

September 2020



Healthy UNCG

Official Newsletter



Our mission:

Providing UNCG employees with information, programs, and services that help to promote a happy, healthier lifestyle and a better quality of life.



healthy.uncg.edu



healthy_uncg@uncg.edu



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@healthy_uncg

September 2020

HealthyUNCG Team:

*Fun
Facts
Edition*



Stefanie Milroy

Director

- I am a true Spartan - Class of '04 & '06
- I LOVE Twizzlers.
- I am an enneagram type 2 with equally balanced wings 1&3. Good luck!
- I have 1 husband, 4 kids, 2, dogs, and 1 cat. The pandemic has been a real blast.
- I speak fluent sarcasm.



Kristen Estep

Wellness Coordinator

- I am originally from West Virginia
- I love college football, #go'neers!
- One of my favorite series is Harry Potter, I'm a Hufflepuff
- I love anything chocolate, especially chocolate cupcakes.
- My favorite animal is a tie between sharks and giraffes



Shaunessy Lofton

Program Coordinator

- I have lived in every state from Connecticut to Florida.
- I have a passion for people!
- My favorite food is Sushi!
- I have a daughter and a Yorkie!
- Cheesecake is also a favorite!

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September 2020
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For the Fall 2020 semester, HealthyUNCG will continue to offer all programs virtually. We are still taking program requests from departments. If you or your department would like to request for a program please [click here.](#)

HealthyUNCG Newsletter Advertising Policy

We are happy to advertise for wellness opportunities, initiatives and other relevant employee wellness information in our monthly newsletter!

If you, or one of your coworkers, has information you would like included, please send us an email at healthy_uncg@uncg.edu with the appropriate information by the 15th of the month prior to the next release.

Example: Submission via email by September 15th for inclusion in the October newsletter.

We are also happy to provide links to campus or community resources on our website. For a list of programs available to UNCG employees, visit our website and click on "Resources and Discounts."



September 2020



The HealthyUNCG Fall Wellness Series:

Stress, Sleep and Support:
Strategies for Wellness &
Working During COVID-19

**Virtual Series:
Every Thursday
11:00 a.m. - 12 p.m.**

Week 1 9/10: Importance of Connection
Week 2 9/17: Sleep Health
Week 3 9/24: Nutrition and Sleep Health
Week 4 10/1: Communication and Setting
Boundaries
Week 5 10/8: Aromatherapy, Stress & Sleep
Week 6 10/15: Gaining Support and Coping
Week 7 10/22: Nutrition and Emotional Eating
Week 8 10/29: Recognizing and Responding to
Burnout
Week 9 11/5: Expressing Gratitude
Week 10 11/12: Table Talk - Expert Panel



***Registration
is now open!***

***#Spartans
Together***

Each workshop zoom link will be sent 24-48 hours prior to the program. You may register for all or each program separately based on your preference.


September 2020

FEELING STRESSED OUT, OVERWHELMED?

LivingEasy is about creating calm where there was anxiety, having fulfilling relationships where there was anger or frustration, and bringing clarity where there was overwhelm.

Free program available
beginning
September 8th

"LivingEasy was such a great program that I want all the folks in my department to take it." - STEVE

Online Lifestyle Interventions from  selfhelpworks



September 2020

The LivingEasy™ Stress & Resiliency Program

When stressful situations feel beyond control, they seem to take over our life. Stress can be punishing to our health, both physically and mentally, and it can drastically lower quality of life.

Now imagine being able to handle any stressful situation with confidence, with calmness. Imagine an unshakeable sense of peace. This is what LivingEasy has to offer.

How it works

LivingEasy is designed to reshape the way you respond to stressful moments and situations. When you take LivingEasy, you will:



CHALLENGE YOUR BELIEFS

Overwhelming stress comes from beliefs and thoughts that create emotionally disempowering responses. These beliefs and thought patterns are habits, formed over time, and you have the power to change them.



SEE STRESSFUL SITUATIONS DIFFERENTLY

Learn how to transform emotionally overwhelming events into opportunities for growth and greater resilience.



CREATE CALM, TAKE CONTROL

Thrive in the areas of life that used to hold you back, and live with the sense of control that you've been missing.

Here's the main point: once you complete LivingEasy, you will be in command - you will be able to bounce back no matter what problems life throws at you.

The Details

LivingEasy is made up of 8 online video-based sessions. Log on privately and conveniently through all of your devices. Just log in and follow along as the smart system will guide you. The LivingEasy program launches Tuesday, Sept 8th 2020.

[Click here for more Information.](#)

September 2020

SAVE THE DATE!

