

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE  www.gvsu.edu/healthwellness



Success Story: Statistics Department

The Statistics Department is the newest [Certified Healthy Department](#) at GVSU. Kay Hart, Office Coordinator, spoke on behalf of the department on how they created a fun, active, and empowering

atmosphere encouraging each other to make healthy choices on a daily basis.

The Statistics Department was very excited to receive their Healthy Department Certification and proudly display their certificate on the wall. Employees utilize GVSU's Campus Recreation services and facility, as well as the Health and Wellness faculty/staff programs, including the Team Up to Be Active Challenge and [faculty/staff fitness classes](#). They also enjoy walking or running outside during their lunch breaks and before or after work.

Kay states, "Our department focuses on balance." For example, faculty seminars within their department include healthy snack options like a protein, fruits, and vegetables with the traditional cookie to ensure choices. Even with the occasional sweets, Kay's co-workers motivate each other and hold each other accountable to their goals.

The Statistics Department also creates fun ways to be active outside of work. One way is by holding a golf outing in August. This event provides a team-building atmosphere and is a great way to kick-start the new school year. Another activity includes gathering for an outdoor picnic at a park. These are fun ways to energize the group mentally and physically. Kay's advice to her fellow faculty and staff members striving for a healthier lifestyle is "Start small." Kay says "Start to eat healthier, then once you feel comfortable add in moderate exercise. Keep building, don't throw yourself in all at once. It takes time!"

Is your department Certified Healthy? [Review the application](#) and apply for the designation.



#YouMatter

Elisa Salazar, LMSW, Work Life Consultant

There has been a lot of loss in society recently. Particularly, in regards to well-known individuals feeling so hopeless that they took their own life. People close to these individuals tend to ask themselves questions such as, "what could I have done to help them?" or "what did I miss?" These thoughts can lead to a very painful and long grieving process as feelings of guilt and powerlessness creep in. I would like to pose an alternative.

Honor those you love.

Grief has energy and that energy can be leveraged to instigate a change. One change that can come with grief is choosing to honor loved ones by making a personal commitment to affirm those you love every day.

Tell those around you #YouMatter. Here is formula you can use to affirm people in an intentional manner just remember FBI.

Describe how the person makes you FEEL

Identify the BEHAVIOR that you appreciate

State the IMPACT it has had on your life

An example might look like this:

Dear friend, I feel so inspired and supported by you and your friendship.

I appreciate our conversations and your insights.

I always leave our interactions feeling cared for, heard, and refreshed.

I want you to know #YouMatter

We can honor those we have lost by committing to show love to people every opportunity we can.

I challenge you to use this FBI method to tell those around you that they matter!



Emotional Health and Support

Suicide Prevention is a relevant topic as it is currently being highlighted in the media, but we need to keep this at the forefront at all times, and here are some tools to do so.

Approximately 1 million people commit suicide each year worldwide, according to the World Health Organization (WHO). The victims of suicide are not just limited to the people who commit it — suicide leaves a lifelong mark on their loved ones forever.

Suicide is preventable. If you or someone you know is in suicidal crisis at this moment, call 911 or the National Suicide Prevention Lifeline (NSPL) at 1-800-273-TALK (8255). [ENCOMPASS](#) can also provide assistance at no cost to you and your employees.

Access the resources available via your ENCOMPASS Website at: www.encompass.us.com
Username: gvsu

Articles available via the Encompass website:

- Responding to a Suicidal Loved One or Friend
- Are you thinking about suicide? How to stay safe and find treatment
- Suicide Prevention in the Workplace
- Supervise an Employee With Suicidal Concerns
- You Can Save Your Coworker's Life
- Depression: Signs, Symptoms, and Causes
- How to Listen to Someone Who Is Hurting
- Returning to Work: Support After Suicide
- Coping With the Suicide of an Employee

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