wellness NEWSLETTER

BROUGHT TO YOU BY SUNY GENESEO'S EAP

Welcome to the first edition of Wellness Works. A monthly mini newsletter highlighting interesting information, articles and snip-its to help you live better.

Wellness is all of our responsibilities and an ounce of prevention is worth a pound of cure! This newsletter is a collaboration between SUNY Geneseo's Employee Assistance Program and Human Resource Office.

Enjoy!

IMPORTANT DATE COMING UP:

EMPLOYEE WELLNESS FAIR

DECEMBER 1 from 12noon-3pm

COLLEGE UNION BALLROOM

More information coming soon!

H1N1 or Common Cold?

Symptom	Cold	Flu
Stuffy nose	X	X
Sneezing	X	X
Sore Throat	X	X
Cough	X	X
Headache	X	X
Fever		x
Extreme Fatique		X
Muscle Aches		X
Nausea, Vomiting, Diarrhea		X

Choose Healthy Fats

This "less is more" approach to fats is over. We now know that it's the type of fat that matters. Research shows that certain fats—from vegetables, nuts, and fish—actually promote good health. You probably already know the delicious potential of starting a cooked dish with healthy fat (olive oil is the choice these days). Take the next step: Finish a dish with a delicious, healthy oil made from hazelnuts, walnuts, almonds, sesame, avocadoes, or even pine nuts to add a lovely nuance to salads, grains, fish or vegetables.

9 Things You Can Do to Be Happy in the Next 30 Minutes

BY GRETCHEN RUBIN

Being happier doesn't have to be a long-term ambition. You can start *right now*. In the next 30 minutes, tackle as many of the following suggestions as possible. Not only will these tasks themselves increase your happiness, but the mere fact that you've achieved some concrete goals will boost your mood.

1. Raise your activity level to pump up your energy. If you're on the phone, stand up and pace. Take the stairs instead of the elevator. Take a brisk 10-minute walk. Even better...

2. Take a walk outside. Research suggests that light stimulates brain chemicals that improve mood.

3. Reach out. Having close bonds with other people is one of the most important keys to happiness. When you act in a friendly way, not only will others feel more friendly toward you, but you'll also strengthen your feelings of friendliness for other people.

4. Rid yourself of a nagging task. Deal with that insurance problem, purchase something you need, or make that long-postponed appointment with the dentist. Crossing an irksome chore off your to-do list will give you a rush of elation.

5. Create a more serene environment. Outer order contributes to inner peace, so spend some time organizing bills and tackling the piles in the kitchen. A large stack of little tasks can feel overwhelming, but often just a few minutes of work can make a sizable dent.

6. Do a good deed. Introduce two people by e-mail, take a minute to pass along useful information, or deliver some gratifying praise. In fact, you can also...

7. Save someone's life. Sign up to be an organ donor, and remember to tell your family about your decision. Do good, feel good—it really works!

8. Act happy. Research shows that even an artificially induced smile boosts your mood. And if you're smiling, other people will perceive you as being friendlier and more approachable.

9. Learn something new. Think of a subject that you wish you knew more about and spend 15 minutes on the Internet reading about it, or go to a bookstore and buy a book about it. But be honest! Pick a topic that *really* interests you.

Research shows that happier people are more sociable, likable, healthy, and productive—and they're more inclined to help other people. By working to boost your own happiness, you're making other people happier, too.

> The part can never be well unless the whole is well.
>
> ~Plato

EAP

Need to speak to an EAP Coordinator?

Call the confidential phone line and leave a message.

Messages are checked at least once a day. **585.245.5740**

Your SUNY Geneseo EAP Coordinators are: Andrea Klein and Michelle Worden