your body. Concentrate on the moment. Accept your body as it is.
- **Make a conscious decision to eat.** Before you eat, ask yourself, “How hungry am I right now? Am I eating out of hunger, habit, boredom or emotion?”
- **Reserve time for your meal.** Don’t eat on the run. If you’re eating with others, involve them in preparing the food to make that time social.
- **Avoid distractions while eating.** Eat at a table. Turn off the TV and put away your phone, work, books and magazines until you are done.
- **Appreciate your food.** Start your meal by taking a moment to express your gratitude for the food in front of you.
- **Breathe.** Before and during your meal, consciously take a few deep breaths.
- **Use all your senses to fully experience your food and drinks.** Observe the smells, textures, sounds, colors and tastes. Ask yourself how much you’re enjoying the food and how appealing it is.
- **Choose modest portions to avoid overeating.** Eat small bites, and chew slowly.

Appreciate that your food fills you up and makes you healthy. Of course, there will be times that you have to rush through a meal to get to an activity or an appointment. But if you can practice mindful eating on a regular basis, it can help you reach your health goals.

To schedule a Mindful Eating class, contact Danielle at [dyale@memun.org](mailto:dyale@memun.org).  
**She brings chocolate too!**

**Important Emotions Note:** Feel what you feel, have a temper tantrum, shake your fist in the air and curse thy enemy’s name, lie facedown in your driveway and weep, let your emotions live large and then...make the decision to move on. It’s when we wallow in our negative emotions that we let them hold us back. Experiencing them, however, is healthy and critical to releasing them.

— Jen Sincero, author of self-help books



## Contact Us:

Wellness Works  
60 Community Drive  
Augusta, ME 04330  
1-800-452-8786

[Wellness\\_Department@memun.org](mailto:Wellness_Department@memun.org)

[CLICK HERE TO SEE OUR CLASS LISTING](#)