

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE

www.gvsu.edu/healthwellness



2019 OPEN ENROLLMENT

Begins October 23rd, 8am
Closes November 7th, 5pm

Success

Story: Jennifer Schick

As a mother of four (ages 15, 13, 11 and 8) who actively practices yoga and mindfulness, Jennifer Schick has learned to let go of the expectation of perfection, which has helped her to be a stronger person for herself and for those around her. Jennifer has worked at Grand Valley for 18 years and was recently appointed the Director of University Budgets.



Jennifer with her family

Several years ago, Jennifer's sister asked her to join a month-long, online meditation and mindfulness program, with program instructor [Lisa McCrohan](#). One of the first parts of Jennifer's journey was understanding the difference between mindfulness and meditation. According to Lisa, "Mindfulness is being aware of what we are doing when we are doing it with a sense of kindness, curiosity and free of judgement. Meditation is a devotional practice that can be defined differently depending on one's spiritual or religious tradition." Initially, Jennifer had a false assumption that meditation could only be done in a quiet place free of distractions; therefore, she had a difficult time envisioning how she was going to find that place in her busy home (at least not after 5 am). "It is not a matter of 'if' I will be distracted, because I definitely will be. It is a matter of acknowledging the distraction, letting it pass without judgment, and then circling back to my breath and practice."

Completing this challenge led Jennifer to incorporate mindfulness into her daily life, her faith practice, and her parenting style. From these practices and her group exercise and yoga classes, she is now able to stay grounded and recognize when her body is stressed, and can implement ways to cope with these feelings, helping her to feel more in control.

"I know when I take care of myself, I can show up and care for others better."

In addition to mindfulness and meditation, she engages in communities of support on campus as a facilitator for the Allendale Moms Group, which is a part of [GVSU's Parenting Network](#). She enjoys being a part of this group and says, "It's nice to have that support of people who can help you feel like you're not alone, who can give advice from the real world, and who you can laugh with!"

Her advice to others? "Encourage yourself as if you were encouraging your friend, colleague or child. The way you talk to yourself matters. Don't let negative self-talk or negative social media get in the way of pursuing your health. Build yourself up, and surround yourself with positive, uplifting messages and people."

PREPARING FOR THE HOLIDAYS, STRESS RELIEF, AND ADDITIONAL RESOURCES

Holiday Nutrition Tips

Between planning parties, buying gifts, hosting family and traveling, the holidays are a busy time. Time may be at stake, but your healthy lifestyle doesn't have to be.

Healthy eating on campus

Didn't have time to eat breakfast or pack a lunch? Check out [GVSU's "Healthy Approved" food guide](#) to make smarter choices when eating on campus!



Healthy catering options

Hosting a work party on campus? Campus Dining offers a [healthy catering menu](#) for on campus events. Visit the [Campus Dining website](#) for additional nutrition information, a food allergan guide, a vegan and vegetarian guide, and more!

Navigating holiday party food

As the holiday season approaches, so do the work parties and family get togethers. The holidays are seen as a time to indulge; not only in time spent with loved ones, but also in food. Follow these simple tricks to avoid overeating this holiday season:

- **Grab a smaller plate.** Approaching a holiday buffet with a smaller plate will help you to control your portion sizes and avoid overindulging.
- **Avoid skipping meals.** Showing up to a party hungry is like going to the grocery store hungry; it leads to unhealthy decisions. Control your hunger by eating foods high in protein before you leave.
- **Wait before you get seconds.** Before you get a second plate, wait for 10 minutes to see if you're truly hungry. Chances are, your food will settle, and you will no longer have the urge to keep eating (until they bring the dessert out, of course).
- **Drink water.** It's okay to have a drink or two, but remember to drink water. This will keep your body hydrated, and may keep you more full throughout the day.

Visit Campus Dining's "[Meal For Your Mind](#)" page to find further information about nutrition from the Campus Dining Dietitian, Mary Cummings, and GVSU Dietetics' students!

Relax with Massages from Campus Rec

Feeling stressed? Need a little time for yourself?

GVSU Campus Recreation offers massage services through the Fitness and Wellness Center. They currently have one male and one female Liscensed Massage Therapist that have been trained in Swedish, Relaxation, Deep Tissue and Sports massage. Specific areas of the body or physical conditions can also be addressed.

Visit the [Fitness and Wellness website](#) for pricing and additional information. Contact the Fitness and Wellness Center by phone at 616-331-1REC or by email at rec@gvsu.edu to schedule an appointment.

Work Life

Meet your work life consultant!

A work life consultant is available to you as part of your wellness services at Grand Valley. Work life consultants provide supportive tools, plan wellness events, and develop presentations to support all faculty and staff in times of need, and also in maintaining wellness and balance.

[Schedule an appointment](#) to meet with work life consultant, Elisa Salazar. Appointments are available all over campus.

Work life offers multiple [communities of support](#), [series and events](#), and additional [resources](#) for faculty and staff. Check it out!



For more information, see our [Work Life Consulting brochure](#).



THRIVE @ GVSU

Sign up with a health coach now to get ahead of the game!

Can't remember the last time you had a good night's sleep? Are work or home distractions causing you to turn to fast food rather than planning healthy meals? Do aches and pains keep you off the treadmill? We all face challenges in our day-to-day lives that can wear us down. We've all been there. Wellness coaches can help everyone -- not because something is wrong with you, but because feeling well feels right.

Join our **free** three-month wellness program today to help get yourself on track for these next few holiday months, and for life. You can earn **\$100** just for participating!

Want to learn more? View our [quick FAQ fact sheet](#) or visit our [website](#).

Encompass

Need help managing stress or your finances this holiday season?



Encompass is GVSU's employee assistance and life coaching program. Faculty, staff, and their dependents have access to seven sessions with a trained and licensed clinical professional support consultant. All visits and contacts with Encompass are protected under HIPAA.

Encompass is available to assist with life's stressors including marriage, relationship challenges, parenting, anxiety, depression, adjustment and more. Additionally, employees have the option to elect to meet with a financial planner, at a discounted rate. Financial services include budgeting, consultation, calculators, debt management and education.

Visit gvsu.edu/healthwellness for a complete list of services available. Visit the [Encompass website](#), (password: GVSU) for a wealth of information on life's every day challenges. Schedule a visit or for more resources and referrals, call 1-800-788-8630. For further information, contact the work life consultant, Elisa Salazar, at salazael@gvsu.edu.

Financial Planning with TIAA



Have you started planning for retirement?

TIAA offers individual counseling appointments for retirement planning. During the session, you can discuss your personal financial situation with an experienced TIAA Financial Consultant on a confidential basis. They are available to discuss how to help you pursue your financial goals by investing in financial products such as mutual funds, brokerage, life insurance and annuities.

Space is limited, so please RSVP as soon as you can. Call 800-732-8353, Monday-Friday from 8am to 8pm, to reserve your spot. Appointments can also be made by visiting the [TIAA website](#).

These sessions are held in Kirkhof Center, room 2227. See the [event](#) for available dates and times. Visit our [retirement planning page](#) to learn more.