SIGN UP WITH A UNCG HEALTH COACH

Open Enrollment Starts September 8th

Are you having trouble reaching your health and wellness goals? Perhaps you want to go back to school? Maybe you are looking for purpose in your home or work life.

A UNCG Health Coach Can Help!!

Health Coaching is designed to help you create lifestyle change goals and reach these goals through your own personal accountability plan.

To learn more about health coaching, visit the [HealthyUNCG Website](#). All health coach sessions will be held virtually for the fall 2020 semester!

**You can also read about our
Coaches!**



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September 2020
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Starting in September, FLL will be back in limited operation! Contactless drop off and pick up will be available at the Coleman Building twice a month! **Click here** for more details on the FLL!

HEALTHY **UNCG**
 **FITNESS**
LENDING
LIBRARY

Initial return of items ONLY:

Sept 14th, 11 -1 pm
Sept 16th, 12- 2 pm

Return OR Pick up Items Dates*

Checkouts now available!

Tuesday, Sept 22nd, 11-1 pm

Wednesday, Oct 7th, 11- 1 pm

Tuesday, Oct 20th, 11- 1 pm

Wednesday, Nov 4th, 11 - 1 pm

Tuesday, Nov 17th, 11-1 pm

*Dates and times subject to change depending on weather. FLL operations will remain contingent on UNCG's response to COVID-19. All items will be sanitized and left to sit for at least 72 hours before being lended out again.

September 2020

Registering for ActiveU through Recwell Group Fitness



Step 1: Visit the RecWell Group Fitness Class Schedule webpage.

Step 2: Click the class you would like to attend

Step 3: In the pop-up dialogue box click, "Click here to register for [selected class]" to register via Zoom

Step 4: Fill in the required information.



Choose to attend one day, or multiple days!
Register with your UNCG email address.
That's it! You will immediately receive an email on how to join the meeting. (NOTE: This link is unique to you and should not be shared.)

September 2020

Walking the Lakeside Trails



Miles for Wellness Challenge 22

**Registration Now Open
through Sept. 21**
www.oshr.nc.gov/miles-4-wellness

Register today to join other state employees in staying active and virtually visiting a dozen of the country's most scenic lakes!

A great way to manage stress and get moving, this new Miles for Wellness challenge will introduce you to some of the most beautiful natural habitats in the United States, including iconic spots like Crater Lake National Park and the Salton Sea.

Sign up as a team, or register as an individual!

For questions or more information, contact milesforwellness@nc.gov



Miles for Wellness is a virtual, team-based walking initiative by and for the state employees of North Carolina. The purpose of Miles for Wellness is to encourage and support employees to increase their level of physical activity, with the goal of 10,000 steps, or the equivalent of 5 miles, achieved most days of the week. According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things you can do for your health.

September 2020



Meal Planning with Cari Culp, RD

Friday, September 11th 2020
11:00 a.m. - 12:00 p.m.

From planning, to shopping, to executing your plan; a healthy lifestyle requires preparation. Learn tried and true tips to successful menu planning and experience better outcomes as well as savings due to reduced dining out and impulsive purchases. This will be a virtual workshop. [CLICK HERE TO REGISTER.](#)

Dietitian Consultations:

Meet one-on-one with registered dietitian, Cari Culp! Whether you are struggling with weight, managing a chronic disease, or just need help making healthier choices, Cari can assess your intake and assist in developing practical goals that will help towards becoming a healthier you. Cari offers a variety of times and locations, which allows your to select an appointment that is convenient! Let her help you reach your nutrition goals!



[Click here to schedule!](#)

September 2020



State Health Plan members can now participate at no-cost*

Eat Smart, Move More, Weigh Less is a 15-week online weight management program delivered by a **live** Registered Dietitian Nutritionist (RDN). Outside of the weekly classes, participants receive one-on-one support from their RDN instructor through a secure online portal.

[Evidence-Based](#)

[Live Online Delivery](#)

[One-on-One Support from RDN Instructor](#)

[See Class Times](#)

Online Classes Begin the week of September 7th

*Registration closes **Friday, September 4th at 8:00pm ET.***

*The program is covered at no-cost if the State Health Plan is your primary insurance. Please enter the coupon/voucher code - **GNC2020**. You will be asked to enter your BCBSNC/SHP subscriber ID#.

September 2020

UNCG COVID-19 Safety Link



HOW TO WEAR A FACE COVERING



FACE COVERINGS SHOULD FULLY COVER YOUR NOSE, MOUTH, AND CHIN.
IF YOU ADJUST YOUR FACE COVERING, WASH YOUR HANDS BEFORE AND AFTER.
DO NOT WEAR YOUR FACE COVERING BELOW YOUR CHIN OR HANGING OFF YOUR EAR.

*Stay
Healthy
at the O*