



LEAP INTO WELL-BEING

FEBRUARY 2020

Faculty and Staff Assistance Program (FSAP)

LEAP INTO WELL-BEING: FSAP'S 29-DAY CHALLENGE

February 2020

	SUN	MON	TUE	WED	THU	FRI	SAT
							1 GET READY!
SELF-CARE	2 Take a nap.	3 Attend a seminar this week about self-care.	4 Declutter your office or home.	5 Take a stroll, walk, jog, or run for 30 minutes.	6 Eat a healthy meal/snack.	7 Practice a relaxation exercise.	8 Take long warm bath.
GRATITUDE	9 How grateful are you? Take a quiz.	10 Attend a seminar to learn about gratitude.	11 Name 3 good things.	12 Share the goodness.	13 Convert adversity into prosperity.	14 Listen to "Grateful: a love song to the world"	15 Take a gratitude Walk.
RESILIENCE	16 Maintain a hopeful outlook.	17 Attend a seminar on resilience.	18 Take a self-compassion break.	19 Write it down.	20 LET IT GO!	21 Make it a movie night.	22 Practice a body scan.
SOCIAL CONNECTIONS	23 Call a friend.	24 Join FSAP for a social connect gathering!	25 Support others.	26 Invite a colleague for coffee or tea.	27 Share a smile.	28 Have a face to face conversation.	29 Enjoy a fun activity with family, friend, or pet.

LEAP INTO WELL-BEING

February 2020



WELCOME TO LEAP INTO WELL-BEING, FSAP'S 29-DAY CHALLENGE

We invite you to look and participate in daily activities. We hope that you will be inspired by this month's four themes of well-being:

- Self-care
- Gratitude
- Resilience
- Social connectedness

If you participate in 4 out of the 7 activities per week for the entire month (a total of 16 or more) your name will be added to the raffle. Certificates and raffle gifts will be given out at the end of the month during our social connect event.

Additionally, there will be 3 seminars this month. You can earn your 300 pure wellness points by attending 2 of the seminars.

Well-being is the ability of individuals to address normal stresses, work productively, and realize one's highest potential. Research shows that employees in good health are more likely to deliver optimal performance in the workplace. Healthy employees not only have better quality of life, they also benefit from having a lower risk of disease, illness, and injury, as well as increased work productivity and a greater likelihood of contributing to their communities.

[CALENDAR VIEW](#)

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SELF-CARE WEEK



TAKE A NAP

Why is getting enough sleep important?

- Get sick less often.
- Stay at a healthy weight.
- Lower your risk for serious health problems, like diabetes and heart disease.
- Reduce stress and improve your mood.
- Think more clearly and do better in school and at work.
- Get along better with people.

For more information, [click here](#).



ATTEND A SELF-CARE SEMINAR THIS WEEK

What is self-care?

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improve mood and reduced anxiety. It's also the key to a good relationship with oneself and others.

Seminar Dates:

Coral Gables Campus

Tuesday, February 4, noon -1:00 p.m., McKnight Building, Room 201AB

Miller School Campus

Wednesday, February 5, noon -1:00 p.m., Don Soffer Clinical Research Center, Room 692

Rosenstiel School of Marine and Atmospheric Science Campus

Thursday, February 6th, noon -1:00 p.m., SLAB, Library, Media Room



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SELF-CARE WEEK



DECLUTTER YOUR OFFICE OR HOME

Declutter for increased productivity.

In a study conducted by Neuroscientists at Princeton University, researchers explain that the reasoning for this is that physical clutter in our environment competes for our attention, which negatively affects performance and induces stress.

For more information, [click here](#).



TAKE A STROLL/WALK/JOG/RUN FOR 30 MINUTES

Moderately strenuous exercise, about 30 minutes a day, can lead to enormous benefits in terms of your mood, health, weight and the ability to live an independent and fulfilling life.

The exercise doesn't need to be athletic or difficult. Studies have shown that simply walking at a brisk pace for 30 minutes or more on most days can lead to significant health improvements.



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SELF-CARE WEEK



EAT A HEALTHY MEAL OR SNACK

A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy. Eating well can also help ward off numerous diseases and health complications, as well as help maintain a healthy body weight, provide energy, allow better sleep, and improve brain function.

For more information, [click here](#).

PRACTICE A RELAXATION EXERCISE

How can I relax in 5 minutes?

