

Wellness Wednesday: 10-30-19

Halloween Hangover

Here are a few tips for the day after Halloween!

- <https://overeatingrecovery.com/uncategorized/five-tips-to-avoid-halloween-hangovers-2/>
- <https://www.mouthhealthy.org/en/az-topics/h/halloween-candy-survival-guide>

Recipe Resources

Need new ideas for meals? Plan to view the resources listed below Many options that sound delicious!

- <https://www.cookinglight.com/>
- <https://www.delish.com/cooking/recipe-ideas/g3733/healthy-dinner-recipes/>
- <https://www.allrecipes.com/recipes/84/healthy-recipes/>

Welcome to Stress FUNDamentals—GREAT Resource!

Did you get the chance to take a look at this yet? You may jump in **anytime**. The resources will be available on the Employee Wellness website ready for you to start at your own pace. The program has 6 weeks of tips. Plan to start today, next week or next month! Your choice.

NEW - WEEK #3 (10-30-19): Stress relief is a laughing matter

We've all probably heard that laughter is the best medicine. Did you know that it really can help change your body's chemistry and offset the unhealthy physical effects of stress? When you laugh, you release negative emotions — the feelings you may have bottled up that can actually cause illness. Laughter helps reduce stress and strengthens the immune system by lowering stress hormones and boosting your body's ability to fight infection. So when it comes to your health, you'll have the last laugh. *Source: American Psychological Association*

Click to access Week #3 resources: [Laugh More](#) and [Embrace Laughter](#)

[Click here](#) to access archived resources.

Launch week (10-9-19): Start the program with a personal contract and weekly schedule of topics.

Week #1 (10-16-19): Address Stress, Stress Assessment, Physical Effects of Stress, Stress Less, Time Management

Week #2 (10-23-19): Sleep & Stress, Sleep Assessment, Sleep Log Sheet, Sleep Tips, Relaxation Tips

SIGN UP NOW: Eat Smart, Move More. Maintain, don't gain!

A few years ago, Great Falls community members were invited to participate in the “**Eat Smart, Move More, Maintain, Don't Gain! Holiday Challenge**”. Many of us signed up just to see what it was all about and it was **GREAT!** That is why we are sharing it with all GFPS staff, friends and family again this year! There are a few details listed below. Reply to this email or call me @ 6770 with additional questions, otherwise just sign up with the link below. Once you are on the challenge page scroll part way down and look for the **BLUE REGISTER NOW** button on their site. **NOTE:** This is a confidential registration process, participants names will not be sent back to GFPS. We are participating in the free version and will not be receiving any information.

- The Holiday Challenge will run 11-18-19 to 12-31-19. Over 39,000 people participated in last year.

- As a part of the Challenge, you will receive FREE weekly newsletters, healthy holiday recipes, quick daily tips, and weekly challenges. These will be delivered to your email. There is support through social media including: a private FB community, recipes on Pinterest and tips on Twitter and Instagram. The social media parts are all optional.
- This is a free online program delivered across the US. You can participate as little or as much as you would like to. The past 13 years have shown that the more you participate, the more likely you are to maintain or lose weight. Utilize the social support and daily motivation to your advantage. We are all in this together, let's maintain and not gain this year! Share with friends and family!
- Here is the link to sign up. Also registration does not close and you may sign up at any time: <https://esmmweighless.com/holidaychallenge/>

Red Ribbon Week 2019 – A Few Days Left!

The Great Falls community including Great Falls Public Schools will celebrate Red Ribbon Week **October 28-November 1, 2019**. Ribbons for all staff are available in your buildings this week. [Click here](#) for theme days, and other pertinent information for the week. It's not just for kids! Many of our community partners participate by wearing red ribbons, decorating their workplace and yes, participating in the fun theme days, all to support our students! It's been great to see all of the fun on various social media sites!

GFPS Flu Shot Clinics End TODAY @ SAC 11:00 am - 1:00 pm

- GFPS Flu Shot Vaccine Clinics are set for the month of October. Employees and spouses are eligible to attend. Pediatric shots are not available. [Click here](#) for the schedule or visit the GFPS Wellness site.
- Veterans signed up through VA health care can get a free flu shot at Walgreens. [Click here](#) for more information.
- Your primary care provider is always an option too.

As always: Visit the Employee Wellness Website

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

As always: Visit the Student Wellness Website

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness