

December 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---|--|---|---|--|
| <p>Goal for the month: Incorporate altruism in your life. Altruism is the belief in or practice of disinterested and selfless concern for the wellbeing of others. Altruism helps increase your psychological wellbeing, builds a better community, and provide stress relief. There is a healing power of doing good. For ideas on how to give back visit: http://www.udel.edu/004355.</p> | | | | | 1 Reindeer Run & Romp 5K 7 p.m | 2 Workshop Winter Wonderland 10 a.m.-4:45 p.m. STAR Campus |
| 3 | 4 | 5 A Patient-Centered Healthcare Team Panel Discussion STAR Campus 5:30-8 p.m. | 6 Color Me Calm (for students) 6:30-8:30 p.m. Perkins Collins Room | 7 Workshop Diabetes Self-Management * Recovery Yoga 7 p.m.* SAPE Weekday Film* | 8 | 9 |
| National Influenza Vaccination Week 3-9 | | | | | | |
| 10 | 11 | 12 Gingerbread House Day http://www.udel.edu/004356 | 13 | 14 Workshop Diabetes Self-Management * 5:30-8:30 p.m. Recovery Yoga 7 p.m.* | 15 | 16 |
| 17 <i>We rise by lifting others</i> | 18 | 19 | 20 | 21 Workshop Diabetes Self-Management 5:30-8:30 p.m. STAR Campus, Suite 130 Winter Solstice | 22 | 23 <i>With the new day comes strength and new thoughts</i> |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Happy Holiday's: University Offices Closed | | | | | | |
| 31 <i>Collect moments not things</i> | | | | |  Campus Wellbeing Collaborative | |

* Please see details page for more information.

2017 December

Employee Health and Wellbeing Resources and Details

Safe Toys and Gift Month

It is estimated that 72% of 251,700 toy-related injuries were attributed to people less than 15 years of age. Shoppers tend to forget about safety factors associated with toys due to the excitement and desire to get their child their favorite toy. The Prevent Blindness America group urges everyone to assess the individual skills and abilities of the child to determine if the toy best suits them, especially for infants and children under age 3. For guidelines on what to check visit: <https://www.healthtradition.com/december-is-safe-toys-and-gifts-month/>

Dec. 1, 7 p.m. Reindeer Run & Romp 5K

The Reindeer Run is a night-time 5K event featuring holiday entertainment and luminaries along the course. All proceeds benefit Special Olympics Delaware.

- Registration fee (\$25) includes a long-sleeve t-shirt, post-race hospitality and discounts from Newark's merchants on Main Street.
- For more info: <https://www.sode.org/fundraisers/reindeer-run-and-romp>

Dec. 2, 10 a.m.-4:45 p.m. Winter Wonderland

Volunteer at our Winter Wonderland Workshop! We'll be modifying and giving away cars to a few awesome kids! You can come late, leave early, or stay the whole time--whatever works for you! Plus, there will be free food!

For more info: https://events.udel.edu/event/winter_wonderland_workshop#.WhWGI0qnE2w

Dec. 5, 5-6:30 p.m. STAR Health: Conversations in Healthcare, Wellbeing, and Prevention

A patient-centered comprehensive healthcare team

The most important person in a healthcare team is the patient. This discussion will focus on the patient as the core of a comprehensive approach to healthcare. Learn how crucial communication is for driving excellence in care and how essential it is to interactions with your healthcare team. Reserve your spot today at udel.edu/004156.

Dec. 6, 6:30-8:30 p.m. Color Me Calm (for students)

Featuring cookies, coloring mandalas and tea in Perkins Collins room

Dec. 7 and 14, 7-8 p.m. All Recovery Yoga Christiana Engagement Center

All Recovery Yoga welcomes all UD students who identify as being in recovery- could be recovery from substance use, recovery from trauma, recovery from mental health struggles, etc. It is trauma sensitive yoga that keeps a person who is in recovery in mind. You are not required to disclose any personal information. This is an event that is cosponsored by the CRC and SOS in conjunction with the Transformation Yoga Project. All Recovery Yoga will take place in the Christiana Engagement Center on Laird Campus and is FREE for all UD students.

Dec. 7, 14 and 21: Diabetes Self-Management, 5:30-8 p.m.—Free diabetes health education provided at the UD STAR Campus Health Sciences Complex. More knowledge about diabetes can improve your life! **Location:** Nurse Managed Primary Care Center Conference Room, Suite 130. Contact Celeste Peart at cpeart@udel.edu to register. The workshop is presented by the Delaware Chronic Disease Self-Management Program. For additional information, visit the Delaware Division of Public Health website.



