

# healthy



## Fostering the holistic wellbeing of Vanderbilt faculty and staff

### Pillars of Wellbeing



-  Emotional – Generating the emotions that lead to good feelings
-  Career – Pursuing your interests, values, and purpose in order to gain happiness and enrichment professionally
-  Social – Developing meaningful relationships and maintaining a support network that helps to overcome loneliness
-  Financial – Fully meeting current finances and feeling secure in our future costs
-  Physical – Improving the function of your body to ensure health, and avoid preventable illness

### The Circle of Life

Grace Chee | Associate Director of Admissions and Recruitment  
Vanderbilt Law School | 6 years of service

When you think of food, you likely think first of physical nourishment or nutrition. The foods you eat actively provide essential nutrients and vitamins for your body. Eating is certainly essential for life. Consider, however, a time when your eating habits were affected. Have you ever been so stressed or upset that you lost your appetite? Have you ever found yourself so engrossed in your work or a creative project that you didn't stop to eat or drink the entire day?

In both of these situations, the act of eating and food itself has become secondary to other areas of our life (e.g. work, creativity) and become a secondary source of energy. When the primary areas (primary foods) of our life are thriving and full, actual food and nutrition become secondary (secondary foods) and only support our health and ability to do the things we love.

The Circle of Life offers a visual representation of the amount of satisfaction you currently feel in all primary aspects of your life. Suggested primary foods include Joy, Spirituality, Creativity, Finances, Career, Education, General Health, Physical Activity, Home Cooking, Home Environment, Relationships, and Social Life.

Instructions for completing the [Circle of Life Worksheet](#)

1. Take some time to consider each of your primary foods. How satisfied do you feel in your social life? Your relationships? On Page 2 (of the worksheet), feel free to use the spaces provided to jot down keywords or ideas that come to mind as you evaluate each area. Replace or add more primary foods as needed.

2. Once you have considered each of your primary foods, refer to Page 1

and mark a dot on the line of each primary food that represents your level of satisfaction and balance in that particular area. The closer the dot is to the center of the wheel, the less satisfied you are. If you are very satisfied in one area, your dot will likely be farther out and perhaps on the circle itself.

3. After marking a dot for each primary food, connect the dots until you have a fully connected shape on your Circle of Life.

By assessing your level of satisfaction and balance in each of these areas, you will be able to visualize the state of your life holistically at this moment. You will be able to notice primary foods in which you have high levels of satisfaction and perhaps other areas in which you may be struggling to achieve balance and satisfaction.

The purpose of this exercise is not to judge yourself or feel bad about not doing enough. It is to bring awareness to areas in which you may want to focus more attention so that you can enhance your life. You may want to implement small and actionable steps for the primary foods you desire to focus more attention on.

# Upcoming Events

September 15, 2021

2 p.m. to 3 p.m.

Join Heather Smith, with Mental Health America of the MidSouth, as she discusses Work & Life Balance.

<https://vanderbilt.zoom.us/j/96887741619?pwd=aHZ6a3liWDd6UXNTbW41Y2lXTWRDdz09>

Meeting ID: 968 8774 1619

Passcode: 061950

One tap mobile  
+16465588656  
96887741619# US (New York)  
+13462487799  
96887741619# US (Houston)

September 16, 2021

2 p.m. to 3 p.m.

Join Robin Fountain with Social Security Administration as she discusses Social Security 101 – Everything you wanted to know.

Microsoft Teams meeting. Join on your computer or mobile app  
[Click here to join the meeting](#)

Or call in (audio only):  
+1 443-840-7262,,486046915#  
United States, Baltimore

Phone Conference ID:  
486 046 915#

September 23, 2021

2 p.m. to 3 p.m.

Join Ryan Ramsey with Tennessee State Health Insurance Assistance Program as he helps you understand everything about Medicare.

<https://vanderbilt.zoom.us/j/91585114446?pwd=OEINTGFCSXY5ZkhhVkkxadeYlRXYrdz09>

Meeting ID: 915 8511 4446

Passcode: 647582

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91585114446# US (Houston)



## Make a Difference



Aetna Behavioral Health

### Misconceptions about Mental Health

People with mental illness don't just have to cope with their mental health symptoms. They also have to deal with stereotypes, prejudice and lack of understanding. Even though mental health issues are common; some believe they are a sign of weakness or can make people dangerous. Having mental health issues can become a shameful secret.

