

The Spotlight



Employee Wellness Program

Date: 11/21/2014

According to Winona State's "Seven Dimensions of Wellness,"

SOCIAL WELLNESS

is comprised of having a supportive social network, contributing to society, valuing cultural diversity and having positive interactions with those around you. Social wellness keeps us happy, healthy and points toward the right directions in life.

QUICK TIPS FOR SOCIAL WELLNESS:

1. Pass out compliments: A genuine compliment can really brighten someones day
 2. Get an e-mail buddy: You can send encouraging messages back and forth throughout the day
 3. Get involved: This is one of the best ways to meet new people
 4. Look for similarities rather than differences: We can learn something new from each and every person that we meet, no matter how small the lesson may seem
 5. Make regular dates: When we make the effort to schedule regular quality time with friends and loved ones, we let them know that we care about the relationship
- <http://www.123feelbetter.net/quick-tips-for-social-wellness/>

POTLUCK

When: Friday, December 5th
 Time: 12:30-1:30pm
 Where: Fitness Studio
 There will be a sign up sheet starting December 1st at the front desk of the IWC. Sign up to bring a food or beverage!

WINONA HEALTH EDUCATION

SESSION: BACK PAIN

When: Tuesday, December 2nd
 Time: 12:30-1:30pm
 Where: IWC 145
 Speaker: Travis Kramolis, DPT for Winona Health
 There will be a raffle for a WSU stadium blanket and water bottle

BEING THANKFUL CAN IMPROVE YOUR SOCIAL WELLNESS

"Thankful people know they didn't get to where they are by themselves -- and they make it a habit to spend time with those people who matter most. 'Gratitude really helps us connect to other people,' [Robert] Emmons [PhD] says. 'It actually strengthens relationships and relationships are the strongest predictors of happiness and coping with stress.' Expressing appreciation for loved ones can also help create a closeness by allowing others to see how you look at them."(Holmes, 2013)

Holmes, L. (2013, November 27). 7 Habits Of Grateful People. Retrieved November 21, 2014, from http://www.huffingtonpost.com/2013/11/27/gratitude-habits_n_4343934.html

EMPLOYEE TESTIMONY

I am a former participant in the Employee Wellness Program (spring 2014 semester). [...] I had a fantastic experience. In fact, I requested participation in the program again this semester! I learned so many new strength and tone building exercises from [trainer]. The exercises were easy enough that I felt confident doing them independent of [trainer]. However, they were also challenging enough to fuel my competitive spirit. [Trainer] also helped me to feel comfortable with all the IWC has to offer, even the intimidating areas. Six months later, I am still in the gym utilizing the weight room -- a space you would never had found me in a year ago.

~FoodNetwork.com~

SWEET-POTATO PECAN CASSEROLE

- Cooking spray
- 3 1/2 pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

Find directions and more recipes at: <http://www.foodnetwork.com/recipes/ellie-krieger/sweet-potato-pecan-casserole-recipe.html?oc=linkback>