

# liveWELL

FALL 2015 VOLUME 11 ISSUE 4



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liveWELL GROUP HEALTH COACH SERIES

**UI Wellness**

A UNIT OF UI HUMAN RESOURCES

 THE UNIVERSITY OF IOWA

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*UI Wellness is a unit of  
UI Human Resources.*

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In 2015, a theme of Resilience has been highlighted in all four of the **liveWELL** quarterly newsletters with topics ranging from Change Management to Managing Emotions to Practicing Mindfulness. Campus-wide outcomes from January through September include:

- 1,400 views of five video lessons on **myquickcoach**
- Three health coach groups focused on Resilience occurred in May and June
- 20 on-site presentations delivered, including a very well-attended IT Tech Forum hosted by ITS

We define resilience as “the ability to effectively respond to challenges and move forward in a positive way” and we hope to continue to support a healthy campus culture by offering relevant trainings and services to help our exceptional faculty and staff do their best work for many years to come. Please visit the Resilience website for more information at [hr.uiowa.edu/livewell/resilience](http://hr.uiowa.edu/livewell/resilience).

A handwritten signature in black ink that reads "Joan M. Troester".

Joan M. Troester, MBA, CEBS, SPHR  
***Interim Assistant Vice President of  
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*University Human Resources*

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## **liveWELL @ UI**

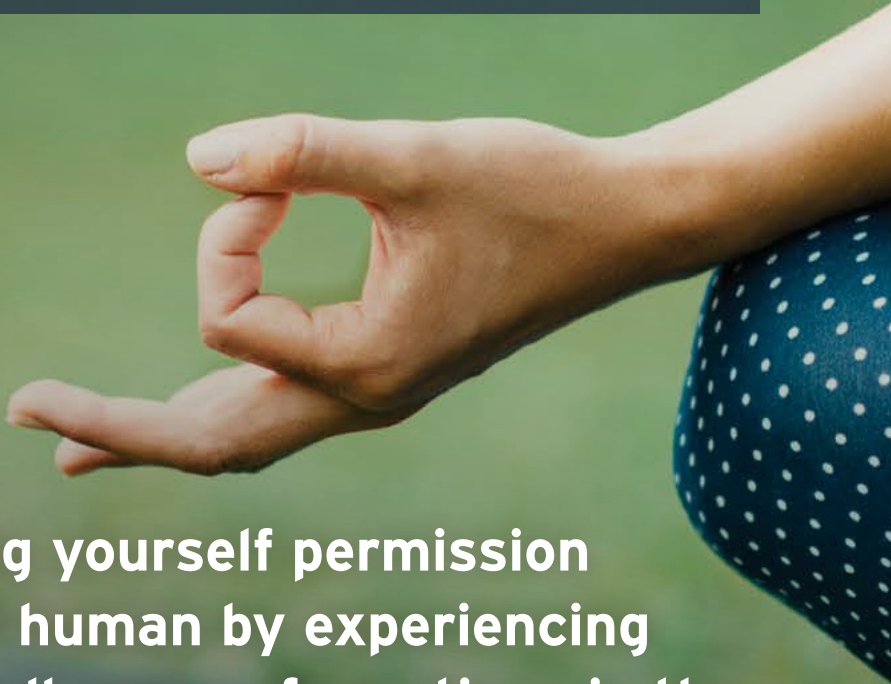
At the University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.

# BUILDING RESILIENCE @ IOWA:

*Inside Happiness*



By Bronwyn Threlkeld-Wiegand, LISW  
Behavioral Health Clinician,  
UI Employee Assistance Program (EAP)



“Giving yourself permission to be human by experiencing the full range of emotions is the foundation of finding happiness.”

— *Tal Ben-Shahar*





Happiness has been receiving a fair amount of press lately. Positive Psychology, the movement fueling the science of happiness and resilience (Seligman, 1998) is finding that for general contentment, we need to look no further than within ourselves. Tal Ben-Shahar, creator of the most popular course in the history of Harvard, Positive Psychology, defines happiness as “the overall experience of pleasure and meaning.” Ben-Shahar says, “Giving yourself permission to be human by experiencing the full range of emotions is the foundation of finding happiness.” He recommends that by making shifts in our attitudes and behavior, we will experience more happiness.

