



WINTER/SPRING 2019 EDITION

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8 DIMENSIONS OF WELLNESS

Our wellness program's mission is to inspire employees to lead a balanced healthy lifestyle across all dimensions of wellness.



INTELLECTUAL



EMOTIONAL



PHYSICAL



SOCIAL



OCCUPATION



FINANCIAL



ENVIRONMENTAL



SPIRITUAL

A MESSAGE FROM NURSE PRACTITIONER SHARI HRABOVSKY, MSN, RN, NP-C

Penn State Employee Tobacco Intervention Program is under the direction of Shari Hrabovsky, MSN, RN, NP-C, with additional clinical support provided by Vicki Peters, respiratory therapist and the Medicine Specialties Clinic UPC Suite 300.

The Penn State Employee Tobacco Intervention Program (ETIP) has had the honor of working with hundreds of Penn State Health employees in their quest to reduce or quit tobacco use over the last seven years. Our current program quit rates are higher than the national average. This employee benefit is a one on one program offered at the Hershey Medical Center campus. The intention of the program is to reduce employees' dependence on tobacco.

We focus on informing and educating employees about nicotine addiction and tobacco use. Tobacco treatment certified and experienced staff are dedicated to helping those interested in quitting and/or reducing their use of tobacco products. We realize that each person is unique in both their use of tobacco as well as their ability to quit. The ETIP staff is knowledgeable about FDA approved tobacco cessation products, behavior change strategies and we're willing to discuss alternative methods to reduce or quit tobacco use.

Any employee is eligible to receive counseling. Employees and spouses with the Penn State Health Highmark Blue Cross Blue Shield insurance benefit are eligible to receive coverage for any FDA approved tobacco treatment medication at no cost, with a prescription.

Please email ETIP@phs.psu.edu for more information. For employees located at other campuses, continue reading for information on tobacco cessation programs available to you.

Tobacco Cessation

●●○○ AT&T 2:53 PM Designed by Hanggoccardia / Freepik

Notes



Quit For Life® Program



Optum Quit for Life works in collaboration with the American Cancer Society to offer an evidenced-based program that combines physical, psychological and behavioral strategies to help participants overcome their addiction to tobacco. This program has helped more than one million tobacco users make a plan to quit for good.

Participants receive:

- Multiple **coaching calls** and unlimited toll-free access to a Quit Coach
- Unlimited access to **web coach**, an online community that offers e-learning tools, social support and information about quitting
- **Decision support** for the type, dose and use of medicine
- **Text2Quit** – text messages personalized to each participant's quit plan
- A printed, stage-appropriate **quit guide**
- Tailored, **motivational emails** sent throughout the quitting process

If you or your spouse is interested in participating in Optum Quit for Life, call **866-784-8454** or visit myquitforlife.com/pennstatehealth.

In addition to ETIP and Optum Quit for Life, Penn State Health offers an additional telephonic tobacco cessation program through Highmark. To participate in Highmark's Tobacco Cessation Program, call **888-258-3428**.

Sleep Tight



TIPS FOR BETTER SLEEP *by Highmark Blue Shield*

Most adults need six to eight hours of sleep each night. If you are constantly reaching for the snooze button and struggle to get out of bed, you may need more sleep.

WHY SLEEP?

Depriving yourself of sleep can harm your health. Inadequate sleep:

- Alters immune function
- Interferes with learning and memory
- Contributes to daytime sleepiness – causing falls, errors in judgements and accidents
- Results in irritability, impatience, moodiness and apathy
- May be linked to hypertension, increased stress, irregular heartbeat, risk of obesity, heart attack, diabetes and depression

HOW TO FALL ASLEEP

Here are some tips to help you sleep better:

Maintain a schedule. ☛ Go to bed and wake up at the same time every day to balance your body rhythms.

Establish a relaxing routine. ☛ Soak in a hot tub or listen to soothing music before bedtime to separate sleep from daytime activities.

