

healthy **U**



Fostering the holistic wellbeing of Vanderbilt faculty and staff

Pillars of Wellbeing



Emotional

Career

Social

Financial

Physical



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

Check out our
Campus & Community page



Know someone we're missing? We'd love to hear from you! Send it to us at wellbeing@vanderbilt.edu

Healthy Parks Healthy Person



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

Healthy Parks Healthy Person (HPPH) is an incentive and reward program aimed at getting Tennesseans outdoors. Healthy Parks Healthy Person use technology, an app, to allow Tennesseans to log outdoor activity at ANY park in Tennessee, even though the program is through Tennessee State Parks. HPPH advocates for people to get outdoors in any park, greenway, or natural area in Tennessee.

Healthy Parks Healthy Person recognizes that Tennessee is consistently at the bottom as far as health outcomes across the nation and knows that time spent outdoors has enormous health benefits. HPPH encourages Tennesseans to take their health into their own hands and get outside to create new, healthy habits utilizing Tennessee's park systems. With 56 parks, and countless city and county parks and greenways, there are thousands of miles of trails, walkways, and waterways for citizens to experience the outdoors and engage in physical activity at no cost.

Download the Healthy Parks Healthy Person TN app on your mobile device – available for iOS and Android. Download on the Apple App Store [HERE](#) or the Android Play Store [HERE](#). Begin earning points and rewards for getting outside and active in any park in Tennessee! For additional information, visit [Healthy Parks Healthy Person website](#).



Warning Signs of Mental Illness in Children and Adolescents



Melissa Porter, PhD, HSP | Assistant Director for Clinical Operations | University Counseling Center | 8 years of service

During the COVID-19 pandemic, children have faced unprecedented times. They have had to learn how to engage in school in a remote environment, with an inconsistent schedule, new classroom requirements and rules, and facing the stress from parents who are also experiencing stress. With these unprecedented times, many children have been struggling emotionally. Children and adolescents demonstrate symptoms of mental illness differently than adults based upon their developmental milestones; however, there are some key warning signs to be mindful of which may indicate that a child may be experiencing more significant trouble that warrants additional help.

1. **Significant change in typical behavior:** Examples can include any of the following: isolation, engaging in less joking behaviors, appetite change, sleep changes, and a loss/gain in weight.
2. **Outbursts or drastic changes in mood or personality:** such as increased irritability, emotional outbursts, reckless behaviors, crying episodes, persistent sadness, constant worry or anxiety, persistent disobedience or aggression, and frequent temper tantrums.
3. **Frequent headaches or stomach aches**
4. **Difficulty concentrating**
5. **Academic changes:** such as missing school, receiving poor grades despite strong efforts, and a decline in grades.
6. **Problems in relationships that may be due to change in mood or severe mood swings**
7. **Engaging in self-injurious behaviors or talking about hurting oneself**
8. **Nightmares**
9. **Use of drugs or alcohol**
10. **Talking about death or suicide:** such as statements of “It does not matter if I am here” or “I just want to die.”



If these behaviors are observed and there is concern about a mental illness, do not panic. Take a deep breath. Try to talk to the child about these concerns without words that may invoke shame, blame, or guilt. Wait for the best moment, and create a safe space for discussion. Talk to the child about the noticed changes in behavior or mood that are causing concern and a desire to know how to best help or support them. During the discussion, it is important to hold personal negative thoughts aside so that the child can be honest and open. Try to use open-ended questions to find out information and validate the child's thoughts and emotions. This is not the time to provide advice or problem solve. The focus is being open and curious as to what is going on and discuss next steps. It is important to note that the child may not engage in this conversation, and that is okay. If the child does not want to talk, concern can still be expressed with support of next steps.

Most importantly, if you are noticing these warning signs, contact a professional. A good place to start is talking to a trusted pediatrician for referrals. There are also many mental health providers accessible in the area.

Employee Learning and Engagement Launches Professional Development Workshops



Krista Vaught, M.Ed., JD | Assistant Director | Employee Learning & Engagement | 1 year of service

Employee Learning and Engagement (ELE) is launching a full lineup of professional development experiences. ELE believes that every member of the Vanderbilt community can grow and lead, regardless of title or position. Whether you hope to develop a new skill in your current role, advance your skills to progress in your career journey, or connect with fellow employees who are focused on professional growth, ELE is ready to support you. Employees are invited to engage with ELE during new live virtual learning experiences designed exclusively for the Vanderbilt community and led by the ELE team. To register for any learning experience, visit the links below, or search for “ELE” on [SkyVU](#) under Learning.

Learn about all the new workshops on the [ELE Workshops page](#).

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MONTHLY CHALLENGES

spotlight **ACTIVITY**

GET ACTIVE THIS SPRING WITH THE MOVE IN MAY STEP CHALLENGE BY HEALTH PLUS!

This year, Health Plus invites Vanderbilt Faculty & Staff to celebrate Employee Health & Fitness Month with our Move in May Step Challenge! Compete with colleagues or just have fun recording your steps to celebrate good health for a chance to win great prizes. The more steps you accumulate, the more prize drawing entries you achieve!