One way to do this, says Dr. Rao (of the Rao Institute and leading speaker on happiness), is to stop thinking that there is something external to our being that will make us happy. This is often referred to as “if-then thinking.” If I get x or y...something, then I will be happy. It is easy to argue that good feelings do come with getting certain things (I swear my new stove made me happy); but they are often short-lived feelings (sadly, I only like my stove now). Enduring feelings of contentment rely on thinking habits which allow for observation and not judgment of the whirl of thoughts Rao refers to as “mental chatter.” What is within our control is to review this mental chatter with some key questions. Am I comparing myself to others favorably or unfavorably? Am I making assumptions about what others’ behavior means towards me? What feelings do I have when I think these thoughts?

*Cont. on page 6*

Positive psychology asks us to focus less on what ails us and more on the skills and strengths that contribute to happiness. Changing unhelpful thinking patterns is one of those skills. While identifying negative thinking patterns was first identified in the 1960's by the father of Cognitive Behavioral Therapy (CBT), Aaron Beck, it is still a fresh concept today. Noticing our thinking patterns is step one, challenging those thoughts is step two, and step three is the practice of noticing thoughts and disputing them over and over.

Let's look at some common thinking errors. See which of these thinking styles fits you. When you notice a certain thinking style, ask yourself two questions: Is this accurate? Is this helpful?

**1 MIND READING**  
Assuming we know what others are thinking (usually about us)

**2 BLACK & WHITE THINKING**  
Believing that something or someone can be only good or bad, right or wrong, that there can be only two solutions; rather than anything in between

**3 CATASTROPHIZATION**  
Imagining and believing that the worst possible thing will happen

**4 EMOTIONAL REASONING**  
Assuming because we feel a certain way, it must be true; (I am embarrassed so I am an idiot)

“In every minute you are angry, you lose 60 seconds of happiness,” said Ralph Waldo Emerson. Being happy is often in the eyes of the beholder. Consider making room for the idea that even small changes in outlook could have large effects on personal wellbeing. For example, determining what is within your control at work and what is not could lead to feeling less anxious or upset about an outcome and with that, less thinking “if x would change, then I will be happy.” Sorting through what is within our limits of control is sometimes not so obvious either. Reaching out to an impartial listener could be beneficial. Allowing for incremental change and shifts in perspective is a step towards experiencing more happiness in your daily life.

#### BIBLIOGRAPHY

Authentic Happiness. Martin Seligman, Ph.d (2002)

Flourish. Martin Seligman, Ph.d (2011)

“The Science of Happiness.” Harvard Magazine 2007, Craig Lambert

“The Science Behind the Smile.” Harvard Business Review Jan-Feb 2012 (pp 85-90)

“The History of Positive Psychology: Truth be Told.” J. Froh. NYS Psychologist. May-June 2004 (pp 18-20)

Shawn Achor (happiness expert)

<http://psychcentral.com/blog/archives/2012/01/17/the-happiness-advantage-an-interview-with-shawn-achor/>

Srikumar Rao (happiness expert) [https://www.ted.com/talks/srikumar\\_rao\\_plug\\_into\\_your\\_hard\\_wired\\_happiness](https://www.ted.com/talks/srikumar_rao_plug_into_your_hard_wired_happiness)

My Quick Coach: (Srikumar Rao on If Then Thinking) [http://www.athenaonline.com/Knowledge/Containers/MQC\\_Player.asp?ID=4859&bhcp=1](http://www.athenaonline.com/Knowledge/Containers/MQC_Player.asp?ID=4859&bhcp=1)

Tal Ben Shahar on Happiness: <http://www.npr.org/templates/story/story.php?storyId=5295168>

# “HAPPINESS IS DECEPTIVELY SIMPLE”

Researcher Dr. Barbara Fredrickson says that happiness is deceptively simple. It's about being satisfied with life and experiencing more positive emotions than negative ones. She proposes people aim to experience positive emotions in a 3:1 ratio to negative emotions.



## WHAT MAKES YOU HAPPY?

Maybe things like watching a funny animal video, playing a word game, doing a hobby, talking to a friend, or doing something nice for someone else. Are you making time for those things that you enjoy? Psychologist Tal Ben-Shahar recommends asking yourself three questions:

- WHAT GIVES ME MEANING?
- WHAT GIVES ME PLEASURE?
- WHAT ARE MY STRENGTHS?

Scientists calculate that 40% of what makes us happy is within our control. Try these strategies:

- Practice positive self-talk
- Set goals that are meaningful for you
- Exercise
- Develop healthy relationships & social connections
- Value experiences over “stuff”



“HAPPINESS IS SURPRISINGLY INFECTIOUS”

When we work on improving our own happiness, we create an environment that will inspire and influence those around us as well.

