

Wellness Committee Newsletter

A QUARTERLY INSIGHT INTO PROMOTING YOUR HEALTH AND WELL-BEING

by Christine Panos, Wellness Coordinator

In this issue

MANAGING STRESS

REMOTE WORK

BEING PROACTIVE
ABOUT YOUR HEALTH



And we're back...

The Wellness Committee took a little bit of a hiatus after the holidays, but we are back in full swing. Moving forward, Wellness Newsletters will be sent out quarterly, but Wellness events like walks and meetings will continue to occur monthly. To gain greater attention, these events will be scheduled at various locations, times, and days of the week. If you can make it one month, great. If not, join us at the next one! We look forward to seeing you!

MANAGING STRESS

We've been dealing with the pandemic and its array of problems for a year. It's been difficult for many to deal with illness, remote schooling, restrictions, mask use, social isolation, the loss of loved ones, the list goes on. How are you holding up? What are you doing to cope? Have you asked yourself, "Am I ok?"

Warmer, sunnier days lie ahead and sneaking in some physical exercise by taking a walk can make a big difference in how you are feeling overall. Even if that means parking at the end of the parking lot of the building you work in. Not up for physical exercise? Try closing your eyes and listening to some relaxing music for 5 minutes and see how you feel. Or, take a few deep breaths in and out through your nose while you are at your desk.

These little strategies add up and can make a big difference on your overall physical and mental health. Stress is like a high-fat diet and can wreak havoc on your health. Try one or all of them and notice the difference!

REMOTE WORK

What does your work from home setup look like? Are you working from bed or the couch all day? Do you have new back, hip or neck pain? Poor setup could be the culprit. Check out this link for some helpful work from home tips: <http://www.bu.edu/articles/2020/10-ergonomics-dos-and-donts-for-those-now-working-from-home/>

KNOW YOUR NUMBERS

In the past, we had nurses from Garnet Health come and measure employee's blood pressure, glucose, cholesterol, and weight. I have been in touch with Garnet Health and the Healthy Heart/Know Your Numbers program is still sidelined due to the pandemic. So while we wait for that helpful program to get up and running again, it is a good idea to get those numbers checked by your healthcare provider. Don't put preventive health on hold because of the pandemic.

LASTLY, A COUPLE OF FRIENDLY AND IMPORTANT REMINDERS...

Keep wearing your mask, socially distancing, and avoiding large crowds, even if you're fully vaccinated. Also, smoking is not allowed on any property owned or administered by the County. If you must smoke, it needs to be in your own personal vehicle.

Upcoming meetings and walks:

***Wellness Committee meetings
04/21, 05/20***

***Wellness Walks 03/30, 04/28,
05/26***

***Keep an eye out for email
invitations to these Wellness
Committee events!***



Thinking about becoming a Wellness Champion? Want to be in the staff spotlight? Have a wellness idea or question? Reach out to me!

Christine Panos, MPH, BS, COTA
845-292-5910 Ext. 2196
Christine.Panos@sullivanny.us

Check out the Wellness Committee webpage for more health and wellness information: <https://sullivanny.us/Departments/Wellnesscommittee>