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# My Total Health

Lehigh Valley Health Network

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# myTotal Health

MAY 2018

HEALTH & WELLNESS NEWS TO KEEP YOU AT YOUR BEST

## Serious Tools for Life and Work Stress

**One report puts the ratio of visits** to primary care physicians for stress-related complaints at 90 percent. In the face of these kind of statistics, Susan D. Wiley, MD, Vice Chair of the Department of Psychiatry at LVHN, co-founded LVHN's Center for Mindfulness-Based Stress Reduction (MBSR). Since 2001, the center has focused on helping LVHN colleagues and others recognize how stress affects their lives and learning ways to manage it.

### A unique kind of stress

"Every individual has his or her own pattern of stress response," says Dr. Wiley. She says those who work in health care have a unique kind of stress, because they are often exposed to trauma and suffering, which can have an impact on perceptions about their own safety and that of their loved ones. "Regardless of the type or pattern, stress can trigger significant responses in every organ system in the body," she says.

### Countering stress through mindfulness

The 8-week mindfulness class at LVHN teaches non-judgemental awareness of the present moment, so you can



LVHN offers help through Mindfulness-Based Stress Reduction classes.

respond to situations calmly, rather than react. Mindfulness involves meditation to improve focus, and techniques for relaxation. It can transform physical health by making you more aware of your body's responses, and listening for ways to better care for yourself. "Once you know these techniques and you practice them," says Dr. Wiley, "you can call on them to find relief, in any kind of stressful situation."

**Mindfulness-Based Stress Reduction starts June 7, 2018. Information sessions available on May 25 and 29!**

Sign up through [lvhn.org/wellness](http://lvhn.org/wellness) resources and receive:

- ◆ **Free information session** - to introduce mindfulness
- ◆ **Eight weeks of classes** - to delve into how mindfulness can reduce stress
- ◆ **3-CD set or USB drive** - for home practice and future use
- ◆ **1/2 day retreat (included in cost)** - a stress relief bonus!
- ◆ **Fee reimbursement** - cost of \$375 is 100 percent reimbursable with My Total Health wellness dollars when you attend six out of nine classes
- ◆ **CME credit available** - visit [lvhn.org/wellness](http://lvhn.org/wellness) resources for information



Susan D. Wiley, MD



## Challenges Keep you Moving

**When you were a child, did you ever say, “Race you to the corner,” to a friend?** It made you run faster, with more determination, didn’t it? That’s the idea behind LVHN’s Health and Wellness Challenges, introduced earlier in the year. They are designed to give you an extra nudge toward either changing a behavior to a more healthy one, or maintaining a change you have already started. They can also create a foundation for expanding healthy behaviors to other parts of your life.

“Health challenges can be great motivators,” says Erica Hudak, board-certified health coach. “They give you purpose and keep you moving toward your goals.” She adds that challenges do not have to be a part of a larger wellness framework, or a structured plan. “If you only want to participate to see if you can do it, by all means go for it,” she says.

*To work toward in-depth behavior change, remember that health coaching is free for LVHN colleagues, regardless of insurance coverage. It’s also free for LVHN Health Plan dependents age 18 and older. Log onto MyPopulytics.com, visit MyTotalHealth.lvh.com or call 610-969-0487.*

### Bring Mindfulness with you to Work ... and Relax!

Here are a few suggestions for managing stress on the job:

**Do one thing at a time.** A Zen proverb says, “When walking, walk. When eating, eat.” Multi-tasking is stress-inducing.

**Spend 5 minutes a day doing nothing.** Sit in silence. Notice your thoughts and your breathing. Being comfortable with the stillness will do you a world of good!

**When you’re talking to someone, be present.** Forget about what to say next, or what to eat for lunch. Really listen to the person and enjoy their point of view.

**Do things more slowly.** Make your actions deliberate, not rushed and random. Your boss will appreciate your attention to detail!

### Noon Speaker Presentations and Convenient Webinars

- **June 27:** Fitness You Can Fit in Anywhere
- **Aug. 15:** Sitting is the New Smoking
- Nutrition 3-Part Series  
**Sept. 12:** A Healthier You  
**Oct. 10:** Back to Basics  
**Nov. 14:** Emotional Eating
- Building Resiliency with Mindfulness (webinar only)

More information available, and view the webinars at [MyTotalHealth.lvh.com](http://MyTotalHealth.lvh.com).

### Fitbits® Available for Sale

Just in time for summer workouts! Two kinds of Fitbits are for sale through the Fitness Center. Call 484-862-3002 for more information.

**Mark your calendar for these upcoming challenges ...** there’s still time to register for “Step It Up”!

Challenge	Description	Challenge Start	Challenge End
<b>Step It Up</b> 	Increase physical activity and improve your well-being	May 14	July 15
<b>Lose for Health</b> 	Lose a little weight to make a difference in your health	August 20	October 14
<b>Maintain Don’t Gain</b> 	Prevent weight gain while enjoying the holidays	November 14	December 26