## HAPPINESS RESOURCES

The “HAPPY” movie, available on Netflix

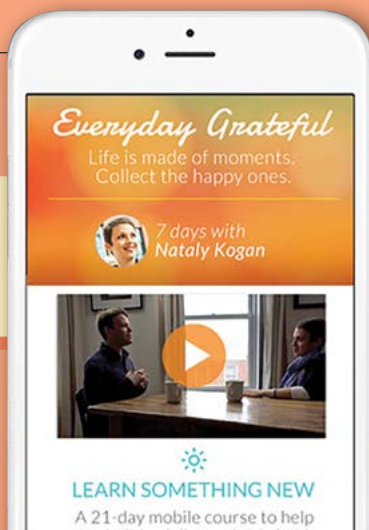
Happier App: [www.happier.com](http://www.happier.com)

Happiness Podcast & Blog:  
[gretchenrubin.com/podcast](http://gretchenrubin.com/podcast)

Websites:  
[www.positivelypositive.com](http://www.positivelypositive.com)  
[wiredforhappy.com/about](http://wiredforhappy.com/about)  
[feelhappiness.com](http://feelhappiness.com)  
[www.pursuit-of-happiness.org](http://www.pursuit-of-happiness.org)

**happier**

Free Download  
[www.happier.com](http://www.happier.com)





# CAMPUS FLU VACCINE INFORMATION

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.



Full details on the dates, times, locations, and eligibility criteria to receive a flu vaccine on campus can be found at [www.uihealthcare.org/flu](http://www.uihealthcare.org/flu)

## UPCOMING FLU VACCINE LOCATIONS AROUND CAMPUS:

OCT 7	9am - 12pm	South Galleria, 1st Floor PBB
OCT 8	10am - 12pm	2123 MERF
OCT 12-14	6:30am - 6pm	Fountain Lobby, 1st Floor General Hospital
OCT 16	8:30am - 12pm	2390 University Capitol Centre (UCC), Executive Board Room
NOV 4	7:30am - 4pm	UI Health Fair - Field House Main Deck
NOV 5	3:30pm - 5pm	302 University Services Building

Faculty and staff eligible for a free flu vaccine include 50% or greater, regular position and all UI Health Care employees, regardless of percent time worked. If a non-eligible faculty or staff member would like to receive a vaccine, they may pay an \$18.00 fee payable by check only to the "University Employee Health Clinic."

People at high risk for complications from flu should get the vaccine, including:

- People with asthma, diabetes, or cancer
- People with heart disease and those who have had a stroke
- Adults 65 and older
- Pregnant women
- Children younger than 5, but especially children younger than 2

## SICK KID? TRY BACK-UP CHILD CARE!

The University has resources available if your child is mildly ill and unable to go to school or child care. Paperwork needs to be submitted in advance of using these services. Visit <http://hr.uiowa.edu/family-services/back-up-child-care> for more information.

# BINGO HAWKS!

**BinGO HAWKS** is a healthy eating program to improve nutrition for five weeks during a busy time of year. Participate from now through October 30. Record your weekly nutritional activity on the **BinGO HAWKS** Game Card.

## YOUR GOAL

Achieve a **Bingo** by completing five squares in a row—horizontal, vertical, or diagonal.

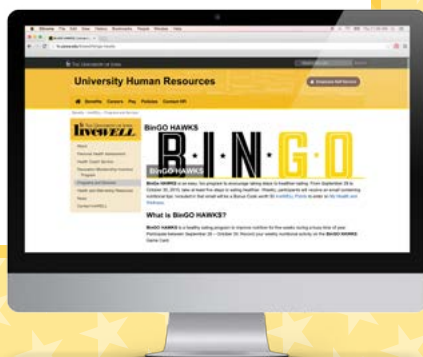
Making healthier choices can have a big impact on health by increasing intakes of vitamins, minerals, and fiber, and reducing fat intake. This helps manage weight; boost immunity to reduce short-term health problems, improve physical and mental energy and intellectual focus.

## HOW DO YOU REGISTER?

To register for **BinGO HAWKS**, visit *Employee Self-Service | Personal Tab | LiveWell | My Health and Wellness*. Upon registering, you will receive **50 liveWELL Points** to use at the Wellness Store.

## HOW DOES THE PROGRAM WORK?

After registering, track your accomplished nutritional activities on the **BinGO Hawks** game card until October 30. Weekly, you will receive an email from UI Wellness with a Bonus Code to submit at *My Health and Wellness* where you will earn **50 liveWELL Points** each week.