- Wash your hands. Seriously. Go the washroom and turn on some warm water. Listen to the sound and focus on it, ignoring intruding thoughts. Wash your hands, particularly letting the warmth run across your wrists. Focus on that sensation of warmth and relaxation, letting it spread.
- From your wrists, let the relaxation spread up to your shoulders. Breathe, letting your chest rise. Your head will naturally come up - especially if you've been looking down at the sink. Move your head gently back and forth. Yes, you might hear little pops and creaks! Be gentle and slow.
- Keep breathing as you let your head move gently back and forth. The next breath will help you drop your jaw a little, with the relaxation flowing from the back of your neck up to your temple and down to your jaw.

For more information, [click here](#).



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SELF-CARE WEEK

TAKE A LONG, WARM BATH

While you're at it, light a candle, read a magazine, listen to soothing music.

Benefits of soaking in warm water:

- **Healing:** Immersion in hot water increases blood circulation. More blood flow means more nutrients are available to help cells regenerate and speed the healing process.
- **Muscle pain relief:** The increase in blood circulation helps remove pain-causing chemicals that build up in tissues. As a result, muscle pain goes away faster.
- **Joint pain relief:** The buoyancy of water acts as a buffer against the effects of gravity on an injured joint.
- **Lower blood pressure:** Most people see their blood pressure go down when they are immersed in hot water.
- **Healthier heart:** When a person is immersed in warm water, the heart is working harder and more efficiently, similar to how it benefits from exercise.
- **Stress relief:** Warm water immersion provides a safe, relaxing way to unwind, reduce anxiety, and cope more effectively with the challenges of daily life.
- **Improved mental health:** Scientific evidence shows that immersion in water helps us reduce the effects of stress and contribute to improved mental health.



CALENDAR VIEW

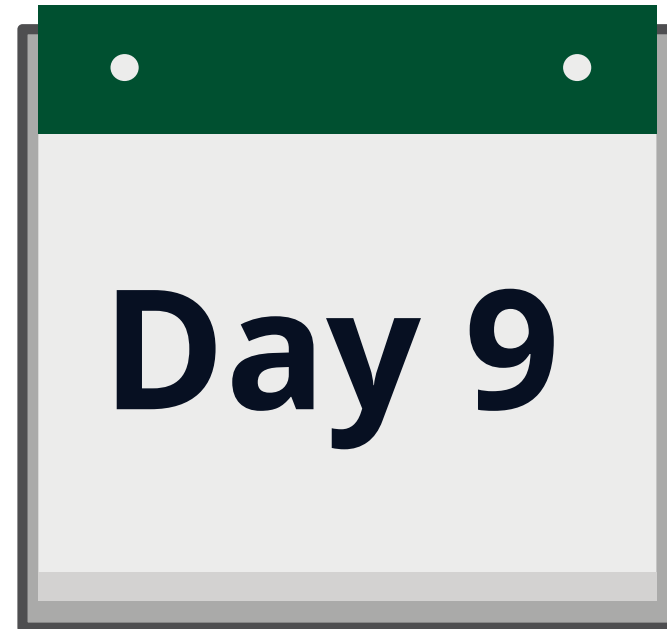
miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

GRATITUDE WEEK

HOW GRATEFUL ARE YOU?



Test Your Gratitude Quotient

Answer the questions below based on the following scale:

1 = strongly disagree 2 = disagree 3 = slightly disagree 4 = neutral 5 = slightly agree 6 = agree 7 = strongly agree

- I have so much in life to be thankful for.
- If I had to list everything that I felt grateful for, it would be a very long list.
- When I look at the world, I don't see much to be grateful for.
- I am grateful to a wide variety of people.
- As I get older, I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- Long amounts of time can go by before I feel grateful to something or someone.
- I have been richly blessed in my life.
- To be honest, it takes an awful lot to make a person like me feel appreciative.
- I have a wonderful sense of thanksgiving for life itself.
- I often reflect on how much easier my life is because of the efforts of others.

Calculate Your Score

1. Add up your scores for items 1, 2, 4, 5, 7, 9 and 10.
2. Reverse your scores for items 3, 6, and 8. Example, if you scored a "7," give yourself a "1," if you scored a "6," give yourself a "2," and so on.
3. Add the reversed scores for items 3, 6 and 8 to the total from Step 1. This is your total GQ score. This number should be between 10 and 70.

