



There is enough time for self-care. There is not enough time to make up for the life you'll miss by not filling yourself up.

-Jennifer Williamson

Setting yourself up for success should be at the top of your priority list, so self-care should be your motto! Self-care has different meanings for everyone, but we all need to find those activities that make that possible. Part of that self-care is finding the joy in life and the things that make you happy. Negativity is all around us, but could you imagine if you got up every day and just thought of the one thing that made you happy in that moment. It can take one thought to change your day.

When we start thinking of the positive it changes our demeanor, our mood, and even the mood of those around us. This is also what self-care looks like. It may be the quiet morning when everyone is still sleeping, or the sun on your face on a bright summer afternoon, the laughter of friends sharing a lunch, the smile on your child's face playing freely, the unconditional love of a pet, a relaxing moment to breathe, a bike ride or whatever else you can add to your own list.

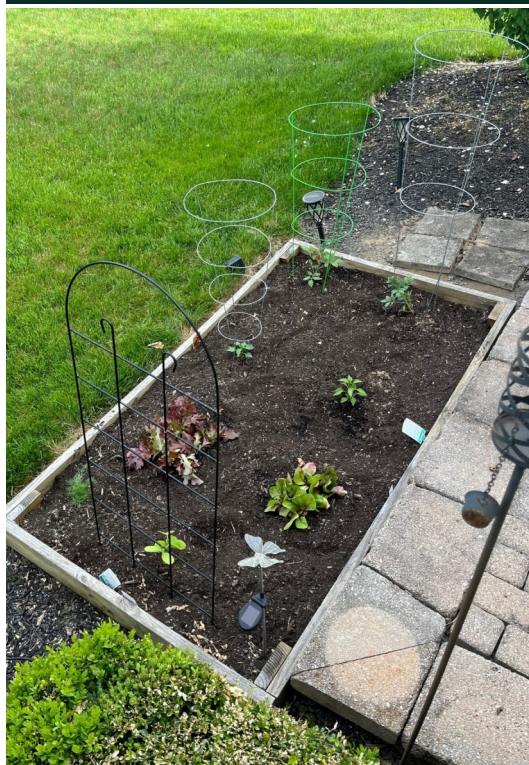
Self-care is making sure you do things you want to do and saying no to the ones that don't spark joy. What have you always wanted to do? What are you waiting for? Make time and find out how that activity fulfills you in a way you might not have thought of.

However you feel that self care is meaningful and taking part in that will help you on your way to well-being! And that means taking the time for self-care, no matter what it is!

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My Self-Care Journey Pushing the Boundary

Self-care for me has encompassed many things in my life. Sure I do the usual-exercise, eating healthy, playing golf, reading, etc. By examining what I want and exploring my purpose, self-care for me means more than that now-trying new things!

Last summer I grew my own garden. I have never been a green thumb and there have been many plants that came to die in the Terry household. But I decided with the help of a friend to try something new. I grew cucumbers, tomatoes, lettuce and herbs. The picture to the left is the garden I planted this May. This year I cut back on the number of tomato plants and bought two pepper plants. So we will see how I do. I got a lot of satisfaction from going to the garden each day to check on everything last year. Even the one morning when the bunnies ate my lettuce to the nub. I learned a new trick, red pepper flakes in the garden wards off bunnies.

Last October my boot camp gym closed and I was not happy, but it gave me a new opportunity! I discovered something I now love that I never thought I wanted to even try. I hired a personal trainer to do a weight lifting program. It was super hard at first and I wasn't sure it was for me. There were mornings I wanted to stop and just get on the treadmill. This program has pushed me way out of my comfort zone. But what I have enjoyed over these 7 months is that I am enjoying the peace of lifting by myself. And I can push myself farther than what I thought I could.

Self-care for me today means to explore my boundaries and push myself out of my comfort zone to try something new, even if I fail! So think about your own self-care and how exploring what that means to you could enhance your well-being.



Embrace Your Path Wellness

This year will wrap up on July 31st, 2023. Please make sure you put in all your points in the health advocate system. If you have your annual physical this summer, make sure you send that over to me no later than August 2nd.

Remember to go to health.iu17.org, click on 22-23 Embrace Your Path tab for any forms you may need.

The new health advocate platform will change over on August 1st, it is a much better system, I got to try it out in May. It is much more intuitive and there are more offerings for wellness points!

My hours differ in the summer but most of the time I should be in the office on most Mondays and Wednesdays. Please use my cterry@iu17.org email during the summer as I am not checking my school emails that often.

EMBRACE

Better Sleep

WAKE UP AND LEARN

Sleep hygiene: setting the stage for restorative self-care

It can be difficult after a long, stressful day to turn off your mind (and the tv) and focus on getting a good night's sleep. Unfortunately, inadequate sleep - whether it's not enough sleep or poor quality sleep - can lead to increased irritability and reduced ability to focus the next day, resulting in even more stress. Poor sleep is also linked to mental health issues, such as ADHD, depression, and anxiety.

Thankfully, starting down the path toward better sleep isn't as daunting as it may seem. You can begin by creating a relaxing sleep environment and consistent nighttime routine.

