

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE

www.gvsu.edu/healthwellness



Success Story: Joshua Marko

Before working with a [Priority Health wellness coach](#), Joshua Marko—project manager at the Michigan Small Business Development Center within GVSU's Seidman College of Business—felt he needed more exercise, better sleep, and an improved diet. When asked why he began working with a wellness coach, Josh says, “Honestly, the financial incentive is what spurred my interest.”



His wellness coach, Frances, helped him to measure his success in working on both short-term and long-term goals. Together, Josh and Frances honed in on Josh's “keystone habits,” which are defined as habits that have a positive impact on other habits that help to implement lifestyle changes. These keystone habits have helped him to focus on meeting his weekly sleep, meditation and running goals. Joshua says, “The act of measuring those areas gave me a better awareness of the reality of my health habits and was also a motivating factor for staying on track.”

Frances has helped to keep Josh focused and consistent throughout his wellness journey. He says, “After a few months of measuring goals, I had established a lifestyle that consistently includes 8 hours of sleep per night, near daily meditation, and running at least 3 times a week. I've lost 10 pounds, knocked more than 3 minutes off my 5k run time, and do weekly meal prep very Sunday; which provides a triple-whammy physical, financial and spiritual benefit.”

“My perspective has changed to be more self-compassionate in celebrating the little success and not beating myself up so much when I stumble.”

Working with a wellness coach changed Josh's mindset about developing a healthy lifestyle. Improving one's wellness is a long journey, one that takes baby steps to achieve. “Small and sustainable changes in our wellness take an incredible amount of attention and energy,” he says. Frances has been most helpful to Josh when he's feeling overwhelmed by work or other family and social commitments; she is always there to encourage him to stay on track with his goals, or to construct more attainable goals as necessary.

Josh says the first step for those looking to change their lifestyle is self-acceptance. After that, it's all about setting goals and measuring them. He says, “If you're looking for support in your journey, then [contact Priority Health](#) to connect with a coach!”

THRIVE @ GVSU

Priority Health coaches are continuing to outreach to faculty and staff who opted into the program during 2019 open enrollment. All benefit eligible faculty, staff and spouses or household members are eligible for the program. It's not too late to sign up with a Priority Health wellness coach. If you have not been contacted by a coach yet or are interested in participating, please call the number on the back of your Priority Health ID card to get started. Watch the video below to learn more or [click here](#) for additional FAQ's.



New Year, New You

Increase your success in accomplishing new year's resolutions

Elisa Salazar, LMSW, Work Life Consultant

Setting resolutions is a tradition many like to participate in during the New Year.

- Consider setting an intention for the year and also asking yourself where do I want to be at the end of 2019?
- Ask yourself when I accomplish this resolution how will it contribute more to the person I want to become? For example, eating healthier will help me be the person I want to be because I will have more energy for projects that are important to me and I will be able to feel more confident which will help me with my professional goals.



It is important to think holistically about our intentions in order to increase our motivation. A few other helpful tips to increase your success in accomplish your resolutions:

- Break your goal down in to small steps. If the end goal is to work out 3 times a week and you have never really worked out, then perhaps start with walking for half an hour three days a week and gradually increasing frequency, time, intensity, duration. Often times we try to start with the goal at a level that is unrealistic whereas if we made small progression we would eventually develop strong and sustainable habits.
- Celebrate successes. Once you meet those small steps for the week or month, then give yourself credit for accomplishing it. Reinforce your own positive change by recognizing it and finding small ways to honor yourself.
- Plan for difficult times. How will you maintain your habit/change when you are stressed, when there are limited resources, when the gym is closed or you forget to bring your lunch, during the Holidays?
- Seek help and support. Grand Valley offers [wellness coaching](#), [career services coaching](#), and [work life coaching](#) to support you with your goals. Take advantage of the accountability, the support in developing creative interventions, and troubleshooting barriers with these supportive options.

Remember setting resolutions is ultimately about setting an intention for the year but it is not just a one-time thing. For sustainable change, you will need to keep it top of mind.

Best of luck as you continue to grow and strengthen yourself this year!

Upcoming Events:

Looking with Intent

Sometimes we react negatively to the winter because the days are short, its dark and cold. However, winter can also be a time to turn inward and find creative spaces to process, learn and grow.

Join us for our winter warm up as we look at art mindfully and with intention followed by a facilitated conversation.

Join us at the art gallery (1121 Thomas J. and Marcia J. Haas Center for the Performing Arts, Allendale Campus)

Wednesday, January 23: 8:05-8:55am
Wednesday, January 30: 12:05-12:55pm
Thursday, January 31: 4:05-4:55pm

No registration required.



How to Retire Happy and Informed

February 6, 2019 11:30AM- 2:30PM
DeVos 122E Loosemore Auditorium

As you think ahead to the years of retirement, the door closes on one stage of life and a new door opens up to a sea of opportunities to consider. Plan your new beginning by being well-informed. Attend this workshop to explore your options with regards to Social Security and Grand Valley medical plan options. Representatives from GVSU Human Resources, the Social Security Administration, and Advantage Benefits Group will be on hand to present and answer questions. All are welcome, including partners and family members.

Register at: www.gvsu.edu/sprout



Additional Opportunities to Be Well in 2019

A new year brings new opportunities to invest in yourself. Check out the opportunities available for faculty, staff and family members, from work life programs and services, retirement planning workshops to fitness and wellness classes.

[Review the 2019 Winter Event Guide](#)