HERE'S HOW IT WORKS:

Register any time between April 26 and May 21.

Record daily steps during the month of May (1-31) digitally with the MyCap app or logging manually with a log provided by Health Plus. You are entered for Prize Drawings for number of steps recorded.

Participants will be entered into a prize drawing for a chance to win 1 of 10 eGift Cards of \$15!

The deadline to log your steps digitally with MyCap, or manually submit your log is June 8. Logs can be attached and submitted via email to health.plus@vumc.org. Get Stepping and Good Luck! For more information on how to participate, visit: <https://www.vumc.org/health-wellness/resource-articles/move-may>

1 entry	100,000 steps (~3,500 steps daily average)
2 entries	150,000 steps
3 entries	200,000 steps
4 entries	250,000 steps (~9,000 steps daily average)

ARE YOU EMOTIONALLY READY TO RETIRE?



spotlight **PODCAST**

Presented by Fidelity

WHAT YOU WILL LEARN:

Retiring is not just a big financial decision, it's an emotional one, too. How do you know if you're ready to make the leap? Join us for a conversation about preparing yourself emotionally and mentally for when the day arrives.

WHO SHOULD ATTEND:

Individuals who are within ten years of retirement age.

AFTER THIS WORKSHOP, YOU SHOULD BE ABLE TO:

- Retirement expectations
- Facing the process and emotions
- Resources to help you get ready



Select the image to be taken to the podcast

Zucchini Bread with an Orange Twist



spotlight **RECIPE**

Jamie Pope, MS, RND, LDN, FAND | Assistant Professor
Medicine, Health, and Society | 35 years of service

INGREDIENTS

2 cups all purpose flour	2 eggs, beaten
1 cup whole wheat flour	1 cup plain Greek yogurt
1/4 cup flax seeds (optional)	1/4 cup orange juice
1/2 cup sugar*	1/2 cup vegetable oil
1/3 cup brown sugar*	2 tsp vanilla extract
2 tsp baking powder	3-4 cups shredded zucchini (3 medium, leave skin on)
1 tsp baking soda	1 tbsp orange zest or peel
1/2 tsp salt	1 cup chopped walnuts (optional)
2 tsp cinnamon	
1 tbsp orange zest or peel	

DIRECTIONS

1. Combine dry ingredients in a large bowl.
2. Whisk together eggs, yogurt, orange juice, oil, and vanilla in a separate bowl.
3. Pour wet ingredients into dry ingredients stirring by hand until blended. Do not overmix.
4. Fold in zucchini, orange peel, and walnuts.
5. Spray two loaf pans with non-stick cooking spray and distribute batter evenly between the two.
6. Bake in a preheated 350-degree oven for 40-50 minutes.



*Can substitute a reduced calorie sugar blend (Stevia or Splenda blend) if desired.

Yields about 12 slices per loaf.

Per slice: 180 calories, 7 grams added sugar, 2 grams fiber, 9 grams total fat, < 1 gram saturated fat, 158 mg. sodium

Meditation Mondays

Every Monday | 12:15 – 12:45 p.m. CST

Co-Sponsored by the Peabody Office of Student Engagement & Well-Being and Center for Student Wellbeing, all faculty and staff are invited to a free guided meditation every Monday. Zoom link [here](#).

The Center for Student Wellbeing is also offering free guided meditations on Thursdays from 1:15-1:45 p.m. CST. Zoom link [here](#).

fun fact

May is
designated as

**Mental
Health
Awareness
Month**

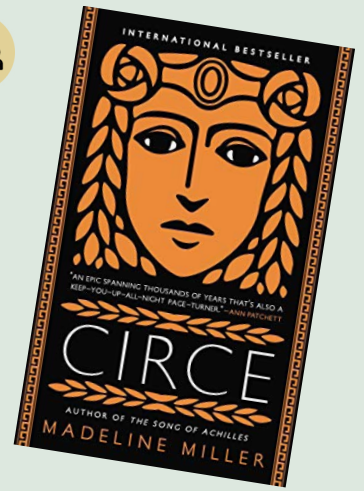
Join the Inclusive Book Group



The Inclusive Book Group focuses on reading beyond our comfort zone, looking for new authors, unfamiliar or neglected books. Join us!

This month we'll focus on *Circe* by Madeline Miller. Join us for a discussion on Wednesday, May 5, 2021, from 12-1 pm.

RSVP to ACE@vanderbilt.edu for meeting details.



Join an Employee Affinity Group



Employee Affinity Groups, or EAGs, are created and facilitated by employees around interests, backgrounds, identities and common bonds to help foster a positive work environment at Vanderbilt and support the university's values specific to diversity, inclusion and campus engagement.

There are currently three EAGs available to Vanderbilt staff and faculty.

- Association of Vanderbilt Black Faculty and Staff
- LGBTQI+
- Golden Does

For more information or to suggest a new group, visit the [Employee Affinity Group website](#) or contact eag@vanderbilt.edu.

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.

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

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