Calming Techniques

Everyone feels anxious sometimes and the result can be headaches, stomach upset, a racing heartbeat, or feeling miserably tense. Especially now, you want to calm down — but how? For ongoing anxiety, learning and practicing yoga and meditation can help. There are also calming techniques to soothe anxious feelings while you’re on the go. No matter how much or little time they require, these stress-soothing strategies can produce a similar effect. They spark the body’s natural relaxation response, slowing breathing and heart rate, controlling blood pressure and promoting a sense of well-being.

♦ Focus on your breathing. Take long, deep breaths, inhaling into your abdomen. Exhale slowly and repeat several times.

♦ Silently repeat a calming phrase. Some people use a short prayer, mantra, or a soothing phrase such as “All is well” or “I am fine.”

♦ Mentally scan your body. While anxiously waiting for a meeting, breathe slowly as you focus on one part of your body at a time. Consciously relax your muscles, mentally releasing any tension you feel there.

♦ Tell yourself, “I can do this.”

Anxiety is treatable. Talk to your health care provider about other lifestyle measures, medication, and therapy. Contact UAlbany EAP for resources and referrals.

Managing Stress Webinar

In these unprecedented times, change and stress come from many different directions. UAlbany EAP has invited Linda Carignan-Everts, New York state EAP Wellness Coordinator, to present her “Solutions for Managing Stress During a Crisis” webinar. Linda will provide a realistic view of the unhealthy habits people rely on to manage stress and provides positive solutions that can reduce their stress. These strategies include exploring relaxing hobbies, discovering the power of mindfulness, practicing ways to increase your energy, learning the benefits of daily physical activity, expressing gratitude, and mastering a breathing activity that can help quiet the mind in turbulent times.

Join us for the 30 minute webinar on Wednesday, July 15 at noon. Registration is required to receive the WebEx meeting invitation. To register, click here. Contact EAP Coordinator Brenda Seckerson if you have any questions. bseckerson@albany.edu 442-5483

“Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.”

~ Wayne W. Dyer
How to Record Your Time and Activity

Where does your time go at work? The best way to find out is to start logging your time and activity. In a short time you learn a lot. Here’s how it works:

**Set up your log.** Use a mobile time tracking app, a spreadsheet, a note-taking program on your computer or device, or pen and paper. Choose a method you are comfortable with so you’ll stick with it.

**Start logging.** Every time you perform any activity during the day, record it. Note what you did and how long it took. Include every activity, whether it was a major or minor work task, a video conference, or getting a cup of coffee.

**Add details.** Record your energy level or state of mind during an activity (tired, stressed, frustrated, distracted, energetic, focused). Include interruptions and distractions, and whether the task was high or low value in terms of your professional and personal goals.

**After a few days of activity and time logging, the results may surprise you.** You may realize you spend more time chatting with coworkers or surfing the internet than you realized. You might find that your most productive hours are first thing in the morning or discover that you are spending too much time on activities that are keeping you from achieving your goals. Awareness will improve how you manage your time.

Source: Personal Best, a registered trademark of Ebix. (June 2020) TP Top Performance.

Your Professional Image Online

Plug your name into a search engine, and see what comes up. Keep in mind that any employer, colleague, or client can see what you are seeing with just a few keystrokes. Use these strategies to present yourself professionally online:

**Check privacy settings.** Control who sees your information by manipulating the privacy settings on social media and networking sites.

**Watch what you write.** What you post on social media, write in emails or on a blog, or comment on a message board could be viewed or read by just about anyone.

**Select photos carefully.** Only post and share photos that portray you the way you want to be seen by your coworkers. Ask others not to tag you or post pictures of you without your consent.

Source: Personal Best, a registered trademark of Ebix. (April 2020) TP Top Performance.
Three Sources of Support Available

Announcing Coping Circles: Six New Yorkers, Six Weeks, Coping Together

New Yorkers are coping with a lot. Coping Circles are free six-week support and resilience groups, held by video or phone, facilitated by licensed mental health professionals.

Learn more and sign up at ny.gov/copingcircles for a Coping Circle, including specialized Circles for Healthcare Workers and First Responders, Survivors of COVID-19 Infection, Job Loss due to COVID-19, or Loss of a Loved One to COVID-19.