Campus Wellbeing
Collaborative

For more information, subscribe to <http://sites.udel.edu/wellness/subscribe/>

This material is for informational purposes only and is neither a substitute for professional medical advice or treatment. In addition, this calendar contains a sample of the National Health Observances and is meant to bring awareness to the University of Delaware Employee Health and Wellness Initiatives.

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Holiday Health and Safety Tips



Holidays are meant to be spent with family and friends, not in the waiting room of an emergency room. We reached out to experts for some tips to avoid common holiday medical emergencies. Here are some suggestions:

Traveling: Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

Decorations: If you have small children or pets keep decorations like hanging lights or glassware out of their reach—even some seasonal plants like poinsettias and mistletoe can be toxic if ingested.

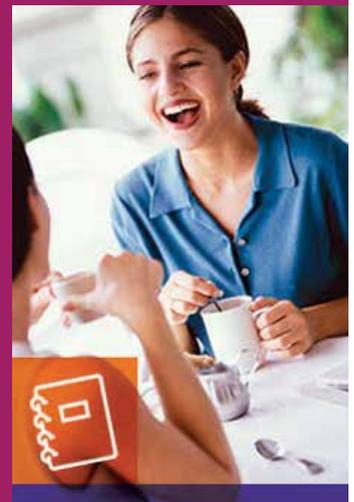
Children: Make sure your child is wearing proper protective equipment like helmets and gloves if they are doing any winter sports or activities. If they are going out to play in the snow, make sure they wear multiple layers and insulated, waterproof coats and pants.

Fire Safety: Be sure to keep trees well-watered and away from heat sources like air vents, burning candles and fireplaces.

Express Gratitude

Do you ever feel stuck, unsatisfied and unfulfilled? If so, you may want to try expressing gratitude. Being gracious for all that you have while appreciating others can have a big impact on your well-being and increase feelings of happiness. This can reduce stress and negative emotions. Plus, you may feel more confident and satisfied with your life. Try these tips to help you cultivate gratitude.

- **Keep a gratitude journal.** Whether handwritten or digital, keeping a journal of all of the positives in your life can help foster a sense of gratitude.
- **Compliment someone.** Saying something nice to at least one person a day can make them and you feel good. At the same time, if someone compliments you, accept it sincerely with a smile and thank you—avoid brushing it off.
- **Give to those in need.** Volunteer at a soup kitchen, donate food, send care packages to hospital patients, or visit an eldercare facility. You'll improve someone else's day and your own!
- **Make gratitude a daily habit.** Every day, write down three things you are grateful for and one thing that you'll do for someone else. Making this a daily habit yields great results!
- **Don't dwell on the negative.** When life hands you lemons, make lemonade! Turning a negative experience into a positive experience can help you grow and learn to appreciate each experience for what it is—an opportunity to learn.



Stay Calm This Holiday



Despite the merriment of the holiday season, many people find that the demands of cooking, guests, decorating, gift buying, and financial pressures leaves them exhausted and irritable. By managing unrealistic expectations, it's possible to keep stress in check so you can truly enjoy the holidays. Try these tips:

Focus on what's doable, drop the rest. Cooking a large dinner can be an undue strain, especially if you're juggling work and taking care of kids or elderly loved ones. Opt for a potluck or a low-key gathering with shared appetizers. If you need help with any festivities, delegate... and don't expect perfection!

Don't go over budget. Spending "more" on gifts or decorations doesn't necessarily enhance joy. Pay cash when you can. Or limit credit card spending to what you can pay off in 2-3 months.

Avoid unresolved family disputes. Not all family get-togethers fit the ideal image. Plan to keep everyone positive and redirected to shared activities like a concert, play or sporting event.

Slow the rush. Remember, taking personal time outs enhances enjoyment. For example, a half hour of exercise at least three days a week helps reduce anxiety, and improve sleep and mood.

WAIT!
There's more...



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FREE Webinar:
Maintain Emotional
Composure



Tuesday, December 19th, 3pm (EST)
Register for the session today at:
worklifewebinars.com/december

**National Handwashing
Awareness Week**
December 4th-10th



Learn how to ward off illness at:

blog.healthadvocate.com/2016/05/practice-proper-handwashing-to-prevent-disease/



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