How to Interpret Your Score

- 65-70: Extremely high gratitude. People who score in this range have the ability to see life as a gift. For you, gratitude is a way of life.
- 59-64: Very high gratitude. Your life contains frequent expressions of gratitude and you are able to readily acknowledge how others have helped you.
- 53-58: High gratitude. You are above average in gratitude and find it relatively easy to spend time reflecting on your blessings.
- 46-52: Average gratitude. You may find it easy being grateful when things are going well in your life; but may have difficulties maintaining a grateful outlook in tough times. You may find good value in gratitude journaling and the other practices over the next days.
- 40-45: Below average gratitude. You find it challenging to find reasons for gratitude in your life. Life is more of a burden than a gift. Perhaps you are just going through a downturn.

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

GRATITUDE WEEK



ATTEND A SEMINAR TO LEARN ABOUT GRATITUDE

Seminar Dates:

Coral Gables Campus

Monday, February 10, noon -1:00 p.m., McKnight Building, Room 201AB

Miller School Campus

Wednesday, February 12, noon -1:00 p.m., Don Soffer Clinical Research Center, Room 692

Rosenstiel School of Marine and Atmospheric Science Campus

Thursday, February 13, noon -1:00 p.m., SLAB, Library, Media Room

NAME 3 GOOD THINGS

Spend a few minutes thinking about 3 good things that happened to you today in which you could give others credit for. Write them down. These small or large things that happened such as a coworker gave you a compliment on your appearance, a colleague helped you make progress on a project, or a smile someone offered you. These do not need to be anything dramatic or spectacular.

What is important, is to write why that good happened. What enabled the positive event to occur? Why do you think it happened? What does it mean to you? What can you do to make it happened again? Did you tell anyone about the good thing?

It is important to write down words that describe or remind you of the experience. Follow this with some reflection on why this particular experience went well. Try to think of as many reasons as you can. Follow this for the second and third thing that went well today. This process helps you to re-experience the good things that happened. Even if they are small and trivial.



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

GRATITUDE WEEK



SHARE THE GOODNESS

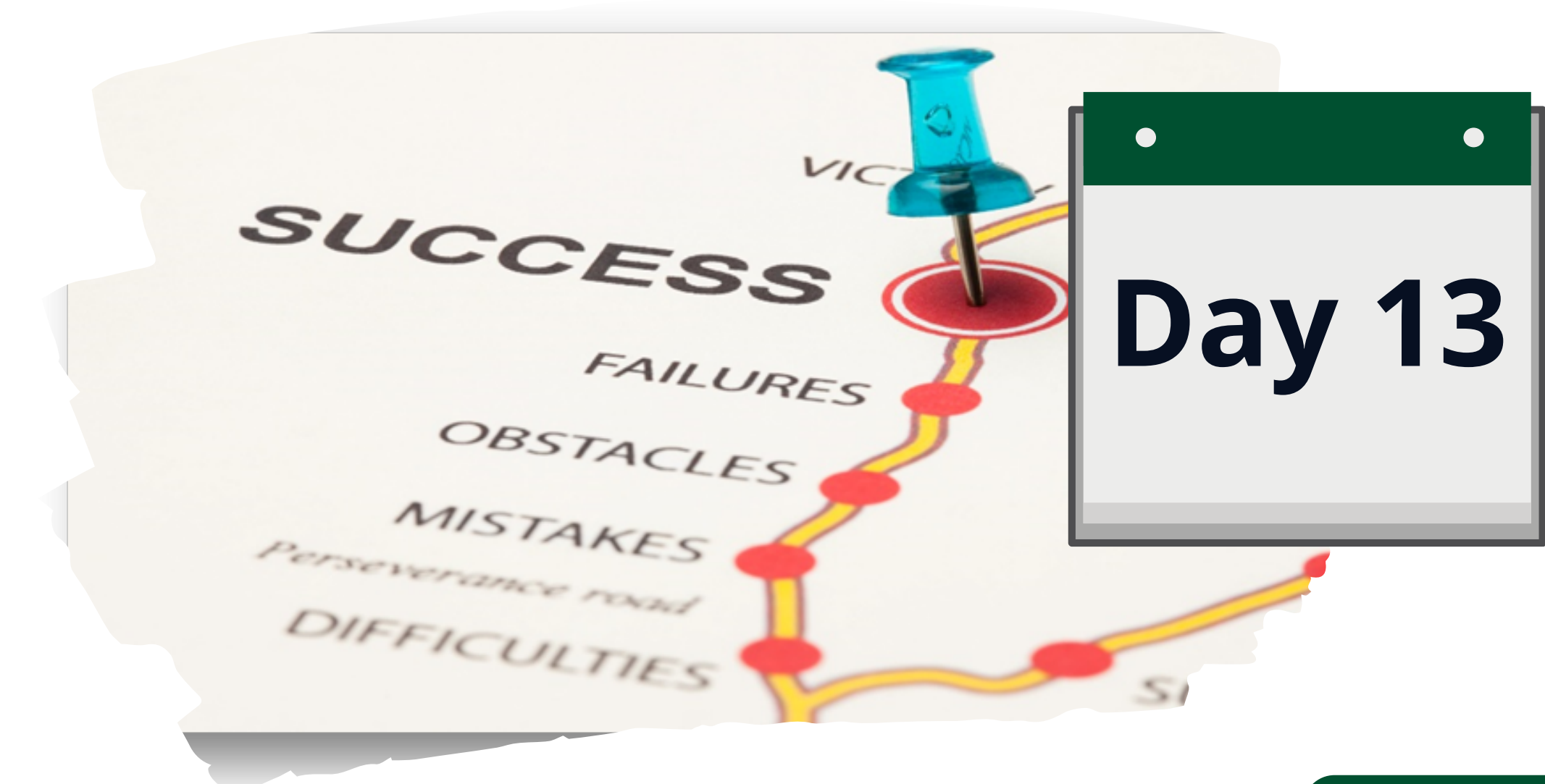
Feeling grateful and not expressing it, is like a wrapping a present and not giving it. Ask yourself, how you may be able to give back some of the goodness and kindness you receive on a daily. Resole to give back one act of goodness each day for a week.