COVID-19 Support: Feeling stressed by the COVID-19 epidemic? You are not alone. New York State Office of Mental Health Emotional Support Line is staffed 7 days a week, 8am-10pm by specially trained volunteers who can help. 1-844-863-9314 https://omh.ny.gov/

SUNY in partnership with the New York State Office of Mental Health (OMH) has launched Crisis Text Line for students, faculty, and staff who are dealing with emotional challenges. Members of the SUNY community can access the confidential text line 24/7 by texting GotSU to 741-741 for help. The text line can be used to help alleviate depression, anxiety, stress, and suicidal thoughts. It also provides a way for people to talk about substance use, relationship issues, domestic violence, and school stressors, as well stress and anxiety related to the COVID-19 pandemic.

Talking to Children During These Times of Change

As the local child care resource and referral agency, Brightside Up provides resources to the community in order to improve the availability and quality of child care and to assist families in finding child care. In a recent weekly email, the agency discussed how children may be feeling anxious, confused, and uncertain. “Right now, connecting with the community around them may seem scary. As adults we can find ways to help them cope and navigate, and even learn, as they experience these big emotions. We must do this even as we are overwhelmed by our own.”

Brightside Up’s website provides several resources that might prove helpful in having conversations. You don’t need to be a parent to benefit from reviewing these resources as we all look for ways to raise our awareness and step up to address racism, oppression, and support inclusion, diversity, and dignity for all. Brightside Up states that the links are “by no means a solution, but a small part in finding hope and help.”

Loving-kindness meditation for children (Greater Good Science Center): Meditation is a useful tool to help children reconnect to their innate capacity to be kind and inclusive to all.

Racism and violence: How to Help Kids Handle the News from the Child Mind Institute (Child Mind Institute): Helpful guidelines for helping children deal with troubling news

Is My Skin Brown Because I Drank Chocolate Milk? (TEDX Stanford): It is the things we don’t say and the matters we don’t discuss with our children that find their way into racist dialogue and thinking.

Supporting Kids Of Color Amid Racialized Violence (Embracerace.org): Q&A regarding how and when to talk to children about healthy racial identity

When the News is Scary, What do We Say to Kids (NPR): What parents, teachers and other caregivers can do to help prepare and protect kids from all the scary news out there

Visit the Brightside Up website for more resources to explore.
Use EAP for Acute Stress

EAP Coordinators do more than help employees solve problems. They also possess good listening and empathy skills and provide emotional support that offers relief from the anguish an employee may be feeling caused by a life crisis, difficult time, or even grim personal circumstances. Don’t dismiss asking UAlbany EAP Coordinator Brenda Seckerson for help, even if you believe that “EAP can do nothing to help me in this situation.” Don’t live in fear, lose sleep, become physically ill, or experience a constant sense of foreboding doom by “going it alone.” Instead, partner with the EAP for support that can help you through a difficult period.

The mission of UAlbany EAP is to provide services to support a healthy, productive workforce. Available to all employees is the voluntary, confidential Information, Assessment, and Referral Service provided by UAlbany EAP Coordinator, Brenda Seckerson. Take advantage of this confidential assistance available to you as an employee benefit.

While no in-person appointments are available due to the current COVID-19 related concerns, virtual appointments for confidential Information, Assessment and Referral Services with EAP are still available by phone and email.

Brenda Seckerson, EAP Coordinator
518-442-5483
bseckerson@albany.edu
EAP Website: http://www.albany.edu/eap

**NOTICE:** Starting June 1, 2020, my work schedule will be Tuesdays, Wednesdays, and Thursdays from 8 am—4 pm. If you need to speak with someone immediately for confidential referral information on days when I am not available, please contact the NYS EAP office at 518-486-9769. If it is not an emergency, I will respond to your request as soon as I return.

If you are experiencing domestic violence...NYS launched a new texting program and confidential service to help New Yorkers experiencing domestic violence. Abuse victims are often closely watched by their abuser, making these tools needed. You are not alone and you do not have to stay in a dangerous situation.

Text 844-997-2121 or visit www.opdv.ny.gov to confidentially chat with a professional at any time of day or night.