These misconceptions can prevent people from getting the care they deserve. Here's how:

- People feel ashamed and embarrassed. You wouldn't feel like you had to hide your heart disease or cancer. People who have a mental illness often feel ashamed.
- People deny there's a problem. Some believe you should be able to cure yourself of mental illness because "it's all in your head."
- People don't seek help. If you're keeping your illness a secret because you're embarrassed, it's harder to seek help.



Mental health stigma and its effects can be worse than the mental health problem itself. This can lead to isolation, loneliness, shame and secrecy.

### People Can Get Better

With the right help and support, people can get better!

Every person is unique. And there are various treatment options out there. So each person should search for the option that works best for their needs. Treatment can include medication, therapy and wellness plans. The important thing is for people to reach out and seek help.

### What You Can Do to Help

You don't have to be a therapist to make a difference. Consider these tips:

- Use respectful language when talking about mental illness
- Learn more about mental health issues
- Speak out against mental health stigma and speak up for mental health awareness

People with mental illness can feel alone. If you think someone is dealing with a mental health problem, listen without judgment. Be present. Encourage the person to seek help from their doctor or a mental health professional. And convey hope. If you want to learn more, check out these resources:

- The Campaign to Change Direction. You can take the pledge at [changedirection.org](http://changedirection.org)
- Mental Health First Aid. Sign up for a mental health first aid course at [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)

For support, visit [Work/Life Connections | Vanderbilt Faculty & Staff Health and Wellness \(vumc.org\)](#).

# Four Keys to Happiness at Work



Whitney Coppinger, CEBS | Communication Consultant | Human Resources | 2 years of service

Happiness at work is defined as feeling an overall sense of enjoyment at work; being able to handle setbacks; connecting with colleagues, coworkers, clients, and customers; and knowing that your work matters to yourself and your organization.

Happiness at work ties to every desirable outcome for which individuals and organizations could hope.

- Being happier at work is tied to better health and well-being, more creative and effective problem solving, more productivity and innovation, and faster career advancement.
- People who are happier at work are more authentic and more committed and driven to work.
- Socially, people who are happier at work are rated by others as more likable, more trustworthy, more deserving of respect and attention, and more effective leaders.
- Happier workplaces report less turnover, lower health care costs, fewer mistakes and accidents, more efficiency, and quicker rebounds in the wake of adverse events or failures.



## How to Work Toward Happiness at Work

[Dacher Keltner](#) and [Emiliana Simon-Thomas](#) have identified four key pillars of happiness at work: Purpose, Engagement, Resilience, and Kindness—or PERK, as in to PERK up your happiness at work.

### **Purpose**

Our purpose is a reflection of our core values, and we feel more purposeful at work when our everyday behaviors and decisions are aligned with those values. As individuals, bringing more passion and purpose to work can mean asserting ourselves in formulating and conducting our day-to-day tasks—connecting what we do to what we believe in and care about—rather than passively embracing the status quo. For example, if

you value equality and diversity, you can make a point of collaborating with people of different backgrounds from yours.

### **Engagement**

Do you generally enjoy your work? Are you part of the decisions about what, when, and how you do things at work? How often do you feel curious or deeply immersed and lose track of time while working? Do you feel like you can be effective and get things done?

There are three main ways to increase engagement at work:

1. Find some playfulness, creativity, and levity in what you do.
2. Take more ownership over your day-to-day schedule, tasks, and professional development, and build in opportunities to learn and grow.
3. Adopt a less draconian, hectic schedule and make space for the immersive, lose-track-of-time experience of flow at work.  
Ex: Barring work-related emails after-hours to relax and recover.

### **Resilience**

The ability to handle, adapt to, and productively learn from setbacks, failures, and disappointments is critical to overall happiness at work. Resilience doesn't mean trying to prevent difficulties, stifle stress, or avoid confrontation; it means being able to manage challenges at work with authenticity and grace.

To strengthen your own resilience at work:

- Improve your real-time, in-the-moment awareness, or mindfulness.
- Be authentic—that is, bring your whole and best self to work.
- Detach from work. That means taking time away to recover and pursue restorative, non-work-related wellness, social, creative, and perhaps charitable activities, both on a daily basis and through restful vacations.

### **Kindness**

Finally, we're happier at work when we tap into our innate tendency towards kindness—orienting our thoughts, feelings, and actions towards care for others and genuinely supportive social bonds. Being kind at work involves treating others with dignity and respect, extending empathy and compassion, practicing gratitude, and constructively managing conflicts.

# Financial Empowerment Center



Stacey Bonner | Manager Wellbeing | Human Resources | 12 years of service



The Nashville Financial Empowerment Center offers no-cost one-on-one financial counseling to residents in the Greater Nashville region. A partnership of the Mayor's Office and United Way of Greater Nashville, the Nashville Financial Empowerment Center helps people move from a state of instability to a state of empowerment with new savings habits, higher credit scores and lower debt burdens.

