



Wellness Happenings for January



One Minute Wellness – Time

How often do we find ourselves saying: “**Where did the year go?**” We can find ourselves lamenting on what didn’t get done. With the New Year upon us, how about constantly asking this important question:

What is worthy of my precious time? When we ask: “Where did the year go?” we are actually asking “Where did the opportunities go?” When we **manage time from the inside**, assessing what is truly important in our lives and what is worthy of our time, we have inner contentment and a feeling that time is actually on our side. We are focusing on what brings us true health and happiness and not inundated with time consuming, often expensive activities our culture would like us to “buy” into, eating up our precious minutes, days, and weeks.

The more we stop and take time to get to know ourselves and what our role in life is truly all about, the more at peace we will be with the passage of time. Although it takes TIME every day to do so, we will actually accomplish so much more and not miss opportunities to help ourselves and others.

In 2018, take time to get to know yourself better. Put yourself in the schedule to get those things done that WILL lead to health and happiness. By frequently asking: “**Is this worthy of my precious time?**” at the end of 2018 you will say: “**WOW! What a year!**”

Make 2018 YOUR Year!

ONWARD!

Patricia J. Sulak, MD

Sign up for the weekly **One Minute Wellness** email from Dr. Sulak on her [Living WELL Aware website](#).

Texas A&M is Living WELL Aware in 2018

In 2017, *WELLNESS WORKS!* presented **Living WELL Aware** at Texas A&M, a dynamic, year-long program focused on promoting holistic well-being and designed specifically for faculty and staff of Texas A&M University*.

We are excited to announce that this program will continue in 2018 as Texas A&M **is Living WELL Aware**. Founded and presented by Dr. Patricia J. Sulak, this program will continue to deliver revolutionary health information, implementation, and inspiration to move participants on a path of improved quality of life and longevity. The program takes the concept of wellness to a higher level, by adding components addressing emotional, social, and spiritual health.

All Essential Elements to Health and Happiness TrainTraq videos will be available to eligible faculty and staff employees on TrainTraq or by visiting the [Newsletter Archive](#).

My Journey to Living WELL Aware

The focus of 2018 is developing a plan for improved health and happiness. Dr. Sulak recently launched **My Journey to Living WELL Aware**, a comprehensive yearlong wellness health assessment, life strategy, weekly planner and daily journal divided into 4 phases of 13 weeks. Each phase begins with a health assessment, vision, goals, and plans for that quarter followed by a weekly planner and daily journal. Throughout 2018, Dr. Sulak will reinforce the proven strategy of assessing health status, establishing and implementing goals and plans, and continual course correction and monitoring of outcomes.

If you missed the “*That’s a Wrap! Celebration*”, program t-shirts and the **My Journey to Living WELL Aware** Journal are available for pickup at the in the Division of Human Resources and Organizational Effectiveness Office located in the General Services Complex (GSC) suite 1201. Standard office hours are 8:00 a.m. until 5:00 p.m Monday through Friday. [Aggie Map](#).

*Due to contractual provisions *with Dr. Patricia Sulak*, **Living WELL Aware at Texas A&M** is only available to faculty and staff of Texas A&M University (workstations M and H only).

WELL Leader Program

A HUGE “Thank you” to our 2017 [WELL Leaders](#) who volunteered to encourage unit-level support for holistic wellness and were dedicated to helping make Texas A&M University a healthier campus. These individuals have impacted our campus culture by motivating and encouraging their friends and colleagues to live healthier lifestyles and creating a healthy workplace.

Are you interested in becoming a WELL Leader for your department or service area? [Apply here!](#)

UPCOMING EVENTS

2018 Winter Interim Schedule

The FREE Winter Interim fitness sessions for Texas A&M University faculty and staff employees will be available January 2 until January 12. Check out class times and locations [here!](#) Stay tuned for the full spring 2018 fitness schedule beginning on January 16.

Active for Life: Chronic Disease Self-Management Workshop Informational

Presented by Center for Population Healthy and Aging

Tuesday, January 9 | 11:00 a.m. - 12:00 p.m. | General Services Complex (GSC) Room 101C

WELLNESS WORKS! and the Texas A&M Center for Population Health and Aging invite you to attend an informational about the FREE, 6-week program that was developed at Stanford University to teach adults strategies to empower and improve overall well-being. Self-management workshops complement clinical care and are evaluated and approved by the CDC. This workshop is designed for anyone (and/or their support person) with on-going conditions such as diabetes, arthritis, high blood pressure, heart disease, depression, overweight, high cholesterol or chronic pain. This workshop meets weekly for 6 weeks for 2.5 hours and participants will learn:

- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep
- Exercise for maintaining and improving strength, flexibility, and endurance
- Proper nutrition
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Preventing falls
- Self-management tools such as problem solving, action planning and decision

[Register Here.](#)

Juggling Your Personal & Professional Life? The Texas A&M Work/Life Program Can Help.

Presented by Deer Oaks EAP Services

Wednesday, January 17 | 12:00 p.m. – 1:00 p.m. | Memorial Student Center 2406

The Deer Oaks Employee Assistance and Work/Life Program is a FREE service provided by Texas A&M University to benefit-eligible faculty and staff employees as well as their dependents/household members. This program offers a wide variety of counseling, referral, and consultation services, which are all designed to assist you and your family in resolving work/ life issues in order to live happier, healthier, more balanced lives.

We invite you to join us for an orientation seminar to learn about the benefits now available through the expanded Texas A&M University Work/Life Program provided by Deer Oaks. New services include identity theft protection consulting, financial planning advice, concierge work/life support and more.

Register for this informational on [TrainTraq](#).

Please contact Deer Oaks EAP Services at the following:

Helpline: 888-993-7650

Website: www.deeroakseap.com

Email: eap@deeroaks.com

2018: Your Year to Greater Health & Happiness

Presented by Dr. Patricia Sulak

Thursday, January 18 | 11:00 a.m. – 12:00 p.m. | General Services Complex 101A

WELLNESS WORKS! invites you to attend an educational and interactive workshop to learn tips on navigating and troubleshooting your wellness journey. Dr. Patricia Sulak, founder of **Living WELL Aware**, will demonstrate how her newly released journal, *My Journey to Living WELL Aware*, can assist in making lasting positive changes in your life. Dr. Sulak will also discuss tips on incorporating healthy eating habits into a busy schedule including a discussion on protein shakes and the importance of a healthy gut.

[Register Here.](#)

Limited copies of *My Journey to Living WELL Aware* will be available at the workshop on a first come basis or by contacting *WELLNESS WORKS!* at wellness@tamu.edu.

Division of Human Resources & Organizational Effectiveness

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