

Carmen M Terry

Health and Wellness
Coordinator

Office 570-323-8561
x1067

Fax 570-320-1348

cterry@iu17.org

health.iu17.org



JUNE 2024

SELF CARE

What does self-care mean to you? Self-care has been defined as "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being." (1) No one wakes up every day and says I hope I feel terrible today. When you wake up in the morning and feel great, you truly feel things will go your way. What leads to that feeling physically or emotionally? I believe it has everything to do with our self-care, the grace we give ourselves and the things we do to fill ourselves with energy. The great thing about self-care is that it looks different for everyone. Finding the things that help you to re-energize, re-vitalize and even re-establish connections with nature, friends, family or coworkers will start you on a journey for your own self-care.

SELF-CARE IS NOT A LUXURY. INDEED NOT. IT ALLOWS US TO SHOW UP IN THIS TUMULTUOUS WORLD AS THE BEST VERSIONS OF OURSELVES.

- Embrace Your Path News and Events
- Calm App
- Financial Health
- EAP information

1. Dorociak KE, Rupert PA, Bryant FB, Zahniser E. [Development of a self-care assessment for psychologists](#). Journal of Counseling Psychology. 2017;64(3):325-334. doi:10.1037/cou0000206https://doi.org/10.1037/cou0000206

DEVELOP A SELF- CARE PLAN



Self-Care by Betterup

1. Take a look at your current habits-Where are you now, What strategies do you already have in place.

2. Assess your needs-what are the major activities in your life such as work, school, relationships and family that you engage in every day.

3. Write down practices that support your needs-what brings me joy, what helps me feel energized, when do I feel at peace, what fulfills me and what helps me cope with difficult moments in my life?

4. Schedule activities in your day for these practices. They can even be micro-moments, where you take seconds or a minute or two. You must prioritize one activity over another in some cases, i.e. if you are not feeling well, your physical self-care is more important than your professional self-care.

5. Remove the barriers-stop the negative habits and let them go, including the negative self-talk. Ask for help from family or friends when it comes to self-care.

[Self-Care Plan Worksheet](#)

<https://www.betterup.com/blog/self-care-plan>

SELF-CARE ACTIVITIES

- Go for a walk**
- Drink a 6-8oz glass of water**
- Listen to music**
- Create something-write, paint, bake**
- Talk with a friend**
- Sit in the sun**
- Write a bucket list**
- Sit in nature**
- Take a bath**
- Read something you enjoy**
- Stretch**

What are some other activities that work for you?

Deadlines for Embrace Your Path Wellness

Embrace Your Path

All physician visits must be completed by July 31st.

You will have until August 7th to turn in any final paperwork to me.

Uploaded paperwork must be completed by July 31st, but if you miss it please contact me and I will help you.



Completing a Personal Pathway for Platinum or Points

A personal pathway through health advocate is a short 4 week program designed to help you improve some aspect of your health. By completing a personal pathway you receive 50 points and can do up to two each year.

You can get to these personal pathways by following these directions:

1. From your home page, click wellbeing
2. Click Pathways

There are 14 different pathways you can choose.

Looking for more points?

1. Complete a workshop
2. Complete the personal pathfinder assessment
3. Complete a personal challenge
4. Read articles in the learning center

Embrace Your Path News

As we close out this school year, there are 2 months left to earn points and complete a level in the wellness program. You can see above for any deadlines.

I will be looking through the employee surveys that were filled out so I can make changes to our program. We will be adding a few activities that are self-report that were suggestions from others throughout the year.

Health care is very costly in our country as you are well aware. The more people that we have participating in our wellness program, the more we can contain our health care costs. (Coming directly out of our pockets) Whether you are healthy, have a chronic medical condition or somewhere in between, every single person can improve their health in some way: getting more sleep, drinking more water, taking care of our mental and emotional health.

If you are looking for some help this summer to improve your health, please reach out to me. I am a board certified health coach and love working one on one with employees, staff and spouses. There is no charge for health coaching and whether you need to work on something minor or even making a major overhaul, I can help.



Self Care with Calm

A daily self-care routine can help you manage your stress and anxiety levels, improve your mood and energy, and reduce the likelihood of illnesses. For some, self-care can be taking a bubble bath and going for a massage. For others, instilling micro moments of self-care throughout the day such as short guided meditations or long walks after work are just as impactful.

Get more ideas on how you can establish a realistic self-care routine with these Calm resources:

Let's Unplug

In this 5-minute meditation session with Chibs Okereke, you'll learn how to unplug briefly and reset in the middle of your workday.

Radical Self Care

In this meditation series with Lama Rod Owens, you'll learn various self-care tools to help you create a nourishing practice of reflection and rest.

Nurture Yourself

In this 7-minute Daily Move session with Mel Mah, you'll practice some breathwork, move through some gentle stretches, and wrap up with a nurturing meditation.

Check out the Calm app for more options that suit your daily needs. Haven't activated your free Calm Premium subscription yet? The Calm App is free for all Full time employees.

<https://www.calm.com/b2b/lcic/subscribe>

Or use the QR code to sign up.



Financial wellness

A remedy for stress and a path toward financial security

Wellness is a concept that has found its way into more and more corners of American life. At its heart, wellness is about adopting practices that help you live a better life. This concept is about changing behaviours and adopting more effective habits. Financial wellness is about practicing better money habits, setting goals, and taking steps to achieve them—all with the aim of improving your overall quality of life.

There are several ways an individual can improve their financial wellness, but the first step is to improve one's financial literacy. From this vantage, the individual can learn how to better incorporate the principles of financial literacy to achieve their own personal goals. If financial wellness is a matter of taking steps to improve your financial life, financial literacy is about understanding the concepts and tools you can use to manage your money. Financial literacy deals with understanding skills like saving, investing, budgeting and taxes. If you haven't acquired these skills, start by studying and researching personal finance concepts.

Financial wellness boils down to being able to manage your money and how to effectively juggle income, expenses, savings, and investments to stay financially afloat. It's not just about personal peace of mind; it impacts your job performance and overall happiness. Whether it's figuring out a budget, setting up an emergency fund, planning for your kids' education, or preparing for retirement, prioritizing financial wellness is key to living your best life.

Did you know you can use your EAP through your employer to speak with a financial counselor. They can help with credit card and debt management, budgeting, retirement and estate planning, financing for college and investment options and many articles on financial literacy. See next page for your districts/college EAP contact info.

EAP websites and Phone numbers Listed by Employer

East Lycoming School District/Lyco CTC– EAP Essential-1-800-460-4374
guidanceresources.com

Jersey Shore School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Loyalsock Township School District-EAP Essential-1-800-460-4374
guidanceresources.com

Montgomery School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Montoursville School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Muncy School District-EAP Essential-1-800-460-4374 guidanceresources.com

Pennsylvania College of Technology-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

South Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com