September Wellness Tips

As we launch a new academic year, there are many aspects of our lives that are unknown. This can lead to increased feelings of stress and anxiety. Even though you may feel that you are short on time, it is more important that ever to take care of yourself. Mindfulness activities are useful techniques to re-center, focus and de-stress. Consider these four techniques:

One: Start each day with meditation. Free apps like Headspace and Insight Timer can lead you through sessions ranging from 5 to 30 minutes.

Two: Choose one daily task to do mindfully. Be completely present for one activity a day, such as drinking your morning coffee. Smell the aroma, feel the warmth of the mug on your hands and experience gratitude for the moment.

Three: Give yourself space to feel your emotions without judgement. Let go of reasons associated with your emotions. "I feel irritated because the house is messy and I have so much work to do" simply becomes "I feel irritated."

Four: When you notice yourself trying to predict the future or guess at unknown outcomes, try saying and feeling the statement "I don't know what will happen today, and that is okay."

www.rachaelkable.com

What action will I take today to get socially, emotionally and physically fit?

Resources Available

ComPsych EAP
www.guidanceresources.com

Doctor on Demand
www.doctorondemand.com

MyBlueHealth
www.bcbswny.com/content/wny/health-wellness/mybluehealth.html

Take steps today to:

- Take care of your body by regularly exercising and eating well-balanced meals.
- Connect with others in creative ways via phone, email, video calls and text messages.
- Quit smoking & reduce alcohol consumption
- Take breaks to unwind and remind yourself that strong feelings will fade.
- Seek help when needed by talking with counselor, clergy member or doctor.
- Challenge your brain by reading, writing, learning a new skill or taking a class, or playing word or board games.