

WELLNESS WEDNESDAY: 11.13.19

Healthy Aging (Source: Mayo Clinic)

Life will throw challenges at you, but you can bounce back at any age. Here are four science-proven tips:

- Spend Time with Others: An active social life is associated with faster rebound in the face of stress, longer life, and a greater sense of wellbeing. Focus on the people who mean the most to you. Quality trumps quantity.
- Celebrate Your Birthday - for Real! Research shows that older people who have a negative outlook on aging tend to have lower cognitive function and a higher risk of dementia. But, positive feelings about age = better brain function and lower dementia risk. Why? Likely because your attitude about aging affects your stress levels. With practice, positive thoughts will stick, and you will bounce back faster from setbacks.
- Build a Buff Brain with Exercise: We know that exercise lowers risk of heart attack, many types of cancer and age-related injuries. But regular exercise can also strengthen our brains. Although brain size decreases with age, exercise can actually help reverse that. Walking briskly for 30 to 60 minutes, three to five times a week, can contribute to measurable brain improvements.
- Practice Gratitude: When stress hits, it's hard to feel grateful. But people who practice gratitude, tend to have fewer symptoms of depression and are more positive. Try a gratitude journal by writing down what you're thankful for every day. Spread that happy feeling to others by practicing small acts of kindness. Pay your gratitude forward.

Wellness Wednesday Archives

Did you know that Wellness Wednesdays are archived on the Employee Wellness site? [Click here](#) to look back at past weeks information.

Share Your Health Goals (Source: MyPlate)

Share your health and wellness goals with those closest to you. Ask for advice when you face challenges and celebrate together when you reach your goals! Click on the links below.

[Tips for being more active.](#)

[Move your way.](#)

Welcome to Stress FUNDamentals (Source: BCBS)

NEW - WEEK #5 (11-13-19): Work Life Balance

We all have different things to balance in our lives. Plan to view the tips below.

[Feeling Taxed to Relaxed](#) – Work life balance tips.

[Organization](#) – Everything in its place at work and home.

[Slow Down](#) – Switch to the slow lane with success.

[Working Parent](#) – Strategies to balance parenting.

[Caregiver](#) – Caring for an elderly parent.

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

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

Week #3 (10-30-19): Stress relief is a laughing matter, Laugh More, Embrace Laughter

Week #4 (11-6-19): Financial Stress-It's Not A Bed of Roses, Financial Stress General Tips, Budget Your Budget, Tips On How to Save, Tips on How to Tame Your Urge to Splurge

2019 Holiday Challenge – SIGN Up Now!

The Holiday Challenge will begin on November 18th and run through December 31st. Now's the time to encourage your friends and family to join the Holiday Challenge with you - having a support system can make all the difference! All Holiday Challenge material will be delivered directly to your inbox when the program begins. You can participate as little or as much as you would like to. We have seen that the more you participate, the more likely you are to maintain or lose weight.

You will receive the following:

- Weekly newsletters
- Healthy recipes
- Daily Tips
- Weekly Challenges
- Access to a private Facebook group

Please note, this is a FREE program delivered across the United States and around the world. If you would like a more in-depth program with personalized support, consider Eat Smart, Move More, Weigh Less. Registration does not close and you may sign up at any time. Click this link to register: <https://esmmweighless.com/holidaychallenge/> Look for the **BLUE** register now button.

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