- Invite a friend to do something that you know that person has always wanted to do but has never had the opportunity.
- Offer to do a chore for a neighbor such as grocery shopping or rake their leaves.
- Offer an elderly relative to take them to do their holiday shopping or help them do it online.
- Let a restaurant or store manager know when you have received excellent service.

CONVERT ADVERSITY TO PROSPERITY

It is often difficult to consider that we can feel grateful for even the negative experiences or events in our life. The following activity places the focus on the positive consequences and outcomes of negative events. Try to focus on one negative event in your life and ask yourself:

- As a result of this event, what kind of things do you now feel thankful for?
- What personal strengths have you developed as a direct result of this experience?
- How has this event made you better able to meet future challenges?
- How has the bad experience benefited you?
- How has it placed your life in perspective?



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

GRATITUDE WEEK



LISTEN TO "GRATEFUL: A LOVE SONG TO THE WORLD"

To listen to the song, [click here](#) or the video below.



TAKE A GRATITUDE WALK

This is particularly helpful if you are feeling worried and your mood is low. Take 20 minutes to go for a walk. It could be outside your office on your lunch break, or around your neighborhood or at the beach or nearby park. As you walk consider all that you are grateful for, such as, nurturing relationships, material comforts, your health and anything else that comes to mind. Pause, breathe and be grateful for the air that is filling your lungs and makes your life possible.

Pay attention to your senses—what you hear, feel, see and even taste around you. Challenge yourself to see and name how many things you can be grateful for. This exercise is a powerful way to improve your mood and broaden your perspective.

For more information, [click here](#).



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

RESILIENCE WEEK



MAINTAIN A HOPEFUL OUTLOOK.

Maintaining a hopeful outlook may seem more difficult than it is. Having an optimistic way of looking at life enables you to expect that good things will happen in your life. Spend a few minutes visualizing what you want instead of worrying about what you fear.

For more information, [click here](#).



ATTEND A SEMINAR ON RESILIENCE

Seminar Date:

Miller School Campus

Wednesday, February 19, noon -1:00 p.m.,
Don Soffer Clinical Research Center, Room 692



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

RESILIENCE WEEK



THE SELF-COMPASSION BREAK

Several times a day, stop what you are doing and ask yourself, “What am I experiencing in this moment? Is there any negative self-talk, self-blame, self-shame going on here?”

Pause and place your hand on your heart. This simple gesture of self-kindness activates your own caregiving system. Opens your heart to self-acceptance, and to choices and possibilities. You can say to yourself:

“May I feel safe in this moment. May I be free of fear, stress, and anxiety. May I accept myself just as I am here and now. May I know I can be skillful here.”