Create a pleasant environment. ☛ Sleep on a comfortable bed in a dark, quiet and cool room. Use blackout curtains, eyeshades, earplugs, “white noise” machines, humidifiers or fans.

Remove work materials, computers and televisions from the bedroom. ☛ Associate your bedroom with sleep by eliminating distractions.

Don't eat before bedtime. ☛ Eat no later than three hours before bed. Avoid a heavy meal and spicy foods close to bedtime.

Don't exercise before bedtime. ☛ Complete your workout at least three hours before bedtime so your body has a chance to relax and cool down for sounder sleep.

Avoid caffeine, nicotine and alcohol before bedtime. ☛ These stimulants can keep you awake or lead to disrupted sleep. Avoid caffeine for eight hours before sleeping.



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Reaching Spiritual Wellness



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Spiritual Wellness is a personal matter involving values and beliefs that provide a purpose in our lives. While different individuals may have different views of what spiritualism is, it is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world. The National Wellness Institute says spiritual wellness follows the following tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

It is important for everyone to explore what they believe is their own sense of meaning and purpose.

The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Yoga and meditation can also help you develop spiritual wellness.

Having compassion, the capacity for love and forgiveness, altruism, joy and fulfillment help you enjoy your spiritual health. Your religious faith, values, beliefs, principles and morals define your spirituality.

If you are a person engaged in the process of spiritual wellness, you are willing and able to transcend yourself in order to question the meaning and purpose in your life and the lives of others. In addition, you seek to find harmony between that which lies within and the social and physical forces that come from outside.

Are you engaged in the process of spiritual wellness?

Evaluate your own spiritual wellness with this brief quiz.

- Do I make time for relaxation in my day?
- Do I make time for meditation and/or prayer?
- Do my values guide my decisions and actions?
- Am I accepting of the views of others?

If you answered ‘No’ to any of the questions, it may indicate an area where you need to improve the state of your spiritual wellness.



Sudoku

The goal of Sudoku, a logic puzzle, is to fill the 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9. Sudoku is also an excellent brain game.

4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7

Source: <https://www.pinterest.com/pin/37168775471876817/?pin=true>

Fit, Trim and Slim



Spring into action by enrolling in the Fit, Trim and Slim Program. Fit, Trim and Slim is a ten-week comprehensive weight management program led by experts in the fields of behavior modification, nutrition and exercise. This is held in a small group setting, where a team of

certified exercise physiologists will help you identify reasons for weight

gain and develop strategies for losing weight and

keeping it off! The program is designed for adults, and

meets on Wednesday evenings at the Cardiac Rehab and Wellness Center at the Hershey Medical Center.

To learn more about program costs and scheduling please call the CareLine at **800-243-1455**. Enrollment is limited.

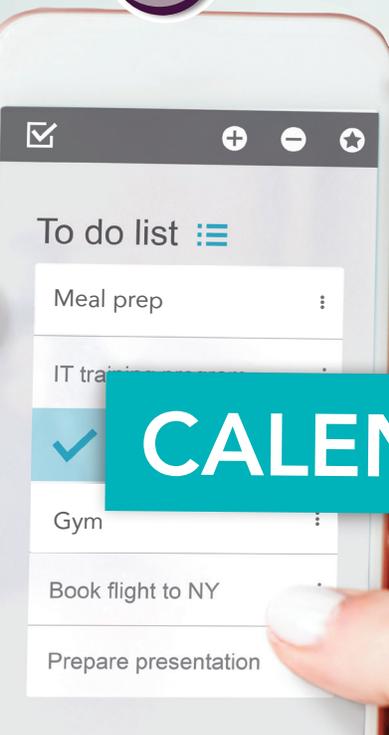


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Upcoming Events

- **FEBRUARY 25 – APRIL 27:** Pilates For Managing Low Back Pain* at University Fitness Center (UFC)
- **APRIL 15 – JUNE 10:** Mindfulness Based Stress Reduction* at University Fitness Center (UFC)
- **2ND AND 4TH WEDNESDAYS:** Mindfulness Practice Community: Join for informal teacher led mindfulness practice group with free food, learning and community from 5:15-6:00 PM in HG305 (Junker Auditorium Anteroom) or join via Zoom <https://zoom.us/j/267814309>. For more information email mindfulness@pennstatehealth.psu.edu.
- **APRIL 16:** Lunch & Learn – Finding Inner-Peace and Purpose in the Midst of Chaos from 12:00-1:00 PM in C4618 (Lecture Room A) or join via Zoom. Register today, <http://findinner-peace.eventbrite.com>. Please bring your own lunch.



April Lunch & Learn Details

Join as **Rev. David B. Simmons, DMin, BCC**, Director of Pastoral Services discusses how to find inner-peace and purpose in the midst of chaos. Are you finding yourself weary and overwhelmed by the stress of life and work? Spiritual resilience enables us to sort through what matters, grow through the challenges, and find a renewed purpose for what we do and how we live.

*REGISTRATION REQUIRED.

W
W **Recipe**

MINI APPLE-CINNAMON MUFFINS



PREP TIME: 20 MINUTES

COOK TIME: 12 MINUTES

SERVINGS: 24



INGREDIENTS:

- | | |
|--------------------------------------|--------------------------------|
| 4 sprays cooking spray | ¼ tsp table salt |
| 1tbsp all-purpose flour | 1 pinch ground allspice |
| 1tbsp firmly packed dark brown sugar | 3 tbsp dried currants, chopped |
| ½tbsp salted butter | 1 large egg |
| 3 tbsp quick cooking rolled oats | ½ cup unsweetened applesauce |
| ¾ cup all-purpose flour | 3 tbsp low-fat milk |
| ½ cup whole wheat flour | 3 tbsp granulated sugar |
| 1 tsp baking powder | 1½ tsp canola oil |
| ½ tsp ground cinnamon | ½ tsp vanilla extract |

INSTRUCTIONS:

Preheat oven to 425 degrees. Coat 24 mini muffin cups with cooking spray.

To make topping, with your fingertips, combine 1tbsp flour, brown sugar and butter in a small bowl until crumbly; stir in oats and set aside.

To make muffins, in a large bowl, combine ¾ cup all-purpose flour, whole wheat flour, baking powder, cinnamon, salt and allspice; stir in currants.

In a medium bowl, whisk together egg, applesauce, milk, granulated sugar, oil and vanilla extract until blended. Stir applesauce mixture into flour mixture just until blended. Evenly divide batter among prepared muffin cups (about 1 tbsp in each); evenly sprinkle with reserved oat topping. Bake until toothpick inserted in center of each muffin comes out clean, about 12 minutes. Transfer muffins from pan to a wire rack and cool completely.

SERVING SIZE: 1 MUFFIN



PennState
PRO Wellness

FREE Family Recipes

Delicious and nutritious family-friendly meals and snacks are one click away!



Visit the **FREE** digital recipe portal and try a recipe with a healthy twist. Remember, simple changes equal big results!

Take a bite out of these tasty ideas, visit:

med.psu.edu/PROwellness/recipes



sip
diabetic-friendly

CRUNCH
vegetarian options



SNACK
gluten-free recipes

Savor
heart-healthy options

Cutting the Smartphone Cord



A message from ComPsych GuidanceResources

People are attached to their smartphones more than ever, using them for everything from making dinner reservations and tracking their favorite sports teams to checking the weather and their social media accounts.

While having a phone that doubles as a computer by your side 24 hours a day is an amazing resource, it also comes with disadvantages: less time interacting with family and friends, fewer chances to engage with nature and the world around you and extreme anxiety when that smartphone goes missing or runs out of power. That's why it can be healthy to take a break from screens and to learn to curb the desire to constantly check your phone for the latest update.