**New York State Domestic and Sexual Violence Hotline:**
1-800-942-6906 https://opdv.ny.gov/help/you-are-not-alone.html

Employee Assistance Program-sponsored events and services are open to UAlbany and Research Foundation faculty, staff, family members, UAS employees, GSEU members and retirees.
Avoid the Anger Trap

Anger is a normal emotion, as long as you express it constructively. However, ongoing angry feelings or anger that’s out of proportion to the situation can be damaging, personally and professionally, and to your health. To help gain control of angry feelings try some of these suggestions:

- **Take a time-out.** Walk away from the situation, and cool off before you speak or act in anger.
- **Talk it out when you’re calm.** After cooling your temper, find a positive way to express how you feel and state your needs.
- **Forgive and let go.** Don’t hold on to old resentments that may trigger angry outbursts in unrelated situations later. Make peace with the past.
- **Build a toolkit.** Arm yourself with techniques to use when you feel anger flaring. For example, take 10 deep breaths, repeat a calming word or phrase, imagine a peaceful or pleasant memory, or take a short walk.
- **Take care of yourself.** Get seven to nine hours of sleep per night, exercise and eat nutritiously. Being overtired and hungry can often produce negative feelings. Regular exercise helps ease tension and keep you calm.

Source: Personal Best, a registered trademark of Ebix. (August 2019) TP Top Performance.

“One of the hardest lessons in life is letting go. Whether it’s guilt, anger, love, loss, or betrayal. Change is never easy. We fight to hold on, and we fight to let go.”

~ Unknown

If you are in recovery...

How are you doing during this COVID-19 experience? Are you getting the support you need? Below are links to two articles that offer some helpful ideas and resources to help you maintain your recovery during these challenging times. For additional support, contact UAlbany EAP Coordinator Brenda Seckerson. bseckerson@albany.edu


How People in Recovery Are Dealing with the Isolation of COVID-19 (Healthline)
Resources to Help You and Your Family Through the COVID-19 Experience

What follows is the list of resources EAP has collected over these last few weeks to support you and your family’s health and well-being. The most recent resources collected are at the top of the list in each category.

**Working From Home:**
- “8 Tips for Staying Productive While Working From Home” by Kelsey Libert
- “5 Tips for Staying Productive and Mentally Healthy While You're Working From Home”

**Financial Well-Being:**
- The National Foundation for Credit Counseling® (NFCC®) is the largest and longest-serving nonprofit financial counseling organization in the U.S., its mission is to help all Americans gain control over their finances.
- Consumer Credit Counseling Services of Rochester: https://www.cccsofrochester.org/
- Consumer Finance Information: Protecting your Finances During the Coronavirus Pandemic https://www.consumerfinance.gov/coronavirus/
- SEFCU Financial Relief Programs: https://www.sefcu.com/financial-relief-programs
- Food Pantries for the Capital Region: http://www.thefoodpantries.org/covid-19-food-access-information-.html

**Stress Management, Physical Fitness, and Mental Health:**
- Free Webinar Series For Parents of Teens, and for Young Adults - The New-York Presbyterian Youth Anxiety Center is offering a free webinar series for teens, young adults, and another for their parents to share strategies for resilience in challenging times. https://www.nyp.org/youthanxiety/important-notice
- Free online bedtime floor yoga session on YouTube presented by professionally certified Kripalu yoga instructor Judi England. https://www.youtube.com/watch?v=12345
- Deskercise! 20 Ways To Get Moving While You Work: https://www.nchpad.org/fppics/deskercise%20poster_updated.pdf
- Physical Activity for People with Disability: https://www.cdc.gov/features/fitness-disabilities/index.html
- Physical Activities Around New York – Hiking: https://wellnys.goer.ny.gov/Physical_Activity/hiking.cfm
- Free meditation and mindfulness resource for all New York State residents provided by Headspace: www.headspace.com/ny

**NOTE:** If you have trouble with a link, please copy the resource name and do a search.
Resources to Help You and Your Family Through the COVID-19 Experience (con’t)

**Stress Management, Physical Fitness, and Mental Health (con’t):**


- This Pandemic of Grief by Center for Loss | Mar 18, 2020 | Article by Alan D. Wolfelt, Ph.D.


