

healthy **U**



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

Find Your Color with MindCheck®



Aetna Behavioral Health

Life can be hard – daily stresses, life transitions, losses and an increasingly complex world might take their toll on us emotionally.

So how are you doing? What would your well-being barometer read these days?

The answer to that question is just as important to overall health as how you're doing physically. But how well do you know your wellbeing markers? You know to get your blood pressure and cholesterol checked, but how do you measure your wellbeing?

[The MindCheck® online tool](#) uses simple color coding to tell you how you are doing emotionally. Once you learn where you stand, find suggested next steps and resources.

The tool is available to you to use it any time. It's an easy, interesting and confidential resource that's free for you, your family, friends and colleagues.

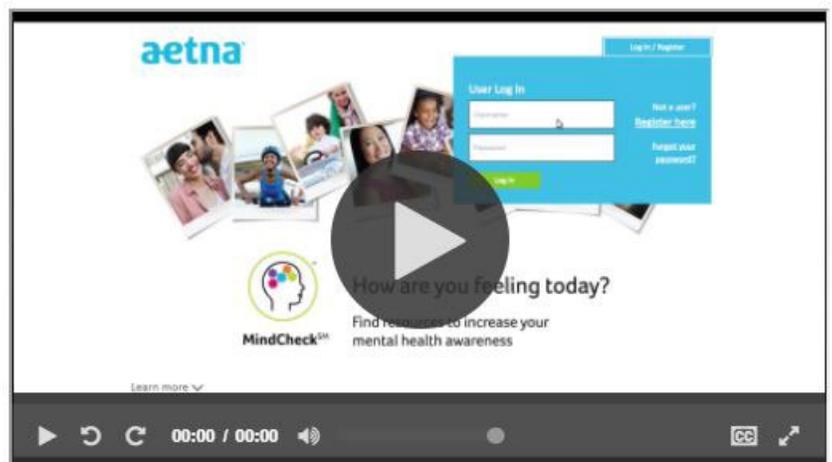
Get started exploring MindCheck resources - online tools and information to help meet your specific needs and support the healthiest you.

WHAT'S INSIDE

Pg 2: Work-Life Harmony

Pg 3: The Power of Social Connections

Pg 4: Health *Plus* Lifestyle Coaching



Upcoming Events

Open Enrollment Oct 18 - 29, 2021



Enrollment begins at 8 a.m. Oct. 18 and ends at 11:59 p.m. CST Oct. 29. Elections are effective Jan. 1–Dec. 31, 2022, unless you have a qualifying life event.

You will log in to My VU Benefits (available on the Benefits site, hr.vanderbilt.edu/benefits) to elect, make changes to, or waive coverage.

Understanding Debt So You Can Take Control



Nov 17, 2021 | 2:00-3:00 p.m.

Join Brock Goodwin, with Fidelity Investments, as he discusses *Understanding Debt So You Can Take Control*.

Meeting ID: 969 1496 0023

Passcode: 571762

One tap mobile

+16465588656,,96914960023#
US (New York)

+13462487799,,96914960023#
US (Houston)

Dial by your location

+1 646 558 8656 US (New York)

+1 346 248 7799 US (Houston)

Five Ways to Achieve Work-Life Harmony



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

The concept of work-life harmony integrates both work life and personal life in a way that works for you. Both should fit into your life harmoniously even if there isn't an even split.

Achieving work-life harmony can be accomplished by:

1. Making conscious choices

– Conductors create great harmonies by getting different instruments in the orchestra to work together effectively and by emphasizing different instruments at different times. For you, this means ensuring you make conscious choices about the activities you engage in, including work, and what is important to you. Whenever possible make conscious decisions about how much we are going to work and how we are going to spend the rest of our time.



2. Working with passion

– When possible, work in a field that you can be passionate about or find aspects of your current position that you love. Research suggests that employees are happier and more invested in their work when they can find meaning in that work.

3. Staying active and getting rest

– Exercise and sleep have a positive impact on your brain function and your productivity at work. While your busy life doesn't always make it easy for you to get the optimal amount of activity or rest, something is better than nothing. Consider starting small and finding ways to incorporate movement into the workday.

Sleep is especially important when it comes to your focus, productivity, and creativity at work.

Establishing a sleep routine – where you go to bed at the same time every night and wake up at the same time every morning – can help you achieve a more restful sleep.

4. Don't let obstacles or limitations overwhelm

– Obstacles and setbacks are a part of everyone's lives but how you deal with them has a significant effect on your attitude as well as whether or not you are able to overcome them. Remaining optimistic and positive in the face of limitations and obstacles helps you become more resilient.

Now that many of us have been unceremoniously working from home, it's time to take work-life harmony seriously.

The Power of Social Connections

Jim Kendall, LCSW, CEAP | Manager | Work/Life Connections - EAP | 21 years of service

Humans by nature are social creatures, relying on others to help us survive and thrive. In fact, social interactions are important for every aspect of our wellbeing. In the 2000 film “Cast Away”, Chuck Noland (the character played by Tom Hanks) was stuck on a deserted island and created “Wilson” (the volleyball) serving as his only companion during the four years. Wilson helped him overcome the voids of total isolation and loneliness. Albert Maslow in his well-known “Hierarchy of Needs” identified the importance of having a sense of social belongingness as a critical human need once physiological and safety needs were achieved.