Here are some ways to overcome smartphone addiction while still using your phone in a healthy way during your day-to-day life:

- **Be aware:** Pay attention to your surrounds and how you feel when you're on your smartphone. Did you sneak away from a date or are you hiding in the bathroom stall at work to scan your Facebook or Twitter? Are you checking your phone because you're bored, lonely or anxious? If so, you might be best suited by putting your phone down and finding a healthier activity.
- **Set rules:** Forcing yourself to face a complete digital detox may be an impossibility due to job or family, but try to set clear rules about when you won't have your phone in your hands, such as when the kids come home from school, during mealtimes or when you go to bed.
- **Get help:** Decreasing your attachment to smartphones can be quite a challenge, so tell family and friends what you're trying to accomplish and ask for their support.
- **Grab a book:** Many people seem to have forgotten the way they can still obtain information without using the Internet. Put your phone away and spend a few hours at the library or bookstore.
- **Move around:** Instead of sending an email or commenting on someone's latest social media post, set up a time to meet them in person. Or, set down your phone, go outside and start moving.
- **There's an app for that:** If you're struggling to turn off your phone, there are apps that can shut them down for you at predetermined times, such as when you're driving, which truly can be a life saver.



If you need help cutting the cord, call ComPsych at **866-465-8935** or visit www.guidanceresources.com.

Writing for Health



by *Martha Peaslee Levine, MD*

Life offers many stresses but writing is one tool that can help. How? It can help us organize our thoughts and emotions, work through traumas and challenges, and identify our strengths and coping strategies.

This observation is not just based on my own personal and clinical experience but also has its foundation in research. James Pennebaker was an early researcher in the benefits of writing. When he was dealing with a personal life crisis and found himself struggling with depression, he started to write. He found after a short time of writing that his mood started to improve. This inspired him to try and understand how writing helps.

What he found is that writing about trauma can improve an individual's physical health. Students who wrote about a challenge had better immune function and less visits to student health as compared to those who only

wrote about their day-to-day tasks. Further studies showed that writing about challenges could lead to improved emotional and physical health and in one study, writing led to improved job prospects. When a large group of individuals were suddenly laid off, researchers recruited a group of men who didn't write, one group who wrote about their day-to-day efforts to find a new job and a third group who wrote about their feelings related to getting laid off. It was this third group that found new jobs at a much higher rate than the other two groups, even though they all had a similar number of interviews. Why? The theory was that when this third group wrote about their feelings related to their job loss, they processed their hurt and anger. In interviews, they were seen as better applicants because they had worked through their negative feelings and were now looking towards the future.

Research has demonstrated that our minds

need to organize events into story. If we don't then random facts stay floating in our mind and we keep thinking about them. We can limit their negative effect by writing a narrative that includes the details of what happened, how we felt about it and how we came through the obstacle. Because if we are here, writing about it, we clearly survived the challenge. Writing can help provide a way to move on.

When writing about a difficult event, include details. Try to describe what happened and don't just stay general. Don't say it was the worst day of your life; write about what made it that way. Link your feelings to the events, but create a balanced narrative. This can be hard and your story might need to be written more than once. But even in negative events, we can find some positives. Things that we learned, people who helped us get through. Work to describe the event and your feelings. When we organize an experience, it helps our minds process it and find a way to move on.

So grab a pen and paper or pull up a blank document on your computer and start writing!

Create a Budget in Three Steps



From Empower Retirement

Chances are if you're going somewhere you haven't been before, you're going to look up directions that show you how to get there. The same idea applies when it comes to spending and saving. Knowing where your money is going and how much you can afford to invest can help you chart a course toward a successful retirement. Creating a budget helps you make the most of your hard-earned dollars, here's a simple way to create and manage a budget:

STEP 1

TRACK

Look at the transactions from your bank accounts, credit cards and debit cards over the last 30 days. Tracking recurring bills, such as for utilities, loans and rent, is important. Also be sure to account for all your purchases, no matter how small.