- Covid-19: Fear Zone, Learning Zone, Growth Zone | Check Your Mental Zone Now

- Coronavirus Anxiety Workbook: A Tool to Help You Build Resilience During Difficult Times - Provide tips, tools, and strategies about how to address any anxiety you might be experiencing during uncertain times.

- New York State Office of Addiction Services and Support: [https://oasas.ny.gov/](https://oasas.ny.gov/)

- Coping With Stress During Infectious Disease Outbreaks by Substance Abuse and Mental Health Services Administration (SAMHSA) [https://www.albany.edu/eap/images/SAMHSA_Coping_With_Stress_Infectious_Disease_Outbreak.pdf](https://www.albany.edu/eap/images/SAMHSA_Coping_With_Stress_Infectious_Disease_Outbreak.pdf)


- The Ohio State University has a campaign called JustBreathe which focuses on breathing techniques. This web page guides you in syncing your breathing for relaxation and stress reduction. [https://yp4h.osu.edu/justbreathe](https://yp4h.osu.edu/justbreathe)

- Dr. Andrew Weil’s website has breathing techniques that can help to increase a sense of calm. [https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/](https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/)

- Oprah Winfrey and Deepak Chopra ‘s 21 Day Meditation Challenge: Finding Hope in Uncertain Times - Free


- DeStressMonday.org: DeStress Monday is an initiative of The Monday Campaigns, a nonprofit public health initiative associated with Columbia, Johns Hopkins and Syracuse Universities. It helps people put a positive start on each week, while reducing stress throughout the week. [https://www.destressmonday.org/](https://www.destressmonday.org/)

- YMCAs have posted on YouTube video fitness classes to do from the comfort of your home. [https://www.youtube.com/channel/UCOGt_lpc_eP_xQhhCMCrut_A](https://www.youtube.com/channel/UCOGt_lpc_eP_xQhhCMCrut_A)
Resources to Help You and Your Family Through COVID-19 Experience (con’t)

Resources/Activities for Children and Parents/Caregivers:

- Child care and information for families:  Brightside Up, local child care resource and referral agency, is available to assist you with child care issues that arise due to the COVID 19 crisis. Contact them online at www.brightsideup.org or by calling one of their Family Educators at 518-426-7181.  https://mailchi.mp/brightsideup/covid19?mc_cid=480585beb5&mc_eid=193439068f
- New York State Child Care Resource and Referral Agencies by County:  https://www.albany.edu/eap/images/NYS_Child_Care_Resource_and_Referral_Agencies(1).pdf
- Parent Teacher Association (PTA): Coronavirus Family Resources  https://www.pta.org/home/family-resources/coronavirus-information
- Cincinnati Zoo "Home Safari Facebook Live"  http://cincinnatizoo.org/home-safari-resources/
- Smithsonian National Museum of Natural History Virtual Tour  (And check out other national museums' virtual tours!)  https://naturalhistory.si.edu/visit/virtual-tour
- US National Park Service/Virtual Tours and Great Photos and History  https://www.nps.gov/index.htm

Health Insurance Quick Links

Should you or a family member need access to your health insurance benefits related to COVID-19, here are the quick links that outline the coverage and assistance you can get from your plan.

NYSHIP Empire Plan:  https://www.empireblue.com/nys/


MVP:  https://www.mvphealthcare.com/covid19  1-833-693-7669

Empire Blue Cross:  https://www.empireblue.com/coronavirus/individual-and-family/
Managing the Terrible Twos

Toddlers want to do things more independently. At this stage, they must also learn limits. When they can’t accomplish things or express themselves constructively, frustration and misbehavior may follow. Here are ways to navigate this temporary but often turbulent phase:

1. Empathize and don’t take tantrums personally.
2. Calmly teach appropriate ways to manage feelings.
3. Avoid physical punishment, intimidation, or telling children that they’re bad.
4. Avert tantrums via regular mealtimes and nap times. Plan ahead to prevent boredom.
5. Explain plans in advance.
6. Help a child anticipate transitions with picture schedules and reminders.
7. Focus on the most problematic behaviors.
8. Empower kids by giving them choices.
9. Distract children before they escalate and consider taking a break before YOU escalate.
10. For additional advice, consult your pediatrician.