# 5 WEEK NUTRITION PROGRAM



H FIBER	A FRUIT	W LEAN PROTEIN	K VEGETABLES	S HYDRATION
Eat at least 3 servings of whole grains in 1 day*	Eat at least 3 servings of fruit in a day	Include a lean protein for breakfast*	Eat at least 3 different colored vegetables in a day	Check to see if your water bottle is BPA free
Try a grain that you've never eaten before*	Give a piece of fruit to a friend	Eat fish/seafood 2 times during the week	Eat a salad for/with a meal	Drink and refill your water bottle at least 3 times in a day
Eat a whole grain for breakfast*	Eat a piece of fruit instead of a sugary dessert or snack*	FREE SPACE	Eat a vegetable with your breakfast*	Substitute water for sweet drinks (sugar sweetened or diet drinks or juice) for an entire day*
Post a favorite whole grain recipe or food photo using #BingoHawks	Post a photo of yourself enjoying fruit using #BingoHawks	Share your favorite meatless protein using #BingoHawks	Tweet a picture of yourself eating vegetables using #BingoHawks	Share a photo of your reusable hydration container using #BingoHawks
Eat a high fiber food as a snack*	Eat fruits of at least 3 different colors on 1 day	Eat at least 1 meal with beans or peas as the protein source*	Try a vegetable you've never eaten before or prepare a vegetable in a new way*	Avoid all caffeine for a day

HR.UIOWA.EDU/LIVWELL/BINGO-HAWKS

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\*See weekly email or website for tips for this activity!

## Welcome to BinGO HAWKS:

An easy program to encourage you to take steps to eating healthier.

**Goal:** Each week complete as many of these activities as you can.

**BinGO HAWKS Instructions:** Cross off each activity you complete. See how many bingos you can complete by the end of the 5 week program! (A bingo is completing any full line of activities across, down or diagonal.)



# UI HEALTH FAIR:

## *Step Right Up!*



The 2015 UI Health Fair is an annual, FREE event where you'll be able to obtain a variety of health and wellness information as well as free health screenings, giveaways, and GREAT door prizes!

**Date:** Wednesday, November 4  
**Time:** 7:30am - 4:00pm  
**Who:** University of Iowa Faculty and Staff  
**Where:** UI Field House-Main Deck

- Free Health Screenings
  - Blood Glucose checks (*must be fasting 8+ hours*)
  - Bone Health (*women ages 40+ with risk factors for osteoporosis*)
  - Heart Health Screening & Blood Pressure Checks (*cholesterol test provided for males over age 35 and females over age 45 with cardiovascular risk factors*)
- Flu Vaccines for UI faculty/staff with University ID
- Blood Drive

More information at  
<http://hr.uiowa.edu/livewell/health-fair>

**#UIHealthFair**

The UI Health Fair is sponsored by the University of Iowa Community Credit Union and TIAA-CREF along with UI partners: UI Health Care, Recreational Services, and UI Wellness.

# FINANCIAL *Wellness*

Financial Education classes are offered for faculty and staff to gain a deeper understanding of different financial topics and help develop short- and long-term financial goals. Classes are held at noon and early evenings across campus and presented by local financial professionals. View the list of classes with a wide range of topics and register on **My Training** through your self-service web site.

## CHECK OUT A FEW OF THE UPCOMING SESSIONS:

### **FINANCIAL PLANNING FOR FAMILIES WITH ADOLESCENTS**

INSTRUCTED BY **CARRIE HOUCHINS-WITT**, *FINANCIAL PLANNER*

**TUESDAY, OCTOBER 20, 2015**

**NOON-1:30PM** EASTSIDE LOCATION

**5PM-6PM** WESTSIDE LOCATION

### **PRACTICAL INVESTMENT STRATEGIES FOR ANY ENVIRONMENT**

INSTRUCTED BY **JEFFREY JOHNSON & ROGER ABEL**  
WITH *PREMIER INVESTMENTS OF IOWA, INC.*

**THURSDAY, NOVEMBER 5, 2015**

**NOON-1PM** WESTSIDE LOCATION

**5PM-6PM** EASTSIDE LOCATION

### **PLANNING FOR LONG TERM CARE**

INSTRUCTED BY **CHAD ANDREWS & SEAN BEARD**  
WITH *RAYMOND JAMES FINANCIAL SERVICES, INC.*

**WEDNESDAY, NOVEMBER 18, 2015**

**NOON-1PM** EASTSIDE LOCATION

**5PM-6PM** WESTSIDE LOCATION

### **HOW TO BECOME YOUR OWN FINANCIAL ADVISOR**

INSTRUCTED BY **MIKE FINLEY**, *INDEPENDENT ADVISOR*

**WEDNESDAY, DECEMBER 2, 2015**

**5PM-6PM** EASTSIDE LOCATION

More information on Financial Planning is provided via UI Benefits at [hr.uiowa.edu/benefits/financial-education-classes](http://hr.uiowa.edu/benefits/financial-education-classes).



