



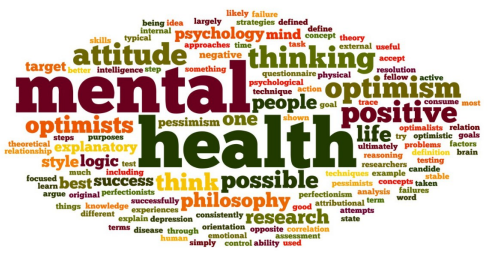
SETA'S WELLNESS & SAFETY AWARENESS JANUARY 2020 NEWSLETTER VOLUME 1, ISSUE 1

Check out our new logo!

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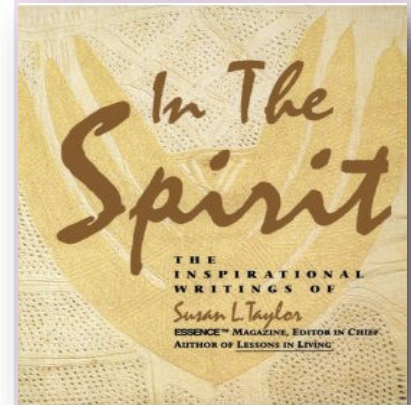
Welcome to a new year! Now that all of the holiday rush has settled down, it is important to create time and space to support whole person health: mind, body, and spirit. Those three attributes form a symbiotic relationship. If the relationship does not blossom, the whole system can suffer. Therefore, there is a great need for balance of all three. How do we balance our lives in the areas of Mind, Body, and Spirit? The mind is a set of cognitive faculties including consciousness, imagination, perception, thinking, judgement, language and memory - all housed in the brain. The body is the physical structure of a person including the bones, flesh, and organs. The spirit is the nonphysical part of a person which is the seat of emotions and character. Let's explore these different areas closely.



Mind: Mental Wellness

Recommended Book to Read

As the slogan says, “The mind is a terrible thing to waste.” Indeed, it is. Brain, noggin, head – whatever you should choose to call it, it is a powerful tool within our bodies. The mind controls our emotions, thoughts, and physical movements, and possesses an array of other cognitive functions. The mind is the central point of control within our bodies and should be cared for as the brilliant, yet fragile, thing that it is.



As defined by the World Health Organization (WHO), mental wellness is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

When Susan L. Taylor rose to Editor in Chief of Essence magazine more than a decade ago, she began writing an editorial column in which she shares her thoughts and feelings about how developing one's inner awareness ensures the wisdom and clarity needed to create a deeply satisfying and fulfilling life.

What can be done to improve mental wellness? Below are 10 steps you can do to improve your mental wellness now:

1. Get 8 hours of sleep per day
2. Eat a healthy diet rich in omega-3 fatty acids
3. Get at least 30 minutes of moderate exercise per day (at least three days per week)
4. Participate in human interaction, such as talking, for at least 10 minutes per day
5. Pick up a new skill or hobby
6. Play a mind-boggling game like scrabble



Recommended Book to Read

RESISTING HAPPINESS



A true story about why we sabotage ourselves, feel overwhelmed, set aside our dreams, & lack the courage to simply be ourselves . . . & how to start choosing happiness again!

MATTHEW KELLY
NEW YORK TIMES BESTSELLING AUTHOR

Are you overwhelmed? Do you procrastinate? Do you sometimes feel like you are your own worst enemy?

Resisting Happiness is a deeply personal, disarmingly transparent look at why we sabotage our own *happiness* and what to do about it.

Need other resources?

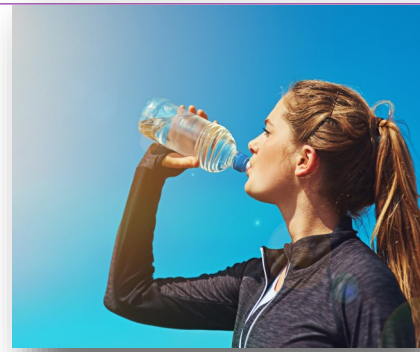
Don't forget about your Employee Assistance Program (EAP) which contain multiple resources for staff and immediate family!

EAP Link

<https://www.seta.net/app/uploads/2016/10/EAP-Brochure.pdf>

7. Do a good deed; help a friend or family member with something they need help with
8. Learn to manage your stress level
9. Avoid alcohol, tobacco products, and drugs
10. Laugh

Body: Improving Physical Health



Similar to our mental health, physical health is just as important. You will find that tips to improve our mental health also translate to improving our physical health as well. Being in good physical health contributes to increased functionality, efficiency, productivity, and longevity.

What can we do to improve our overall health to achieve optimal health and increase longevity? Here are five steps to a healthier you!

- 1. Drink water.** Water is an essential part of our lives as our bodies are made up of 60% water.
- 2. Eat more fruit and vegetables.** Fruits and vegetables are packed full of vitamins and nutrients that are needed for optimal health.
- 3. Get a good night's sleep.** Our bodies heal and restore during the time we are asleep. A good night's rest will work miracles on your physical health.
- 4. Wash your hands.** Washing hands reduces the risk of spreading viruses and illness.
- 5. Live an active lifestyle.** Regular physical activity improves cardiovascular health, reduces the risk of developing type 2 diabetes, heart disease, and reduces the risk for certain types of cancers.

Spirit: Balancing Spirituality

The third component to whole-person wellness is spirituality and spiritual health. What exactly is spiritual wellness? The general definition of spiritual wellness means that a person has purpose in their lives and strives for consistency in their values and actions. Why is spiritual wellness important to our overall health? Those who practice spiritual wellness and balance their spiritual health are said to live in harmony, practice optimism, often volunteer, and practice self-love and self-care.

REFERENCES:

- <https://www.americanmentalwellness.org/intervention/definitions/>
- <https://www.rollinggreenvillage.com/spiritual-wellness-is-an-important-part-of-your-overall-wellness/>
- <https://www.unitedway.org/blog/five-steps-to-improved-physical-health>

SETA's Wellness and Safety Newsletter (2020)

Prepared by the SETA Wellness Committee

www.seta.net/staff-resources/wellness-safety-awareness-program

Contact us: wellness@seta.net