Wellness Ambassador Newsletter

WELLNESS AMBASSADOR IDEA CORNER: MOVE MORE IU!

Did you and your co-workers sign up for Move More IU? Check out these ideas for boosting participation and camaraderie during the 4-week challenge!

What will YOU be doing to encourage movement during the challenge? Share on the Wellness Ambassador teams page!

Host a walking or moving meeting: Take advantage of one of the indoor or outdoor trails on your campus and hold a walking/moving meeting! Make sure to set the agenda, dress appropriately, and bring some water. You might also want to designate a time checker, a note taker, and a path leader.

Do some workstation movements together:
Try a new workstation movement at the start of each meeting. Check out Healthy IU’s video library of movements you can do anywhere! Each one takes about 1 minute to complete.

Take an active break: Bring a co-worker or two for an active commute next time you go out for lunch or coffee, or designate a few minutes of a morning/afternoon break for walking or stretching. You’ll feel refreshed and more productive when you return to work.

Lunch ‘n Learn: Gather together to watch a Healthy IU recorded webinar about physical activity. Check out “Feel-Good Workstation Movements,” or choose an episode of “How to Make Healthy Changes,” a 4-part series hosted by Dr. Vanessa Kercher from the School of Public Health.

CELEBRATING BLACK HISTORY MONTH

Throughout February, IU campuses embrace and honor Black History Month with events, speakers, and programming recognizing African American achievements and celebrating Black history, culture, art, and leadership.

View upcoming events and more from OVPDEMA.

MENTAL WELL-BEING & THE HEART

February is American Heart Month! In this NEW on-demand webinar from Healthy IU Work + Life, learn about the connection between mental health issues (such as anxiety, chronic stress, & depression) and heart health conditions (such as high blood pressure, heart disease, and stroke). Get solutions and resources for a healthy heart & mind.

Watch the on-demand webinar now!
(Must be logged into your IU account to view.)

Continued on back
PROGRAM SPOTLIGHT: MINDFUL SELF-COMPASSION

“Mindful Self-Compassion,” offered as part of the Work + Life Compassion Culture series, is one of Healthy IU’s newest and most popular programs. Learn more about the program and instructor, Jon Walker, MD.

1. Tell us about yourself.
I am a retired physician that came to these practices about 10 years ago as a way to deal with stress and burnout. It became clear that mindfulness and self-compassion were powerful tools that changed my experience of stressors both in the clinic and out in life—something that the research shows, too. I redirected my career to take trainings and get certifications so that I would be able to share these things once I was no longer practicing medicine.

2. What is self-compassion?
A short definition is, “Re-learning how to treat yourself as you would treat a dear friend.” This is done by first bringing mindfulness to a difficult situation so you can clearly see and validate your struggle. The next step is to remind yourself of our common humanity—that whatever you are dealing with, others have experienced similar things. The idea here is that when we feel bad, we tend to isolate—we think that others would be handling it better and that there is something wrong with us. Common humanity encourages us to not add this additional layer of self-judgment onto an already difficult situation. Finally, self-compassion invites in self-kindness—the idea that we can actually be supportive to ourselves rather than harsh and critical.

3. What are some common misgivings about self-compassion, and what does the research say?
People are often suspicious of self-compassion because they worry that they’ll become self-indulgent, or weak, or lose their edge. The research clearly shows that the opposite is true. When we begin to provide ourselves with the support we deeply need, we access strength, creativity, wisdom, and motivation, all of which allow us to engage in life with greater skill and resilience.

4. Where can people learn more about self-compassion?
A good resource is the Center for Mindful Self-Compassion: https://centerformsc.org. Healthy IU also offers the 6-week Mindful Self-Compassion course periodically. Finally, people are welcome to contact me directly if they think that their department could use some sessions on this valuable resource.