# WELLNESS HEROES

Wellness Heroes is a program to recognize faculty and staff members who are practicing healthy behaviors that are inspiring to others in the workplace. To acknowledge their efforts, a Wellness Hero will be awarded a certificate and a prize. **liveWELL** hopes to have our pages filled with Wellness Heroes in each newsletter!

Any faculty or staff member can nominate any other faculty or staff member. For more information or to nominate your Wellness Hero, visit [hr.uiowa.edu/livewell/wellness-heroes](http://hr.uiowa.edu/livewell/wellness-heroes).



**PAUL GARCIA | ITS** (PICTURED)

**NOMINATED BY MONEER RIFAI:**

*"Although I can't prove it, I feel that our runs and training have inspired fellow colleagues as well. Others have signed up for races, and I see colleagues going on walks during lunch more frequently than before."*

**ZACH SMITH | INTERNATIONAL PROGRAMS**

**NOMINATED BY AUTUMN TALLMAN:**

*"International Programs is very lucky to receive ongoing encouragement and information from Zach to help keep us moving and snacking healthily!"*

**RUTH GROSSMANN | COLLEGE OF NURSING**

**NOMINATED BY PATRICIA GROVES:**

*"Ruth uses a combination of biology, nursing and nutrition degrees to educate her colleagues about health and wellness. But she does more than talk the talk—she sets an example of healthy eating and physical fitness."*

**DEMET NALBANT | PEDIATRICS**

**NOMINATED BY T. IDIL APAK EVANS:**

*"One thing very important about her is she is doing all the wonderful changes in her life (exercise, eating habits) not just for herself but she also wants other people to go through the same transformation by helping others."*

**ELLEN CLAEYS | HEALTH CARE INFORMATION MANAGEMENT**

**NOMINATED BY BROOKE ZITTERGRUEN:**

*"Ellen has been an inspiration to many others in the department promoting healthy living by bringing healthy snack options on office food days and inviting colleagues to join her at the UI Campus Recreation and Wellness Center."*

**CHRISTINE GRIER | COLLEGE OF EDUCATION**

**NOMINATED BY ELIZABETH HOLM:**

*"This summer Chris brought her blender to work and the office staff contributed various fruits to make smoothies for a healthy afternoon treat."*

# Healthy Workshops

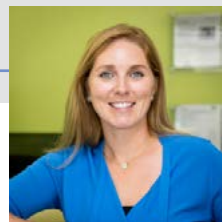
**liveWELL** offers opportunities to participate in workshops focused on topics that are of interest to you. These series of classes are offered as a part of our **Group Health Coach Service**, and we can also provide them to your building or department.

## TOPICS INCLUDE:

### HEALTHY WEIGHT SERIES

**NOVEMBER/DECEMBER**  
REGISTRATION OPEN NOW

- Utilize mindful eating principles
- Get the facts on fads, trends, and popular diet claims



LEADER: **ERIN LITTON,**  
MA, CHES, ACSM-HFS

### RESILIENCE SERIES

**JANUARY/FEBRUARY**  
REGISTRATION OPEN NOW

- Research-supported techniques for recovering from life's challenges
- Learn about science of happiness and positive psychology



LEADER: **CARLA**  
**MELBY-OETKEN**

TO SIGN UP, CONTACT US AT

**livewell@uiowa.edu** OR **(319) 353-2973**

[hr.uiowa.edu/livewell/group-health-coach-service](http://hr.uiowa.edu/livewell/group-health-coach-service)



healthiest  
— state —  
initiative

## HEALTHIEST STATE WALK OCTOBER 7, 2015

Look up a walk near you at  
[www.iowahealthieststate.com](http://www.iowahealthieststate.com)

@HealthiestIowa

#WalkAtTheWhistle



Find live**WELL** on Social Media  
@UowaLiveWELL

### My Health & Wellness Bonus Code:

**RESILIENCE**

Submit Bonus Code in Self-Service on My Health and Wellness for 50 Points.  
Learn more about prizes and points at [hr.uiowa.edu/livewell/my-health-and-wellness](http://hr.uiowa.edu/livewell/my-health-and-wellness).

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live**WELL** program  
E119 CRWC, Iowa City, IA 52242  
phone 319-353-2973  
[livewell@uiowa.edu](mailto:livewell@uiowa.edu)



#### WE WELCOME YOU

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.