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# WELLNESS & YOUR HEALTH

## June 2018 Newsletter



Mark Your Calendars

# EVENTS



**5/1 - 6/10**

**Be(e) Amazing Race 2018**

Be(e) Amazing Race/Heart Smart Physical Activity Challenge

Register [Here](#)

**6/5**

**Wellness Lunch & Learn**

TH 277

Earn your Mindfulness Badge for the Bee Amazing by attending  
Register [Here](#) or by e-mail to [Wellness@uleth.ca](mailto:Wellness@uleth.ca)

**6/13****Wellness Lunch & Learn****Investing - Servus Credit Union**

12 PM - 1 PM

AH 100

Register [Here](#) or by e-mail to [Wellness@uleth.ca](mailto:Wellness@uleth.ca)**6/20****Wellness Wednesday Walk**

12 PM - 12:30 PM

Meet at the First Choice Savings Centre  
Near the Rock Climbing Wall

**6/27****Be(e) Amazing Race Wrap-Up Party**

12 PM - 1 PM

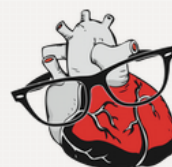
AH 100

Register by email to [Wellness](#)

*Pictured above: Dawn Vickers*

## [June Wellness Champion](#)

This month's Wellness Champion is paddle boarder, Dawn Vickers from the Accommodated Learning Centre. Dawn describes Stand-up



# Heart Smart

Congratulations to all who participated in this year's Be(e) Amazing Physical activity challenge! Join us for a wrap-up celebration on **June 27th, 2018 from 12 - 1 PM in Andy's Place.**

Again, we apologize that our original call to action resulted in making some members of our University community uncomfortable. Our goal is intended to create a campus-wide culture of inclusivity and support as we all seek to reach our health and wellness goals.

When the forecast is nice Dawn likes to keep her paddleboard on the roof of her car, making for a quick ride to one of the small lakes close by. Dawn isn't the only one in her family that enjoys SUP; her dogs are always up for a paddle.

Dawn has been participating in SUP for four years. Dawn was first attracted to the idea of paddle boarding when, having experienced some health issues, she was looking to replace intense activities like running that could no longer fit with her new reality. She found paddling to be a great overall workout that includes core stability, strength, and balance components while being able to set one's own pace. Longer kayaking trips are also a big part of her summers but she finds that the paddleboard is easier to load than a kayak allowing for more spontaneity. Sometimes, Dawn likes to add a little yoga to her SUP workout when the water is clean enough to risk falling in. While she is out on the water, she uses not only her board and paddle, but she always wears a PFD and weather appropriate clothing. Her dogs are also outfitted for safety.

Dawn first got started in SUP through friends who own a local canoe and kayak store. She explained that she had tried their boards a few times to decide if

having some fun at our wrap-up! We will be unveiling the team name prize winners, along with some food and other prize winner announcements.

[Register](#)

**CAST  
YOUR  
VOTE!**

*Vote for the Best Team Name  
for this year's Be(e) Amazing  
Race*

[Cast Your Vote Here](#)

**APP CORNER**

would work best for her. She was primarily self-taught, finding it easy to check out tutorials and different techniques online.



For Dawn's full article, click here!



Thank you to all of our Volunteers that came out to help us with our Annual Coulee Clean-Up on May 29th behind UHall. We collected

# STRAVA



Track your fitness activity with Strava. Record your run, map a cycling route & analyze your training with all the stats – for free!

Whether you're training for a marathon or simply love taking your bike out for a ride, turn your smartphone or GPS watch into a sophisticated tracker with Strava. Join millions of athletes and active people and reach your fitness goals!

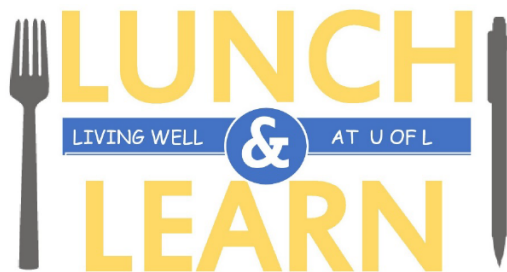
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*did you know?*



about 15 bags of  
garbage! We greatly  
appreciate all your  
help!



