February 2016 Wellness Newsletter

Hello, Everyone,

Welcome to February. Spring is just around the corner and will be here before we know it. Until then, shall we all try to embrace the cold and whatever else may come our way (S-N-O-W)? February is Healthy Heart Month. You are never too young or too old to think about heart health. Prevention is important and there are lots of things that you can do to stay healthy, as you’ll see below. We have lots of exciting programs to share with you this month, and hope that you will take the time to join us. May you have a great month.

Yours in Health,

Karen

Upcoming Programs:

**Sexual Health and Relationships**

Join Wellness Promotion and the Advocates Against Sexual Violence (AASV) on **Wednesday, February 3rd** from **3:30-4:30pm** in **McDonough 164** as we explore the differences between
healthy and abusive relationships, and discuss common myths about sexual violence. There will be prizes, and refreshments will be served.

**Blood Drive**

Register Now! Wellness Promotion will be hosting a blood drive on **Tuesday, February 9th, 2016** from **12:00 pm – 5:00 pm** on the **12th floor of Gewirz**. To register please visit [www.inova.org/donateblood](http://www.inova.org/donateblood) and enter Sponsor code 6070 or call 1-866-BLOODSAVES to schedule your life-saving donation! Photo ID is required. Appointments are preferred, but there is limited walk-in availability. For any questions regarding criteria that may affect your eligibility to donate please go to [http://www.inova.org/get-involved/blood-donor-services/donate-blood/eligibility-requirements](http://www.inova.org/get-involved/blood-donor-services/donate-blood/eligibility-requirements) or call 1.571.434.3628.

**Starting a New Exercise Program**

Whether you’re a beginner or an experienced athlete, there are things you should consider when starting a new exercise program. Join Doctor of Podiatric Medicine, Arnold Ravick, on **Wednesday, February 10th from 3:30-4:30 pm** in **McDonough 492** as he addresses beginning an exercise program, injury prevention, exercise shoes, and the running shoeless craze.

**Ask the Chef**
Bon Appétit chefs and managers will be on hand to discuss food standards, techniques, and sustainability initiatives. Stop by this casual Q&A in the Chapel Area on Thursday, February 11th from 3:30-4:30 pm to have all your culinary questions answered.

**Strategies for Managing Your Weight**

Join us on Thursday, February 18th from 1:30-2:30pm in McDonough 337 as we discuss strategies for managing weight such as goal setting, assessing self-talk, and other behavior principles. These same principles can be applied to other areas of your life.

This is not a “diet” class focused on what you can and cannot eat.

**Cooking Demonstration with Bon Appétit**

Interested in learning how to prepare a simple, healthy, and delicious meal that you can make at home? Join us on Wednesday, February 24th from 3:30-4:30 pm in McDonough 164 as Chef Brock walks you through the process. It’s sure to be a delicious event!

**Sleep Hygiene**

Join our CAPS counselors on Thursday, February 25th from 3:30-4:30pm in McDonough 156 as they share tips to help you sleep better and optimize your health.
Healthy Relationships

It is important to maintain healthy relationships in our lives. A good support network of friends and family makes all the difference. Some signs of a healthy relationship include:

- **Communication and Sharing** - the most important part of a relationship is to talk and listen to one another. Communication allows you to speak up if something is bothering you and to address issues in a fair and safe way.
- **Respect and Trust** - mutual respect is essential in maintaining a good relationship. Let people in your life know that you value and trust them. This also makes it easier to come to them with problems or to sort out problems of your own.
- **Boundaries** - always discuss boundaries with friends and significant others to express what you feel comfortable with in the relationship. A healthy relationship is when no one is forced into something they are not comfortable with, and each party trusts one another to not pressure them.
- **Compromise** - disagreements are natural and a part of every relationship. The best way to settle a disagreement is to be fair to one another and willing to compromise if you disagree on something.
- **Support** - above all, your relationships should support you and you should support your relationships.

If you’re unsure about a relationship, [this quiz](http://www.loveisrespect.org/healthy-relationships/) might help you assess whether you are in a healthy relationship. [http://youngwomenshealth.org/2011/06/02/healthy-relationships/](http://youngwomenshealth.org/2011/06/02/healthy-relationships/)

American Heart Month

Heart disease is the leading cause of death for both men and women in the United States, and there are an average of 1.5 million heart attacks and strokes in the U. S. every year. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Manage your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information, visit [http://www.cdc.gov/features/heartmonth/](http://www.cdc.gov/features/heartmonth/).

~Random Acts of Kindness

In 1982, author Anne Herbert wrote, “Practice random acts of kindness and senseless acts of beauty,” on a placemat in a restaurant in California. This was the beginning. Nearly ten years later, a book, titled, “Random Acts of Kindness” was published, and the concept was in full swing. **Random Acts of Kindness Week is February 9-15th.** So what exactly is a random act of kindness, anyway? A random act of kindness is a selfless act performed by a person or a group wishing to either assist or cheer up an individual. You can change someone’s day, week, or even life by sharing a random act of kindness. It does not have to be a huge gesture. Just smiling at a person you see today could change their entire mood. Tell your family members how much you appreciate them, help an elderly person carry their groceries, let someone go ahead of you in line, make a card and send it to a friend “just because,” or even pay for a stranger’s meal in a fast food line. Little things can make a huge difference.

**Thought of the Day:**

“**The quality of our lives depends upon the quality of the relationships that we forge with those around us.**”

Dr. Will Miller