— Eric Endlich, PhD

Summer Fitness, Family Style

Exercising together as a family can help keep you strong physically and emotionally, especially when the activity involves fun in the sun. Children and adults alike need daily exercise. To make it happen, plan. First, if you can, set aside at least 150 minutes a week as a family for moderate-intensity exercise, perhaps after work or dinner. Discuss it as a family and list a variety of fitness activities and sports. Use your imagination.

- **Start in the backyard.** Play badminton in pairs or singles. It’s a fun way to keep moving for one to two hours.
- **Play catch,** soccer, or pool volleyball.
- **Most young children** are delighted to simply walk hand in hand to the park with their grown-ups.
- **Be adventurous** and plan exploratory hikes. Pack a map and a picnic. Bring along a bird or plant guide.
- **For a muscle workout,** explore nearby waterways by canoe or kayak. A calm river or pond is good for beginners.
- **Walk or bike everywhere you can** — nearby shops, a library, your kids’ school, or sports events.

An active childhood leads to lifetime habits of exercise and good health. Just leave the TV, game console, and smart devices behind and enjoy the outdoors.
2020 Summer Camps

With COVID-19 still a major concern, the availability of summer camps has been affected. **Brightside Up**, the local child care resource and referral agency, publishes a summer camp catalogue each year. They have made a 2020 camp listing available as of June 2020 with the caveat that things may change due to COVID-19. To request your catalog, go to: [https://www.brightsideup.org/summer-camp](https://www.brightsideup.org/summer-camp) Brightside Up can be of assistance in helping parents find child care other than summer camps, too!

The Arts Center of the Capital Region is offering a July online camp and an onsite camp in August. For information, go to: [https://www.artscenteronline.org/online-art-camps/](https://www.artscenteronline.org/online-art-camps/)

Additional resources to locate summer camps in the Capital Region:

- [https://capitalregioncamps.com/](https://capitalregioncamps.com/)
- [https://albany.kidsoutandabout.com/content/guide-summer-camps-capital-district-new-york](https://albany.kidsoutandabout.com/content/guide-summer-camps-capital-district-new-york)

July is National Sandwich Generation Month

The term Sandwich Generation was added to the *Merriam-Webster Dictionary* in 2006 as the term became more mainstream. This generation encompasses the group of adults typically in their 40s and 50s who are caregivers for a parent/elder family member aged 65 years and older while also caring for children or supporting a grown child. Individuals experiencing this “sandwiching” juggle a multitude of responsibilities that can cause great stress.

Elder care expert Carol Abaya identified three roles those in the Sandwich Generation typically fall into: the Traditional Sandwich Generation, the Club Sandwich Generation, and the Open Faced Sandwich Generation. Along with helpful stress busting tips, you can learn more about these roles in the *Seniorliving.org* article titled “The Sandwich Generation.” For additional information, check out this *Senior Living Blog* on the topic from the *A Place for Mom* website.

If you are a member of this generation, how are you doing with taking care of yourself and with asking for help? Don’t hesitate to ask for support. Reach out to UAlbany EAP Coordinator Brenda Seckerson for resources to help you navigate through the Sandwich Generation years.

**SPECIAL NOTE:** AARP offers various articles about managing your relationship with your nursing home during the pandemic: [https://www.aarp.org/caregiving/nursing-homes/](https://www.aarp.org/caregiving/nursing-homes/). For issues you have not been able to resolve directly with the nursing home, reach out for assistance from your ombudsman.

“To care for those who once cared for us is the highest honor.”

~ Unknown
Reducing Debt in Two Ways

Debt stacking and debt snowball are two common methods for paying off debt. The basic premise is the same for both methods. A person lists their debts, including the minimum payment, the interest rate, and the balance of each debt. The second step is determining how much money can be used toward paying off debts in total. Each month the minimum payment is made on each of the debts. The difference between the two occurs at this next step. Here you determine which debt to focus on paying off first.

For debt stacking, you put all extra money toward the debt with the highest interest rate. With debt snowball, you focus on the lowest balance first. Example: $500 total per month to pay toward debts.