In the May we had a  
Lunch & Learn  
presentation by Friends  
of the Helen Schular  
Nature Centre Society on  
Snake Safety. If you  
missed their  
presentation, click [here](#)  
for a brochure with some



Blue Cross now has a new  
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Balance! Receive your own  
personalized report card, and a  
customized action plan with  
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You can also earn Reward points  
for completing a health  
assessment, tracking your  
progress, signing up for  
reminders, completing  
educational modules and more!

You can use your points to enter  
to win great rewards like gift  
cards, outdoor activity kit,  
electronics (including activity  
trackers).

Balance is 100% confidential -  
your personal information will  
*never* be shared with anyone.



[Click Here For More Info](#)



For those of you who use





calendar option), the following link will allow you to add the University's payroll deadline dates into your calendar to advise you when payroll authorization and timesheet approvals' deadlines are. This will greatly assist Human Resources in meeting our tight payroll processing deadlines.

Please use this [link](#) to select the deadlines you would like to add to your calendar, the deadlines are listed below:

- 2018 Hourly Timesheet Approval Deadlines
  - 2018 Monthly Timesheet Approval Deadlines
  - 2018 Payroll Authorization Form (PAF) Deadlines
-

# 5 Wellness Tips

## Eat

**Eat regular meals even if you have very little appetite. Little and often is good for you. Keep up your intake of fruits and vegetables.**

## Exercise

**Get moving. Physical activity can improve your health and wellbeing. Researchers have shown that exercise improves the psychological health of those who suffer from depression and stress.**

## Sleep

**Sleep! Ensure that you keep regular hours as much as possible, such as 8hrs. Go to bed and get up at the same time each day regardless of whether it is during the week or on a weekend.**

## Get Involve

**Being part of a community is good for your mental health. Improve your relationship skills, and nurture old and new friendships. Try not to isolate yourself.**

## Nurture Yourself

**You can't give to others if you have nothing left to give. Take regular time-outs to recharge your batteries**

[www.MentalHealthPlatform.com](http://www.MentalHealthPlatform.com)



# DOGGONE, IT'S SUMMER!

Please keep your pets safe this summer. Dogs don't sweat like humans and can suffer **HEATSTROKE** far more easily.

Exercise your dog early or late in the day. All dogs, especially flat faced breeds can overheat quickly.



Provide fresh water daily. Clam shell pools and doggy ice treats/kongs/home alone toys are great fun, keeps them cool and provides mental enrichment.



Check the temperature of the ground or sand because if it's too hot to touch, then it's **TOO HOT** for their PAWS.



Leave dogs in a shady area, bearing in mind the movement of the sun as the day passes.



**Never** walk your dog when the temperature is over 30C (85F), their paws burn on hot pavement and hot sand.



**Never** leave your dog in a parked car on a warm day. Even on a cool day, the temperature in the car is much hotter than outside and can lead to brain damage or death!!



## SIGNS OF HEATSTROKE

Muddy pink gums (instead of bright pink), heavy panting with occasional frothing at the mouth, disorientation, increased heart rate.

**What To Do:** Remove the pet from the heat source if possible. Increase ventilation (fan) and apply cool water or a cool towel compress. Do not apply ice, this causes the blood vessels to constrict and takes the dog longer to cool down. Reapply the cool towels frequently. Offer water to your pet, but don't force it.

**Get your pet to the veterinarian quickly.**



# Nutrition Times

Prepared monthly by South Zone dietitians, Nutrition Services

## Healthy Eating on Vacation

It's vacation planning time! You may have already reserved your campsite or hotel room, but have you thought about how you're going to stay on track with healthy eating during your vacation?

All it takes is a plan and a little prep to have delicious, healthy meals while you're travelling. Of course, part of vacation is enjoying the local restaurants or roasting wieners and marshmallows over the fire while camping... But you can eat healthy meals as well! It just takes a little planning.



