



HEALTHIER NUWS

A WELLNESS PUBLICATION DEDICATED TO FACULTY AND STAFF

Letter From the Director



Over the past few months, Healthier U has been continuing to refresh its brand in an effort to provide a more flexible and mobile platform for employee health and wellness education, encouragement and engagement. As a veteran wellness professional and recent Stony Brook hire, I was thrilled to discover that Stony Brook has a rare combination of forward-thinking leadership and abundant resources available to its employees - a combination that will help the University become a leader in the health and wellness sector.

One of our key initiatives is our bimonthly newsletter, HEALTHIER NUWS. Every issue will be jam-packed with helpful information and tips to create a healthier you; a key feature includes a Q&A with a member of Stony Brook's senior leadership who is making wellness a priority and empowering employees to be happier, healthier and more productive. In this issue, President Samuel L. Stanley Jr., MD, talks about his healthy lifestyle. Other regular features include the Employee Assistance Program's Colleen Stanley addressing topics of concern for our readership, as well as contributions from the Stony Brook Medicine Nutrition Division and our Environmental Health and Safety team.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at bryan.weiss@stonybrook.edu. Thank you for reading our newsletter and look for our next issue in the coming months.

Wishing you a happy and healthy 2016!

Bryan Weiss



Leading the Charge

President Samuel L. Stanley Jr., MD

Q: How do you fit activity into your busy day?

A: I work out pretty much every day, once a day; sometimes twice a day. I find it easier to work out in the morning because I'm an early riser, but I also enjoy exercising right before or after dinner or sometimes before bed. When I'm traveling, I make it a priority to stay at hotels that have exercise facilities; in fact, that is one of my main criteria for picking a place. Fundamentally, exercise is one of my highest priorities.

Q: What is your favorite healthy lunch?

A: A green salad with tomatoes, cucumbers, grilled chicken and vinaigrette dressing.

Q: How do you like to spend your free time?

A: Besides working out, I enjoy reading, talking to my four children and listening to music.

Q: What were you most thankful for this past holiday season?

A: I was most thankful for the fact that all of my family is enjoying good health and seems happy.

Q: Tell us something about yourself that people might not know about you?

A: I am a fan of K-pop (Korean pop).



Colleen's Corner

EAP for a Happier U

By Colleen Stanley, MFT, CEAP
Lead Coordinator
Stony Brook University Employee Assistance Program

Q: It seems lately that I have more work to do than time to get it done. At both my job and at home, I'm always playing catch-up and never have time for myself. How can I manage my time better?

A: Many of us struggle with the responsibilities of home and work, which can sometimes feel overwhelming. If I were talking with you, we would assess if time management were the issue or a symptom of an underlying issue. An architect once came to me because she was having difficulty meeting deadlines and was losing business. At 40, she was unmarried and not in a relationship, yet she desired marriage and children. When she felt anxious or sad about this, she obsessively played solitaire on her computer rather than worked. As she was able to attend to her grief about not being where she thought she should be, she felt less of a pull toward solitaire. When she understood that playing solitaire reinforced her feeling of being alone, she chose to do something else. We are complicated beings.

When time management is an issue, be in the moment. When we are present for ourselves and others, time slows down. Focus on just one thing. Breathe deeply and think to yourself, "Breathing in, I relax. Breathing out, I smile." Ask yourself: "Am I all right in this moment? What do I need to take care of myself?" You have just given yourself one minute of time. You can breathe in the car, at your desk or anywhere. When we take care of ourselves better, we are more able to attend to others.

Increase self-care. Ask yourself what fulfills you. It could be spending time alone, or with friends and family, at the gym, in prayer or in nature. If you are short on time, you probably have stopped doing the things that refuel you. Now is precisely the time to increase self-care.

Ask yourself what has changed, and what you can change or delegate. Learn to say no, and get comfortable using this word often. Saying no can be empowering. If you find it hard to say no, give yourself time when people make a request and let them know that you will get back to them. The more often you say no, the easier it becomes.

