

NEW U NEWSLETTER

- May 2021



NEW U is a wellness committee responsible for promoting health and wellness among staff and faculty. We strive to provide information, events and ideas to educate and motivate you into a healthier lifestyle.

Click [here](#) for more information regarding New U.

9th: MOTHER'S DAY

15th: COMMENCEMENT CLASS OF 2021

16th: COMMENCEMENT CLASS OF 2020

19th: MEDITATION LUNCH & LEARN

31st: MEMORIAL DAY



Meditation Lunch & Learn with Katie Bean Wednesday, May 19 at noon

Zoom Meeting ID: 919 1441 1526

Meditation can help you calm the mind but it can also help you build resilience to better handle stress.

This workshop will include time to practice a variety of strategies to bring calm, clarity, and focus into your daily life. After practicing multiple methods and styles of meditation, you'll leave with a technique (or two!) that works best for you.

The Requirements to being a Wellness Participant in 2021:

1. Complete a Health Risk Assessment through IBC.
2. Receive one dental screening/cleaning or an annual vision screening.
3. Receive one preventative service. (Annual routine exam, mammogram, colonoscopy, etc.)
4. Participate in at least 5 activities throughout the year in a wellness activity sponsored by NEW U or individual activities. These 5 activities must be in at least (2) of the following categories: Nutrition, stress management, fitness & wellness education.

Wellness participants will receive an additional \$300 in their health savings accounts during the year. Those who satisfy the wellness requirement by June 4, 2021 will receive the \$300 in June. Otherwise, those who satisfy the wellness requirement by December 3, 2021 will receive the \$300 in December.

Ursinus offers **all Faculty & Staff**



the

Employee Assistance Program (EAP)

to help those seeking support and resources on matters of

Family, Health, Life, Money and Work.

The insurance provider for this program is Metropolitan Life Insurance Company.

For consultation services call: 1-888-319-7819

Or log on to metliffeap.lifeworks.com,

user name: metliffeap and password: eap

Check out the COVID-19 (Coronavirus) Toolkit which offers articles and resources on the virus.

Resources Available with the EAP:

- **Elder Care Locator**
- **K-12 School Search**
- **Childcare Search**
- **Financial Calculators**
- **Legal Resources**

Traditional Mexican Guacamole



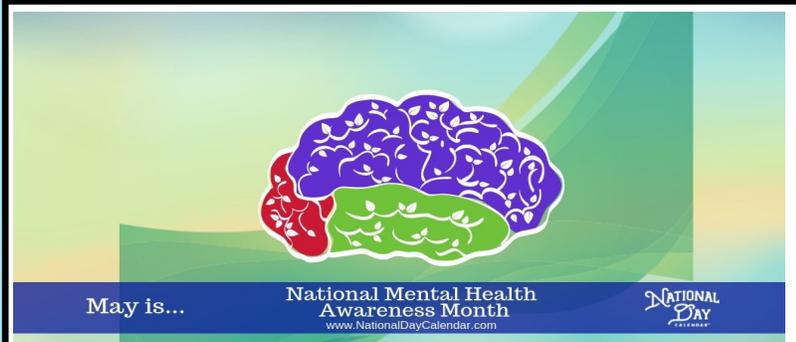
Ingredients:

- 2 avocados, peeled and pitted
- 1 cup chopped tomatoes
- ¼ cup chopped onion
- ¼ cup chopped cilantro
- 2 tablespoons lemon juice
- 1 jalapeno pepper, seeded and minced (Optional)
- salt and ground black pepper to taste

Directions:

Step 1—Mash avocados in a bowl until creamy.
Step 2—Mix tomatoes, onion, cilantro, lemon juice, and jalapeno pepper into mashed avocado until well combined; season with salt and black pepper.

Allrecipes by Kaersten



National Mental Health Awareness Month in May focuses on bringing tools, resources, and education to the general public.

Each year Mental Health America, National Alliance on Mental Illness, and other mental health organizations across the country organize events, webinars, and more to improve mental health access across the country.

Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly. However, that doesn't mean there isn't still work to do.

As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one's social, emotional, and psychological well-being. Mental health affects thoughts, feelings, and actions. When one has positive mental health, they are better equipped to handle stress, be more productive, and realize their full potential.

While we focus on our physical wellbeing, the food we eat, exercise, and getting regular check-ups for vision and dental care, we often forget to take stock of our emotional and spiritual needs. Everyday demands take their toll.

HOW TO OBSERVE

#MentalHealthAwarenessMonth

Share the message. Taking care of our mental health is as normal as eating healthy, exercising, or even saving for the future. Share your story to help others understand that achieving mental health is a daily process.

If you or someone you know needs to seek assistance check out one of these resources:

[Mental Health Americanami.org](http://MentalHealthAmericanami.org)

mentalhealth.org

[National Institutes of Mental Health](http://NationalInstitutesofMentalHealth)

[Substance Abuse and Mental Health Administration](http://SubstanceAbuseandMentalHealthAdministration)

[American Psychiatric Association](http://AmericanPsychiatricAssociation)