



Employee Wellness News

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May is National Wellness Month – and a perfect time to become more aware of your physical and mental health with this wonderful weather we've been having! Here are some ways to get and stay in shape:

1. Watching calories is great but you can take your health to a new level by also watching the quality of those calories. Do you know what the labels really mean? Here's a quick quiz to see if your market knowledge checks out... [Are you a green foodie expert?](#)
2. Exercise is the key success factor for both mental and physical health. Since that includes your mind, check this out for mind power! "The [UN World Food Program](#) has come up with an ingenious game, [Free Rice](#). You are presented with four or five definitions for a word and with each correct answer, 20 grains of rice are donated to feed the hungry around the world. I kicked off well over a thousand very quickly. It didn't take me long to work up to 1080 grains of rice and I had the option to set the game to remember my computer and add to the total. Some smart programmer has made the game toss out a few different levels of words to determine what level will challenge you, but not demoralize you. I noticed that when I missed two or three words in a row, the words got a little easier. A very kid friendly way to play! Try this as a family and end with a word that everyone can use in a sentence over the next 24 hours, or until you play your next round! Considering that 90 million people in over 80 countries survive on the World Food Program each day...this is a game you can feel really good about playing!
3. Employee Wellness has the new [summer schedule](#) of classes posted. Attend a class, bring a friend, and get addicted to exercise this month! Once you begin to feel the endorphins that exercise stirs up, you won't ever want to stop!
4. For your mental health, clear the clutter! The book "The Power of Less" is reported to "propel readers from chaos to blissful and productive minimalism. Learning to set limitations, such as penning a three-item Most Important Task list every day and restricting e-mails to five lines, is a cornerstone for the authors plan for increased simplicity and satisfaction. With new boundaries in place, readers can discover flow, become wholly absorbed in tasks and live the paradox of doing less and achieving more." Be one of the first 5 to reply to this post and [WIN A COPY OF THE BOOK FREE!](#)
5. Walking is one of the safest, easiest ways to stay fit. Its low impact, works the entire body, and can be done almost anywhere. We make it easy with campus walking trails. Choose a stroll or a real workout... Restrooms and water fountains are marked for your trip. Click here to choose a one-mile trail: the [CAMPUS TOUR](#) or [THE GRIZZLY](#).
6. Take a vacation! The most valuable wellness benefit we have at Mercer is paid vacation time. In the recent wellness survey, nearly 2 times as many people said they had called in for a mental health day as compared to 2006. Significantly more people also sought counseling, self medicated and requested medications from a doctor. If you fell into this category, perhaps a relaxing vacation is just what the doctor ordered! If it's your busy season, how about a weekend break? [Click here](#) for some great family week end getaways in Georgia.
7. Remember to nurture your spirit! There are so many ways...but we all can enjoy spending time watching the sky, a sunrise or sunset, listening to wind in the trees or the sound of rain. Even something as simple as cutting spring flowers can really lighten your spirit.