<table>
<thead>
<tr>
<th>Name of Debt</th>
<th>Minimum Payment</th>
<th>Interest Rate</th>
<th>Balance of Debt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit Card</td>
<td>$75</td>
<td>14.99%</td>
<td>$2,000</td>
</tr>
<tr>
<td>Store Card</td>
<td>$25</td>
<td>29.99%</td>
<td>$3,500</td>
</tr>
<tr>
<td>Personal Loan</td>
<td>$50</td>
<td>18.99%</td>
<td>$6,000</td>
</tr>
</tbody>
</table>

For debt stacking, pay the minimum payments on all three debts and put the remaining funds toward the store card debt because it has the highest interest rate. You do that each month until you have the debt paid off. Then you would move to the personal loan debt because it has the next-highest interest rate.

For debt snowball, you would pay the monthly minimum on each loan but put the remaining funds toward the credit card because it has the lowest balance. Deciding which method to follow depends on your personality. If you don’t need to see results quickly to stick with your plan, choose the stacking method. If you need to see results quickly or you give up, choose the snowball method.

Source: Personal Best, a registered trademark of Ebix. (July 2020) TD Top Dollar

“A goal without a plan is just a wish.”

~ Antoine de Saint Exupréy
Final Reminder: New Tax Deadline is July 15

The following notice is placed on the UnitedWay website regarding the free tax preparation that has annually been available.

In accordance with the Executive Order issued by New York State Governor Andrew Cuomo, the CA$H Coalition of the Greater Capital Region is suspending in-person tax preparation services at all VITA sites until further notice.

The IRS and New York State have extended the tax filing deadlines to July 15. With the additional time to file, we will make every effort to accommodate our clients who depend on this service. Please contact your local VITA site or call 2-1-1 for more updates.  http://www.cashgreatercapitalregion.org/

Additional Tax Preparation Resources:

- People and families who use a Simple Form may be eligible to use this free service: www.MyFreeTaxes.com
- Or, go to the NYS Tax & Finance website to see if you qualify for a FREE tax return this year: https://www.tax.ny.gov/pit/efile/default.htm
- Questions about preparing your taxes? Connect with the IRS Taxpayer Advocate Service at www.irs.gov/advocate.

Reminder to Complete the 2020 Census

April 1, 2020 was Census Day. This marked the start of the next decennial census; the nation's once-per-decade, constitutionally-mandated count of every American, regardless of their citizenship status. The decennial census is one of the nation's most important programs. It provides the allocation for the fair share of federal funds for programs essential to health care, education, housing, economic development, and transportation, as well as our congressional representation in Washington. All of this depends on an accurate and fully-counted census response. If you haven’t completed the census form, take a few minutes to do so.

Go to: https://www.ny.gov/programs/2020-census

Deadline is October 31, 2020.
For Your Health...

Produce Three Ways

There’s always nutrition research that’s up for debate — is saturated fat harmful or helpful? Is a low-fat or low-carb diet better? But the one thing all health professionals agree on is the importance of eating enough vegetables and fruit.

Vegetables and fruit are filled with fiber, vitamins, minerals, and important antioxidants. They help reduce the risk of developing heart disease, type 2 diabetes, and certain types of cancer. Best habit: Fill half your plate with colorful produce at every meal. Whether your choices are fresh, frozen, or canned, what’s most important is that you get your daily intake.

Go fresh: If you live where fresh vegetables and fruits are economical and readily available year round, stock up on your favorites and enjoy. Some hardy and affordable options are carrots, beets, squash, celery, pears, apples, and broccoli. Buy berries in season and freeze them.

Rely on frozen: Studies that test the vitamin content of fresh vs. frozen produce show that frozen options often edge out the fresh options. Why? Because frozen fruits and vegetables are picked and packed at the height of their nutrient value, and freezing locks in the vitamins. However, the vitamins in fresh produce may degrade while they are shipped and stored. Both are still nutritious, so choose what you prefer.

Stock cans: Canned vegetables and fruit are economical and convenient, and they have a long shelf life. If possible, choose those with no added salt or sugar. Rinse those that have added salt or sugar.

Remember that canned and frozen produce are convenient and help reduce food waste, because they last longer than fresh produce. They are all good for you. ~ Cara Rosenbloom, RD

Source: Personal Best, a registered trademark of Ebix. (June 2020) TH Top Health

National Park and Recreation Month

July is National Park and Recreation Month. New York is rich in its diverse parks and in its opportunities to recreate. Due to COVID-19, many individuals may not be taking traditional vacations. Exploring nearby parks or traveling somewhere in the state of New York may be just the ticket to be in nature, replenish, and to have some outdoor fun. Here are some handy resources to help you find parks in New York and in nearby Massachusetts and Vermont, too. Enjoy!