Organization saves time. Plan on a daily basis and do the most important things first. When you are overwhelmed, ask yourself what can be eliminated. Be creative. Finally, ask yourself if you could be depressed or otherwise unhealthy. Feelings of anxiety/depression or other health issues may make managing your time more difficult. If you are not sleeping or eating well, you may want to discuss your situation further with an Employee Assistance Program professional. Visit stonybrook.edu/eap or call (631) 632-6085, or contact a therapist or your family doctor. For more information on mindfulness meditation, organization and work-life balance, visit stonybrook.edu/eap/happieru.



Healthy Eats

Seasonal Kale Salad

By Stephanie May, *Campus Dining Dietitian*

2 large salads or 4 side salads

Ingredients

Salad:

- 1 very large bunch of kale
- 1 medium Honeycrisp apple
 - 1 medium fennel bulb
 - 2 ounces chilled goat cheese, crumbled (to yield about 1/3 cup crumbled goat cheese)
 - 3 tablespoons dried raisins
 - 1/4 cup pumpkin seeds or chopped pecans

Dressing:

- 4 tablespoons olive oil
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 teaspoon maple syrup
- 2 teaspoons Dijon mustard
- 1/8 teaspoon salt
- Several twists of freshly ground black pepper

Directions

1. To prepare the kale: Use a chef's knife to remove the tough ribs from the kale, then discard the ribs. Chop the kale leaves into small, bite-sized pieces. Transfer the chopped kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.
2. To prepare the remaining salad ingredients: Chop the apple into small, bite-sized pieces, slice the fennel as thinly as possible. Place in kale bowl.
3. Use a fork to crumble the goat cheese over the salad. Top with raisins and pumpkin seeds.
4. To make the dressing: In a small bowl, whisk together all of the dressing ingredients until emulsified.
5. To prepare the salad: Drizzle dressing over the salad, just enough to lightly coat the kale once tossed (you might have some leftover dressing). Toss the salad well. For best flavor, let the salad rest for 10 minutes before serving.

MAKE IT DAIRY FREE/VEGAN: Skip the goat cheese and use diced avocado.

STORAGE SUGGESTIONS: This salad keeps well in the fridge, covered, for a couple of days.

CHANGE IT UP: Trade other fall/winter produce for the fennel and apple - roasted squash, pumpkin, beets, or Brussels sprouts.

Nutrition 1 small side salad: Calories: 260, Fat: 16 g, Saturated Fat: 4 g
Cholesterol: 6 mg, Sodium: 231 mg, Carbohydrates: 24 g , Fiber: 6 g, Protein: 9 g

Inspired by Cookie and Kate

Environmental Health and Safety Focus

Safety Tips for Winter Driving

By Clifford Knee, *Manager, Safety, Training and Environmental Compliance*

Snow, ice and extreme cold can make driving treacherous, so it is important that you are prepared before severe winter weather arrives. Here are some tips to keep in mind:

- Have your car tuned up, check the level of antifreeze, make sure the battery is charged, check your tire pressure and tread, and/or put on snow tires. Remember to never mix all-season and winter tires; change them all when appropriate.
- Keep an emergency kit in your car, including a flashlight; jumper cables; sand or kitty litter for traction; ice scraper, snow brush and small shovel; blankets and warning devices (flares, reflectors, etc.).
- Keep your gas tank at least half full to avoid gas-line freeze-up.
- Do not use cruise control when driving on any slippery surface (rain, snow, ice and sand).
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Always use your seat belt, regardless of inclement weather.

If possible, avoid driving in snow or ice storms, and if you must travel in bad weather, drive slowly. Watch weather reports prior to traveling; let someone know the route you're taking and when you plan to arrive. If you become snowbound, stay in your vehicle. It provides temporary shelter and makes it

easier for rescuers to locate you. Tie a brightly colored cloth to the antenna or at the top of a rolled-up window to signal distress. At night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you. Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps. If needed, run the engine and heater just long enough to remove the chill and to conserve gasoline (make sure the exhaust pipe is not clogged with snow, ice or mud as this could cause deadly carbon monoxide gas to leak into the car's cabin).

For more tips and resources to keep you and your home hazard free this winter season, visit the Environmental Health and Safety homepage at stonybrook.edu/ehs/.