Drop into a moment of calm. Breathing in a sense of soothing, comfort and inner peace. Take some time to express gratitude for some source of good in your life.

Choose to do something that will help you to move in the right direction. Shift your attention to something pleasant, nourishing, rewarding, or meaningful.

Source: Kristin Neff, Ph.D., Self-Compassion, 2011

WRITE IT DOWN

Writing down one’s deepest thoughts and feelings can move us forward by helping us to gain insight and perspective on the challenges in our lives. Journaling twice per week has been found to be beneficial in helping us to organize and integrate our thoughts and helps us to accept our own experiences and place them in context, in perspective. This helps individuals to see the meaning of events and creates meaning in our life.



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

RESILIENCE WEEK



LET IT GO!

Check the story you are telling yourself about the person who slighted you, thwarted, hassled you or rubbed you the wrong way. Watch out not to exaggerate how awful or unforgivable the incident was. Don't assume ill intent. Put the event in perspective, was it really that big of a deal given all the other positive qualities about the individual who upset you? Remember most people are under a great deal of stress and perhaps you just bumped into their bad day. Give yourself and them a pass this time. It will do you good to let this go and move on.

Source: news@rickhanson.net



MAKE IT A MOVIE NIGHT

Watch the 1997 Academy Award winner for Best Foreign Language Film, Best Original Dramatic Score and Best Actor, "**Life is Beautiful.**"

This movie is an Italian comedy drama which follows the life of Guido Orefice and his family in the 1930's. The movie begins as a romantic comedy of boy meets girl, but girl is about to get engaged to another boy. Boy must do whatever it takes to win her affection. Then finally, boy does get girl. The story line then forwards to 1939 wherein the married couple have a young son and Italy is amid the fast-growing Fascist wave. Guido and his son, Giosue' are taken away and sent to a Nazi concentration camp. The story line takes on a more serious and dramatic tone as you witness Guido's resilience and his use of humor and imagination to hide their precarious situation from his young son.



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

RESILIENCE WEEK



PRACTICE A BODY SCAN

Practicing the body scan has been found to help to reduce ruminations about the past and future. Mindfulness helps us to pause and become more present in our lives. Body scan meditations have been found to be particularly effective at calming negative thoughts and linked with greater well-being and less reactivity to stress. Strong feelings tend to manifest themselves physically as tightness in particular areas of the body, such as the jaw, the back, stomach and chest. Focusing on each part of the body from head to toe helps you to dislodge the tension in each of these areas.

For an abridged version of a body scan, [click here](#).

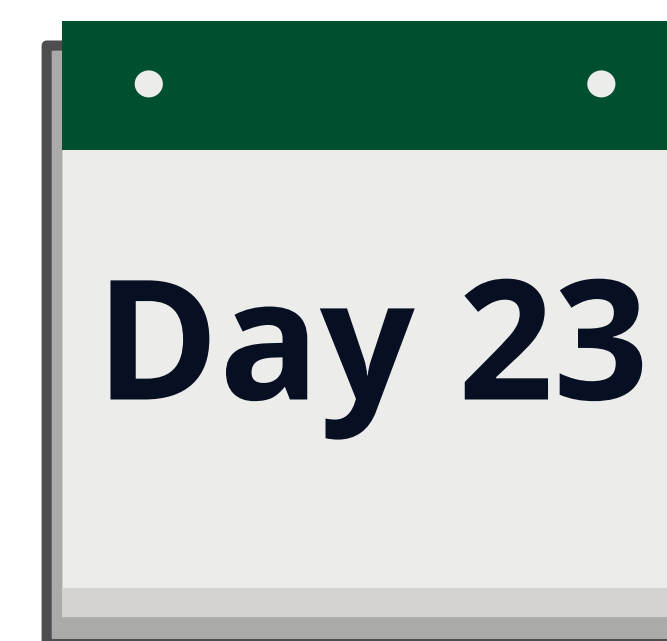


CALL A FRIEND

Friends Keep Us Mentally and Physically Strong

A recent Harvard study concluded that having solid friendships in our life even helps promote brain health. Friends helps us deal with stress, make better lifestyle choices that keep us strong, and allow us to rebound from health issues and disease more quickly. Don't text, call your friend. Texting is done on the fly. Calling on the phone is deliberate and makes the other person — and the relationship — feel valuable in a way that texting doesn't.