STEP 2

CATEGORIZE

Classify and record your expenses into budget categories, such as groceries, utility bills, auto expenses, mortgage or rent, insurance, clothing, activities, taxes and charitable contributions.

The more categories you create, the more accurately you can track your expenses and identify the areas in which you are spending too much.



STEP 3

CREATE

Now that you have a good sense of your monthly financial needs, look over your spending again to see if there are some areas where you can add to or subtract from. For example, if you learn that you spend \$300 a month eating out, see if you can cut that to \$200; then add the other \$100 to savings.

At the end of each month, see how your spending stacks up against your income. You can use the budget worksheet on page 7 as a guide.



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WE WOULD LIKE TO HEAR FROM YOU!

Are you having a wellness event or do you lead an employee program that may be of interest to Penn State Health employees? Please consider submitting content for our next BeWell newsletter. Photos are welcomed and encouraged along with your submission! Send all submissions to BeWell@pennstatehealth.psu.edu.

Budget Worksheet

A. Net Income

Your Income		Spouse's Income		Other Income						
Gross Monthly	\$ _____	Gross Monthly	\$ _____	Gross Monthly	\$ _____					
Subtract employer deducted obligations from your gross income										
Federal Taxes	\$ _____	Federal Taxes	\$ _____	Federal Taxes	\$ _____					
State Taxes	\$ _____	State Taxes	\$ _____	State Taxes	\$ _____					
FICA	\$ _____	FICA	\$ _____	FICA	\$ _____					
Health	\$ _____	Health	\$ _____	Other	\$ _____					
Dental	\$ _____	Dental	\$ _____							
Life Insurance	\$ _____	Life Insurance	\$ _____							
Retirement Plan	\$ _____	Retirement Plan	\$ _____							
Other	\$ _____	Other	\$ _____							
Total										
\$	_____	+	\$	_____	+	\$	_____	=	\$	_____
(A) Total Net Income										

B. Debt Payments

Home Mortgage	\$ _____	Personal Loans		Credit Cards						
Autos		Loan 1	\$ _____	Card 1	\$ _____					
Auto 1	\$ _____	Loan 2	\$ _____	Card 2	\$ _____					
Auto 2	\$ _____	Loan 3	\$ _____	Card 3	\$ _____					
		Loan 4	\$ _____	Card 4	\$ _____					
Total										
\$	_____	+	\$	_____	+	\$	_____	=	\$	_____
(B) Total Debt										

C. Living Expenses

Charity	\$ _____	Internet	\$ _____	Clothing	\$ _____					
Food	_____	School/Daycare	_____	Hobbies	\$ _____					
Utilities	\$ _____	Children Activities	\$ _____	Home Services	\$ _____					
Telephone	\$ _____	Dry Cleaning	\$ _____	Miscellaneous	\$ _____					
Auto Gas	\$ _____	Entertainment	\$ _____	Other	\$ _____					
Auto Insurance	\$ _____	Newspapers/Magazines	\$ _____	Other	\$ _____					
Cable TV	\$ _____			Other	\$ _____					
Total										
\$	_____	+	\$	_____	+	\$	_____	=	\$	_____
(C) Total Expenses										

D. Financial Commitments

Emergency Savings	\$ _____	Life Insurance	\$ _____	Other	\$ _____					
Debt Reduction	\$ _____	Investments	\$ _____	Other	\$ _____					
Total										
\$	_____	+	\$	_____	+	\$	_____	=	\$	_____
(D) Total Financial Commitments										

E. Monthly Balance

Monthly Surplus/Deficit																	
Total A	\$	_____	-	Total B	\$	_____	-	Total C	\$	_____	-	Total D	\$	_____	=	\$	_____

Note: This document is not all inclusive. This worksheet should be adapted to your particular financial situation.

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Your single destination for Human Resources and Payroll needs
mySolutions is an online employee support center for all things HR and Payroll. Find easy, search-based information and resources and get personalized support when you need it.

Available from the
Infonet homepage: **mySolutions**



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