Core Nutrition

2016 Resolutions for a *Healthier U!*

By Natalie Pape, *Stony Brook University Dietetic Intern and Nutrition Graduate Student*
Josephine Connolly-Schoonen, PhD, RD, *Chief, Nutrition Division, Department of Family Population and Preventive Medicine, Stony Brook Medicine*

Welcome to 2016! It's that time of year again when most of us make big promises to improve our health. After we pack on pounds from lingering holiday cookies and finish that last drop of champagne, our first thought is about resolutions we will make for the upcoming year. But how many of us actually stick with them? According to a Nielsen survey, the top resolutions from 2015 were to "stay fit and healthy" and to "lose weight." The percentage of Americans who actually stuck with their well-intentioned plan past six months, however, was only 46%. Don't blame it on the resolution, though; you are ten times more likely to attain your New Year's goals if you explicitly make them. It is actually a good idea to participate in making resolutions if you want to succeed with your 2016 ambitions. So hunker down, get out your favorite to-do list, and start aspiring! Here are some tips to make those changes last well into the year and to help you beat the odds:

Fill up on Produce: Whole fruits and vegetables are not only packed with important vitamins and minerals, but are also full of fiber that helps keep you satisfied. Try packing a big salad for lunch, have fruit or veggie sticks as snacks throughout the day, and have a big bowl of vegetable-based soup for dinner. Your stomach and colon will thank you!

Stay Hydrated: We all know that we're supposed to get in those 8 glasses of water each day, yet most people fall short. According to the USDA, the average daily intake of plain drinking water is less than 4 cups, just under half the recommendation! Soda and other sweetened beverages add extra calories but little to no nutrition or hydration. Stick with water or seltzer, and if you're having trouble kicking that soda habit, try adding a splash of 100% fruit juice to seltzer. Try taking a reusable water bottle with you to work or when you go out during the day to act as a visual reminder to keep drinking.

One Step at a Time: We all want to set the bar high for the New Year. Whether it's going to bed at a decent hour, getting up early for an AM workout or trying the latest fad diet/workout video to lose those extra 10 pounds, it sounds all too familiar. It's great to set long-term goals but equally important to set mini goals so that you don't lose sight of the big picture. Start by making small changes like swapping out sugary drinks, switching from white to whole-grain carbs and replacing empty-calorie snacks with fruits and vegetables. Once you feel like you've tackled the first mini goal, move onto the next one. With just a little patience and perseverance, you'll be reaching your big goal in no time.

Don't Deprive Yourself: We're all human, and as such, we want what we can't have. This is especially true with food. Making a favorite food off limits will only make it more tempting, which can lead to binge eating and a lot of unnecessary guilt. Allow yourself to enjoy your favorite treat once in a while as a reward. When you do, you will appreciate it much more.

Make Yourself Accountable: Your personal life is already displayed on social media for the entire world to see, why not make your resolutions public? Write a status update or tweet about what you are going to accomplish. Now that it's out there, you will feel more obligated to follow through. Plus, getting all those 'likes' on your status update can only be more encouraging. Thumbs up to you.

Give Yourself a Break: If you fall off the proverbial wagon, don't beat yourself up...you're human, right? If you weren't, you wouldn't need to make resolutions in the first place! Take a deep breath and start back up the next day. It's best not to get hung up on temporary shortfalls, just don't make it a habit. Remember, consistency is key for any lifestyle change...so relax and enjoy the ride!

Rewards Programs

New Year, New U Health Enhancement Program

New Year, New U Health Enhancement Program, our latest employee rewards program, is designed to empower employees with information that will help them to make healthy lifestyle choices and ensure success in their wellness goals. The New Year is often a time that we deliberate on the changes we want or need to make in our lives. Every year, more than one-third of all Americans resolve to better themselves in some way - fewer than 10% actually achieve long-term success in their resolutions. Whether your goal is to lose weight or be healthier, Healthier U has the program for you! Sign up for the **New Year, New U Health Enhancement Program** and let's make 2016 your best year yet!

Program is free to all employees and begins on Monday, February 1. For more information and to sign up, visit: http://www.stonybrook.edu/sb/healthieru/new_year_new_u.html

Don't delay, sign up today!



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