During the pandemic of 2020, our social relationships were fundamentally and functionally altered. The American Psychoanalytic Association explained that we all shared the “Pandemic Trauma and Stress Experience (PTSE)” of uncertainty, fear, grief and loss, due to a “buildup of emotional and interpersonal disruptions” requiring us to adapt. During the “lockdown” virtual technologies allowed us to maintain connections but could not substitute for the physical contact we longed for. As vaccinations became available, they allowed for more normal interactions and connectivity which has had a positive impact on mental health. We also evidenced our resilience – that ability to cope and bounce forward.

Social activities keep us sharp and mentally engaged. They also can reduce anxiety, improve cognitive functioning, and can foster joy. Learning something new with others, joining a club or sports team, volunteering, or getting involved in a community event can be protective factors for our social resilience. To find some activities that might be of interest, [Your Well-being Navigator](#)¹ is a good resource.

An accountability buddy is another way to use the power of social connections linked with activity. Having a partner for motivating oneself to reach social goals (running, hiking, bowling, etc) is another value of social connections. Vanderbilt’s Health Plus created a tool called [VWell Connect](#)² linking members of the University community to meet up with other employees who enjoy similar activities (running, walking, golf, kayaking, tennis, etc).

A [study](#)³ in 2017, Effects of Group Fitness Classes on Stress and Quality of Life of Medical Students showed that participation in regular group fitness classes by medical students led to a statistically significant decrease in perceived stress and an increase in physical, mental, and emotional quality of life compared with exercising regularly on one’s own or not engaging in regular exercise. Dr Dayna Yorks notes, “The communal benefits of coming together with friends and colleagues, and doing something difficult, while encouraging one another, pays dividends beyond exercising alone.”



¹ <https://www.vumc.org/health-wellness/social-well-being>

² <https://www.vumc.org/health-wellness/resource-articles/vwell-connect>

³ Yorks DM, Frothingham CA, Schuenke MD. Effects of Group Fitness Classes on Stress and Quality of Life of Medical Students. J Am Osteopath Assoc. 2017 Nov 1;117(11):e17-e25. doi: 10.7556/jaoa.2017.140. PMID: 29084328.

Health *Plus* Lifestyle Coaching



Emily Cox, CHES | Health Educator | Health *Plus* | 5 years of service

Health *Plus* offers Lifestyle Coaching to Vanderbilt faculty, staff, and spouses as a benefit of employment. Coaching can help you find the motivation and tools to reach your health and wellness goals. This personalized 6-month program is designed to offer guidance, support, and accountability on your way to a healthier you!

The program is broken into two main session types: an initial session and monthly check-ins. During the initial session, your coach will take the time to get to know your background, strengths, challenges, and goals. It may also include creating a wellness vision. A wellness vision is a statement of who you are and what healthy behaviors you want to be doing consistently. Your wellness vision allows you to have a clear picture of your goals and how you will achieve them.

Monthly check-ins are shorter meetings intended to help you stay on track. These meetings include checking in on your goals from the previous month and setting new goals for the coming month to help you stay motivated. At your final monthly check-in, you will have a chance to reflect on what you've learned and accomplished over the last 6 months. Your coach will help you assess your progress and determine next steps.

Part of the coaching process includes learning, and sometimes unlearning, behaviors that impact progress toward your goals. Behavior change is hard work, and your coach will be there to support and encourage you along the way! Coaching provides a judgment-free environment for experimenting with what works best with your schedule, life, and goals.

Lifestyle Coaching is available in person and virtually by video call or phone. To schedule an initial appointment, visit bit.ly/healthpluscoach and complete the enrollment form.



Women Talk Money



Presented by Fidelity

What you need to know for your best financial future?

Join us for honest conversations about the financial realities of being a woman - and what you can do about it - no matter where you are right now.

2nd Wednesday of every month
1 PM ET | 10 AM PT

Register at fidelity.com/women



Unable to join live? Watch the replays on demand at fidelity.com/women. You're not alone. Call 888.766.6813 to work with a Fidelity planning consultant at any time.

Apple Cider Punch



spotlight **RECIPE**

PREP:
10 mins

SERVINGS:
8

TOTAL:
10 mins

YIELD:
8 servings

INGREDIENTS

6 cups apple cider
1 (750 milliliter) bottle sparkling red grape juice
2 cups orange juice
2 tablespoons lemon juice, or more to taste

DIRECTIONS

Stir apple cider, sparkling grape juice, orange juice, and lemon juice together and refrigerate until serving.

Nutrition Facts: Per Serving: 172 calories; protein 1.2g; carbohydrates 41.5g; fat 0.1g; sodium 28.6mg.



Osher Center for Integrative Medicine offers free drop-in Mindfulness Sessions



Monday/Wednesday/Friday

12:15 pm – 12:30 pm

Zoom link: <https://zoom.us/j/93378333717>

Passcode: Mindful

Monday Evenings

5:45 pm – 6:30 pm

Zoom link: <https://zoom.us/j/93633858269>

Passcode: Mindful

Inclusive Book Group



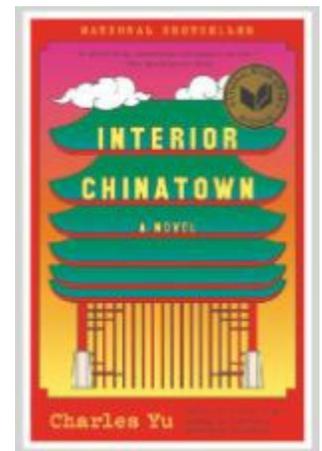
Nov 10 | 12-1 pm

Interior Chinatown

by Charles Yu

<http://vanderbi.lt/yu>

Interior Chinatown is an innovative and satirical work of literary fiction that explores the cliched portrayal of Asians in the film and TV industry



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 #vandyliife, #healthyu, #well-being and #vandygram.

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