- New York State Parks, Recreation and Historic Preservation
- Massachusetts Parks and Recreation
- Vermont Department of Forest, Parks, and Recreation
QUIKQuiz™: Fitness IQ

It’s easy to confuse fact with fiction about how to get in shape. All sorts of dos and don’ts for fitness and weight loss abound online.

1. Getting in shape requires long workouts.
   True  False

2. Exercise is not just about weight control.
   True  False

3. You don’t need to warm up your muscles before you work out.
   True  False

4. Certain healthy foods, such as celery and lettuce, help you lose weight because they have negative calories.
   True  False

Answers

1. False — Just 10-minute spurts of activity three times a day for five days a week build fitness, according to the NIH.

2. True — Exercise also helps reduce stress, improve mood, and enhance your sleep. It also lowers your risk of developing chronic disease.

3. False — Warm up your muscles with low-intensity activities for five to ten minutes before any vigorous activity. Stretch gently at the end of vigorous activity and after cool down to reduce strain.

4. False — All foods have calories. However, eating lots of vegetables is a healthy habit. The fiber helps you stay full and satisfied, so you’re less likely to snack all day long.

Source: Personal Best, a registered trademark of Ebix. (April 2020) TH Top Health

WellNYS Everyday July Challenge

Want a way to help you stay focused on your healthy behaviors during 2020? Participate in the WellNYS Everyday Monthly Challenges sponsored by New York State EAP. This self-paced program completed on an honor system provides you with a different challenge at the beginning of each month. Tracking your progress makes it easier to meet your goals. **July’s challenge is “stay hydrated with water.”** Invite a colleague or family member to join you in the monthly wellness challenge fun! In addition to the monthly challenges program, WellNYS Everyday also offers a wellness “Daily To-Do” which can be emailed to you. NOTE: You don’t have to participate in the monthly challenges to receive the Daily To-Do email. To learn more and to register to participate, go to: [https://wellnys.goer.ny.gov/](https://wellnys.goer.ny.gov/)
Take extra precautions or avoid outdoor activities when UV rays are strongest (10 a.m.-4 p.m.).

Apply sunscreen frequently; use sun protection factor (SPF) 30.

Protect yourself from UV exposure through your car windows and on cloudy days.

Skip the white T-shirt; a thin shirt provides little protection from the sun’s rays.

Healthy
Top Ten

Sun Sense and Skin Protection

Notice changes:
Suspicious spots, changing moles and growths — they can develop anywhere, even on the soles of your feet!

Ask your pharmacist if sun exposure while taking medication will cause a reaction.

Shade your face, ears and neck with a wide-brimmed hat.

Seek shade under an umbrella, tree or canopy.

Protect your eyes with wraparound UV-protective sunglasses.

Schedule an annual skin check with your health care provider.

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Cool Corn and Black Bean Salad

**Ingredients:**
1 can (15 oz.) no-salt-added black beans, drained and rinsed
1 mango, peeled, pitted, and diced
1 can (15 oz.) no-salt-added corn niblets, drained
1 orange bell pepper, seeded and diced
1 medium tomato, diced
2 green onions, chopped

**Dressing:**
¼ cup fresh lime juice
¼ cup olive oil
½ tsp ground cumin
¼ cup chopped fresh cilantro
½ tsp salt

**Method:**
1. In a serving bowl, combine black beans, mango, corn, peppers, tomato, and green onion.
2. Whisk together all dressing ingredients. Combine salad and dressing, and serve.