Turn your bedroom into a *dreamy* oasis

- **Set the stage for relaxation**
Keep clutter to a minimum and consider soothing colors to help calm your mind.
- **Comfortability is KEY**
Invest in a bed, sheets and pillow that you love.
- **Scents to signal it's time to rest**
Try using essential oils, such as lavender and chamomile, to induce relaxation.
- **Temperature check**
Keep a cool, comfortable temperature - around 65 degrees Fahrenheit.
- **The darker the better**
Consider buying "black out" curtains or a sleep mask and eliminate light from electronics.



Train your brain and body to recognize when it's time to sleep

You may have heard frazzled parents talk about implementing a "bedtime routine" to help their rambunctious toddlers sleep better. What many people don't realize is that having a bedtime routine is helpful at any age! Establishing a relaxing, consistent nighttime routine helps train your body and mind to anticipate sleep. Bedtime activities may include light stretching or reading, dimming the lights at the same time each night, or journaling. Whatever calming activities you choose, your routine should conclude with you climbing into your comfortable bed at approximately the same time every night. But don't be fooled into thinking your bedtime routine only happens in the evenings. What you do during the day matters, too! Waking up around the same time every day, being exposed to sunlight and engaging in physical activity all promote better sleep at night.

Still struggling to get refreshing sleep? You're not alone

Improving your sleep hygiene is a good first step, but for many it may not be enough to really optimize your sleep. If you continue to feel dissatisfied with your sleep and are feeling tired throughout the day, it's time to seek help! Completing the Wake Up and Learn sleep screeners and completing a sleep diary can make it easier to talk to your doctor about your sleep. A referral to a sleep specialist may be needed to determine if you have a sleep disorder that requires treatment.



Better sleep, easier from Geisinger

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Millions of people are experiencing lower stress, less anxiety, improved focus and more restful sleep with Calm. Whether you have 30 seconds or 30 minutes, Calm content is made to suit your schedule and needs.



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To activate your subscription, scan the QR code or visit:

<https://www.calm.com/b2b/lcic/subscribe>

This must be done on a web or mobile browser (not in the app itself).

Once on the page:

- Sign in to your existing Calm account or create an account
- Enter your **work email** in the box provided to activate the subscription on your Calm account
- Download the Calm app and log in to your account to access the premium content
- Once you've signed up, you can [add up to 5 dependents](#) (age 16 years or older) via the "Manage Subscription" page inside your Calm account at www.calm.com

Need help? Reach out to the [Calm Support Team](#) with any questions.

<https://support.calm.com/hc/en-us?>

Mental Health and Your EAP

EAP stands for employee assistance program. It is an employee benefits program provided by a company to help employees resolve issues that could impact their life. The idea is to address personal issues before they interfere with work performance. Did you know that your work EAP has many resources on mental health and emotional well-being? One in four Americans will experience a mental illness in their lifetime, depression, anxiety, post-traumatic stress disorder and others. It is imperative to get help when you need it.

If you are in good emotional health, you are in control of your thoughts and behaviors, and you feel good about yourself. That doesn't mean a person with good emotional health won't ever have emotional problems, or even mental illness. But a person with good emotional health may be more likely to realize when a problem becomes troublesome enough to see a health care provider or a counselor, says the American Academy of Family Physicians.

*What distinguishes mental illness from problems of daily living is its severity or persistence over time. Mental illness includes mental disorders of thought, mood or behavior. People with a mental illness may have great difficulty with daily routines and tasks, responsibilities of family, work or school, or personal relationships. Many people with mental illness don't look ill, but others may be confused, agitated or withdrawn, according to the American Psychological Association.**

EAP websites and Phone numbers Listed by Employer

East Lycoming School District/Lyco CTC– EAPEssential-1-800-460-4374 guidanceresources.com

Jersey Shore School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Loyalsock Township School District-EAPEssential-1-800-460-4374 guidanceresources.com

Montgomery School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Montoursville School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Muncy School District-EAPEssential-1-800-460-4374 guidanceresources.com

Pennsylvania College of Technology-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

South Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

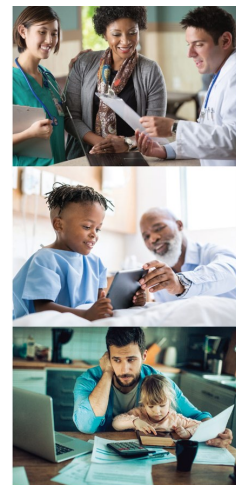
**Taken directly from ESI EAP*

Health Advocate

DID YOU KNOW? Health advocate not only helps with our wellness piece, they can do so much more. Health Advocate can provide help for your whole family: employees, spouses, dependents, parents and parents-in-law!

Your Personal Health Advocate can help in the following ways:

- ♦ Coordinate care with your providers
- ♦ Provide support for your medical condition
- ♦ Help you find the right doctors
- ♦ Research and arrange second opinions
- ♦ Help with confusing paperwork issues
- ♦ Provide special help for Mom & Dad



Who are the Personal Health Advocates?

✓ **Registered Nurses**

with experience in clinical care, case management, nursing education, supervision and administration

✓ **Benefits experts**

with experience in claims management and provider group administration

✓ **Full-time medical directors**

✓ **Trained clinical professionals**

including social workers, behavior change counselors, nutritionists, dieticians, dental care and pharmacy

1-866-695-8622