### On the Road

- Pack re-usable water bottles and fill up with water instead of sweet drinks
- Pack a small cooler with nuts, fresh fruit, and sandwiches with whole grain bread.
- Stop at a roadside fruit stand on the way to your destination. Local summer fruits are the juiciest and sweetest!

[For Full Article, Click Here.](#)



## May was Hypertension Month!

### [Crystal's Cooking: Hearty Soup for Hypertension Month](#)

*Debuting her recurring feature this #HypertensionMonth, Crystal Ceres is cooking up blood-pressure friendly recipes -- and they're easier than you'd think!*

Heart soups can serve as a great dinner, or a staple for take-to-work lunches, and with a few easy tweaks, they're blood-pressure friendly. Ditch the high-sodium canned soup and stock and whip up your own from scratch. Canned soup is usually very high in sodium and saturated fat. In fact, some soups contain nearly 900 mg of sodium, which is almost half the Hypertension Canada Guidelines recommended sodium intake amount of 2,000 per day. A homemade vegetable stock is way easier and faster -- ready in 45 minutes -- than you'd think, reduces your sodium intake, and allows you to get creative in the kitchen with your veggies! Enjoy!

### ***Roasted Red Pepper and Butternut Squash Soup (serves 4)***



#### **Ingredients**

- 2 red bell peppers, roughly chopped and roasted
- ½ butternut squash, peeled, diced and roasted
- ½ onion, chopped and roasted
- 2 cloves of garlic, roasted in skin
- ½ lemon, juice squeezed
- 1 teaspoon of olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon cayenne pepper
- 4 cups of vegetable stock (from the recipe below)
- Dried chickpeas for garnish, unsalted (optional)

**Instructions**

1. Preheat oven to 375 F. Line a baking sheet with foil and oil. Arrange the cut red peppers, butternut squash, onion, and unpeeled garlic in an even layer. Drizzle with olive oil. Season with paprika and cayenne pepper. Place in the oven and bake for 40 minutes, or until the squash is tender.
2. Remove your vegetables from the oven and remove the skin from the garlic cloves. Transfer the vegetables to a blender and puree. Add in a cup of vegetable stock at a time, stirring after each addition, until the soup is the consistency that you prefer.
3. Transfer the soup to a pot and add paprika, cayenne pepper and lemon juice. Bring to a simmer and cook for 10-15 minutes. Turn off heat. Adjust the seasonings as you wish.
4. Dish the soup out into bowls and top with chives and dried chickpeas.

**Vegetable Stock****Ingredients**

- 1 carrot, peeled and largely diced
- 1 small onion, peeled and largely diced
- ½ celery stalk, largely diced
- 5 litres of water

Spice Bag

- 3 parsley stems
- 1 bay leaf
- 4 white peppercorns
- 1 tablespoon of dried thyme

**Instructions**

1. In a large pot, place the water and vegetables together and bring to a boil.
2. Skim the pot and add spice bag.
3. Simmer for 45 minutes, strain and reserve.

Visit [Hypertension Canada](#) for more information



## Issue #6:

### THE MANY FACES OF PTSD



PTSD does not discriminate; it can affect anyone regardless of their age, gender or race. PTSD is brought on by experiencing or witnessing a traumatic, often life-threatening event. At particular risk are individuals who work in occupations where they are repeatedly exposed to trauma under high levels of stress. Also at risk are people who experience trauma in childhood and people with a family history of mental health and addiction disorders.

Post-Traumatic Stress Disorder (PTSD) is a mental health disorder that may develop in individuals who have experienced or witnessed a traumatic or life-threatening event. The reactions and emotions that people experience after a traumatic event will vary, though many recover from these initial symptoms over time. However, those who continue to experience challenges and difficulty with returning to normal function and who have frequent incident related stress or fear in times of no present danger, may be exhibiting symptoms of and may be diagnosed with PTSD.

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Although PTSD is commonly linked to traumatic events experienced by military personnel or first responders,

PTSD symptoms can develop in anyone through a number of different ways:

- You directly experience the traumatic event
- You witnessed the traumatic event
- You learned someone close to you experienced or was threatened by a traumatic event
- You are repeatedly exposed to graphic details of traumatic events



**Homewood**  
Health | Santé

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