Makes 4 servings. Per serving: 297 calories | 9g protein | 15g total fat | 2g saturated fat | 10g mono fat | 3g poly fat | 38g carbohydrate | 7g sugar | 9g fiber | 298mg sodium

Source: Personal Best, a registered trademark of Ebix. (July 2020) Smart Moves

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Preventing Wrist Pain and Strain

The human hand is a delicate collection of small bones, nerves, muscles, and tendons — all working precisely together with the wrist. It’s no surprise that some wrist conditions can disable the hand. With repetitive motion, strain symptoms often go unnoticed as the condition continues to worsen over time. Wrist, hand, and forearm discomfort can become serious. A wrist or hand injury left untreated can eventually make it hard to perform daily tasks, such as driving or reaching for something on a shelf. **Here are some care tips for work and home:**

- Avoid contact stress. Pain and injury can develop from contact stress — when your wrists, forearms, or elbows rub against or rest on the leading edges of a workstation table or desk, or on a hard wrist rest. Adjust your workstation so your wrists work in a neutral, straight position.
- Exercise regularly. When wrist or muscle strain does occur, a generally healthy body can heal more readily. Aim for at least 30 minutes of exercise most days.
- Work with tools that have long, round, or oval-textured handles so you use less force when gripping them and the handles do not dig into the palm of your hand. Look for pre-bent handles that allow you to keep your wrist straight.
- Use mobile devices with care. Laptop keyboards as well as tablet and smartphone keypads may create awkward hand and wrist positioning while typing. If your laptop or tablet is your primary computer, consider using a separate keyboard and mouse that save your hands, wrists, and shoulders from strain. Limit texting to avoid pain and strain on your wrists and hands — especially your thumbs (overuse can cause “texting thumb” or thumb tendinitis).
- Massage your fingers, hands, and wrists periodically to keep them warm and promote blood circulation.
- Lessen the vibration. When performing tasks that cause vibration on your hands and wrists, wear vibration-dampening work gloves.

Source: Preventing Wrist Pain and Strain brochure. Personal Best, Ebix, Inc.. (2013)
Q: How can I adapt to rapid change?

A: Here are some helpful tips if you’re struggling to keep up with a fast-moving world:

1. **Realize that you’ll need to adjust.** In the long run, facing change is better for you than ignoring the situation. Give yourself time to adapt.

2. **Remember:** Good changes may be stressful, but they’re still positive events.

3. **Maintain regular routines** when possible to provide some stability.

4. **Keep up healthy habits:** exercise, adequate sleep, relaxation and wholesome eating.

5. **Take a break** from the news.

6. **Avoid relying on** drugs, alcohol or tobacco.

7. **Confide in others** to feel less isolated.

8. **Find things to be thankful for.** Look for positive opportunities.

9. **Address changes proactively.** Before a hectic workweek, cook make-ahead meals and finish chores on the weekend.

10. **Trust that you can persevere** and tackle changes constructively, as you have in the past. Keep moving forward 1 step at a time.

— Eric Endlich, PhD

Source: Personal Best, a registered trademark of Ebix. Printed with Permission.
Compliments of Personal Best Publications

MAKE A GREAT PLATE.
A homemade mix of salty, sticky and sweet makes this snack so good.

Popcorn Trail Mix

INGREDIENTS
4 cups popped salted popcorn
½ cup unsalted almonds, pecans or cashews
¼ cup unsalted sunflower or pumpkin seeds
1 tbsp neutral oil (avocado or canola)
1 tbsp honey
½ tsp cinnamon

DIRECTIONS
In large mixing bowl, combine popcorn, nuts and seeds. In small bowl, combine oil and honey. Pour over trail mix, Sprinkle with cinnamon and toss to coat. Enjoy with a spoon – it’s sticky.

Makes 6 Servings. Each: 125 calories · 3g protein · 9g total fat · 8g carb
2g sugar · 2g fiber · 15mg sodium · 1g saturated fat · 4g mono fat · 4g poly fat

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BOOST YOUR FINANCIAL HEALTH

JULY 2020

For long-term financial security, it’s crucial to save as much as possible for your retirement. It’s never too early to get started.

To save more and spend less, look around you. What factors trigger your overspending? Boredom, a bad mood, a vacation, big sales, loans to family and dining out with friends are just a few situations that may propel you to reach for your wallet more often than you should.

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EAP-sponsored events and services are open to UAlbany & Research Foundation faculty, staff, family members, UAS employees, retirees and GSEU members.

Disclaimer: Material presented in this newsletter is intended for educational or informational purposes only. It is not intended to replace the advice of a qualified health professional.

EAP is a joint labor/management program and is part of the NYS Employee Assistance Program.
Contact Info: 2 Empire State Plaza, 11th Floor Albany, NY 12223 ~ 518.486.9769