Whether you are in chronic financial trouble, an unexpected crisis arises, or you just want to make sure you are on the right track, individualized counseling can move you toward greater financial stability. Managing bills, working through debt, budgeting, improving your credit, establishing a savings habit, opening a bank account – you name it.

Becoming financially empowered means you can save for an emergency, purchase a car or a home, get a degree to improve your wages, or start a small business. Work with a financial counselor is client-led, so whatever circumstance or goals you come in with, a counselor can help you design a plan of action and provide encouragement along the way. Sometimes you just need someone to assure you there is a path forward.

Counseling is available in English and Spanish with access to language translation services in most languages.

To get started, call 615-748-3620 or visit [Nashville > Mayor's Office > Economic Opportunity > Financial Empowerment Center Appointment Request](#).

## Tackle Your Financial To-Do List



### WHAT YOU WILL LEARN:

So, you've decided it's time to take a closer look at your finances. Now what? This webcast is built to give you clear next steps to help make sure you're on track to achieve your goals – whether you work with an advisor or do it yourself. We'll take a look at the questions you should be asking, ways to be a more tax-savvy investor, and how an annual financial review can help protect and pass on what you've built.

## spotlight **PODCAST**

Presented by Fidelity



Select the image to be taken to the podcast

# YOUR STRONGEST SUMMER YET!



Bridgette Butler, MS RDN LDN | Senior Health Educator | Health Plus | 4 years of service

There is still plenty of time - and opportunity - to make Summer 2021 your strongest yet! Health Plus offers multiple fitness and nutrition activities this summer and into the fall to help you meet your health goals!

Join us for Summer 2021! [Health Plus](#) has you and your health goals covered all summer long!

## JOIN TASTE!

[TASTE](#) - July - September, register [here](#).

Up your nutrition game this summer with this 10-week nutrition program! Learn the most topical nutrition information and how to put nutrition into action for you!

## SHOP THE VANDERBILT FARMERS' MARKET!

[Farmers' Market](#) - Thursdays through October

Shop fresh and local at the Vanderbilt Farmers' Market each Thursday on the Plaza from 1:30-5:00 p.m.!

## FIT FOR FALL!

September 20 - October 18, 2021, registration opens September 7.

Mark your calendar for the Fit for Fall challenge and keep your fitness going into the fall!

## No Bake Pumpkin Chocolate Energy Bites

Emily Suttle, RD, LDN | Registered Dietitian  
Campus Dining - Business Affairs | 1 year of service

### INGREDIENTS

1 ¼ cup oats	½ cup nut butter or sunflower seed butter
¼ cup ground flaxseed	¼ cup pumpkin
1 tablespoon chia seeds	¼ cup liquid sweetener (honey, agave, maple syrup, etc.)
1 ½ teaspoons ground cinnamon	1 teaspoon vanilla extract
½ teaspoon ground ginger	⅓ cup chocolate chips
¼ teaspoon ground nutmeg	
1/8 teaspoon ground cloves	
A pinch of sea salt	

### DIRECTIONS

- In a medium sized bowl add the oats, flaxseed, chia seeds, cinnamon, ginger, nutmeg, cloves, and salt. Stir to combine.
- Add the nut butter, pumpkin, liquid sweetener, and vanilla. Mix well.
- Stir in the chocolate chips.
- Roll the mixture into balls, using about 2 tablespoons of mix. Store in fridge for about a week or freeze for longer!

Nutrition Facts - Per ball: 158 calories, 8.8 grams of total fat, 67.4 mg sodium, 4 grams of dietary fiber, 9.3 grams of sugar, 4.7 grams of protein

## spotlight **RECIPE**



## Partner with us!

Tell us about your favorite healthy resources, suggest a topic that you would love to learn more about, or share a healthy trend you've recently discovered.

Our wellbeing committee is here to serve you! We value every member of our community and look forward to learning, growing, and becoming healthier individuals together.

This newsletter is distributed to those who opt-in to this distribution list. Anyone wishing to opt-in may do so by emailing [wellbeing@vanderbilt.edu](mailto:wellbeing@vanderbilt.edu).

Connect with us on [Instagram](#) or like our [Facebook page](#)! Be sure to tag us using the hashtags #vandy life, #healthyu, #well-being and #vandygram.

To view previous editions of the wellbeing newsletter, please visit: <https://hr.vanderbilt.edu/wellbeing/wellbeing-newsletter.php>