SOCIAL CONNECTIONS WEEK



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SOCIAL CONNECTIONS WEEK



JOIN THE FSAP THIS WEEK FOR A SOCIAL CONNECT GATHERING

Miller School Campus

Tuesday, February 25th, 12-1:00 p.m.

Sylvester Support Services Building, Room 110

Coral Gables Campus

Thursday, February 27th, 12-1:00 p.m.

Wesley House, Sky Lab

4 habits of socially connected people:

- **They prioritize face-to-face interactions.** Maintaining relationships requires effort. Most socially connected people prioritize seeing others in person. While in-person time can seem less efficient than online or phone interactions, there's a value to in-person communication that socially successful people understand. It's how you start seeing people as just that—people.
- **They share & listen.** To feel socially connected, it's vital to feel seen by those around you. But to feel seen, you have to let others get to know you. This doesn't mean oversharing with strangers; it simply means making yourself a little vulnerable to those with whom you want to feel close. Listening to others makes people want to be around you, and wanting to be around each other is the essence of feeling connected.
- **They don't worry about rejection.** It is natural to fear rejection when entering a new social group or meeting a new person you really like. While socially connected people likely feel this fear, they don't worry about it. In other words, they don't dwell on the fear and allow it to turn into an unproductive rumination on what could go wrong. Instead, they identify the people they want to be close to and march bravely into those relationships despite any fears that may arise.
- **They ask questions.** Socially connected people understand that all social interaction is fundamentally about demonstrating interest in one another. The easiest way—by far—to demonstrate interest in others is to ask questions. The most socially successful people ask not just factual questions ("What do you do for work?") but questions that are a little more personal ("How do you like what you do?"). These two types of questions, used in conjunction, accelerate feelings of connectedness.

CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SOCIAL CONNECTIONS WEEK

SUPPORT OTHERS

Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy.

For more information, [click here](#).



INVITE A COLLEAGUE FOR COFFEE OR TEA

When we give to others it activates the areas of the brain associated with pleasure, social connection and trust. Altruistic behavior releases endorphins in the brain and boosts happiness for us as well as the people we share with.



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SOCIAL CONNECTIONS WEEK



SHARE A SMILE

Take a Smiling Walk

A great way to boost your social interaction experience is to take a "smiling" walk. The next time you go out, make a point to smile at others. Don't just smile at passerby—smile at your coworkers, the deli guy, or even the mailman. Smiling is a proactive behavior which solicits a reaction. Research shows that the more a person smiles during a conversation, the more friendly that person will be perceived to be, and the more favorable response that person will get from the receiving end.



OFFER A COMPLIMENT

According to psychologist Carla Marie Manly, PhD, and author of *Joy From Fear in the Workplace*, you can connect with others by noticing their strengths, whether you offer an affirmation about work successes, creativity, dedication, passion, or thoughtfulness. In social settings, you can offer a genuine comment on an achievement, a funny joke, a haircut, a cool purse, or a welcoming attitude—make sure to recognize something in a simple, authentic way.

The thing about compliments that are presented earnestly, and without fanfare or an ulterior motive is that they can have such a heartwarming effect. It can lead the recipient to think, "Wow, you didn't have to say that, but you did, and it's turning around my whole day." It's an incredibly low-effort and an effective way to recognize someone.

"By doing this, we pause to really 'see' and connect; many genuine friendships get started with simple acts of noticing and kindness," Dr. Manly says.

For more information, [click here](#).



CALENDAR VIEW

miami.edu/fsap

LEAP INTO WELL-BEING

February 2020

SOCIAL CONNECTIONS WEEK



ENJOY A FUN ACTIVITY WITH FAMILY, FRIEND, OR A PET

Suggestions

- Take a cooking class.
- Take a mixology class.
- Take an art class together.
- Go bowling.
- Sample your area's best wines.
- Tour your city together.
- Stretch out during a yoga class.
- Learn some moves in a dance class.
- Visit museums.
- Go treasure hunting with the kids.
- Take a road trip.
- Play a board game.
- Visit a dog park.



THANK YOU
FOR PARTICIPATING!

If you'd like to share feedback, have a question, or want to submit additional ideas, please contact the Faculty and Staff Assistance Program (FSAP) at (305) 284-6604 or visit miami.edu/fsap.

CALENDAR VIEW