



NMU
WELLNESS COMMITTEE
EDUCATING, ENGAGING & EMPOWERING EMPLOYEES

APRIL 2019



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The purpose of the “Wildcat Wellness Connection” newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.

How can you reduce stress?
Here are some suggestions:

- Exercise
- Reduce caffeine intake
- Write your stressors down
- Spending time with friends and family
- Learning to say no to unnecessary stressors
- Avoid procrastination
- Listen to soothing music
- Deep breathing

April is National Stress Awareness Month. As this semester comes to an end, you may have a To-Do list that seems a mile long and several fast approaching deadlines. If you are beginning to feel stressed, read on to learn more about what your body is actually doing when you feel stress, and ways you can learn to protect yourself from the toll on your body.



www.heart.org

Stress is primarily a physical response of the body when it believes it is under attack. When the body switches to “flight or fight” mode, a mix of hormones are released to prepare the body for action. Although this response is great for fleeing from danger if needed, it can have a negative effect on home and work life, especially when sustained over several days.

Everyone shows signs of stress differently, but learning how to identify stress related problems as early as possible is important to address the risk of serious stress related illnesses. If you experience stress over a long period of time, you can increase your risk of heart disease, high blood pressure, strokes, Irritable Bowel Syndrome, ulcers, diabetes, muscle and joint pain and more.

Stress can also affect us cognitively and emotionally in ways such as memory problems, inability to concentrate, self-doubt, depression, moodiness, irritability and anxiety.

Get moving to reduce your stress! Let’s take a closer look at how exercise helps to reduce your stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function. These benefits will help you when stress steals your ability to concentrate.

Exercise produces endorphins. These chemicals in the brain act as natural painkillers, and improve the ability to sleep. Also, exercise has been shown to decrease levels of tension, stabilize mood, improve self-esteem, and stimulate anti-anxiety effect.

Try something new! Turmeric has become increasingly popular and this month we'll dig in and learn more about this flowering plant of the ginger family. The spice dates back nearly 4,000 years to the Vedic culture in India.



<https://lifepa.com/turmeric-heart-healthy-pre-workout-alternative>

While some may dismiss it as the latest fad, Brett Peterson, Registered Dietitian for NMU Dining Services states, **“Evidence continues to mount in support of turmeric’s role in inhibiting the inflammatory process and, in turn, inflammatory diseases such as obesity, diabetes, cardiovascular neuro-degenerative, inflammatory bowel and certain types of cancers.”** While additional research is needed to accurately determine the degree and rate turmeric is absorbed by the body, Brett recommends incorporating turmeric in recipes to both boost color and flavor, while helping to fight inflammation.

Turmeric is a staple ingredient when making curries, but it also works well in dressings, soups, and rice dishes.



<https://witcheryblog.wixsite.com/witcherypress/single-post/2017/04/15/A-Piece-of-Curcumin>



There are two beverages currently available at Sundre, (located in the lower level of Harden Hall, formerly the LRC), that feature the golden-hued spice. GT's Tantric Turmeric Kombucha (Top) and Honey Drop Turmeric Lemonade (Bottom) are recommended by Suzi Trdan, Store Manager, and can be a great way to satisfy your curiosity about this super spice.

UPCOMING EVENTS

Fat Tire Bikes for staff use

- Tuesday, April 16, 11a-2p; NMU Fit Zone
- What to bring: NMU ID, comfortable biking clothing, water bottle and a snack. Helmets and fat tire bikes are provided free of charge. If you prefer to use your personal helmet, you are welcome to do so.

NMU Bike Week

Northern Michigan University will be hosting the first ever Bike Week on campus. During the week of April 22, there will be various events throughout the university's campus that encourage bicycling for students, faculty, staff, and community members.

Events throughout the week will include:

- Bike Fair on Monday, April 22
- Tune-Up Tuesday on Tuesday, April 23
- Group Bike Ride on Tuesday, April 23
- Bike to Campus Day on Wednesday, April 24.

For more information and the total list of events visit, <https://www.facebook.com/events/352223182053937/>.

Coffee & Climb

April 24th 7:00-9:00am

- Join the ORC for Coffee & Climb. We will have coffee and donuts available for participants!
- Free coffee if you BYOM (Bring your own mug), or it will be 50 cents per cup.
- Donuts will be available, while supplies last.
- Free for Members. \$10 for non-members.

Black Light Zumba

April 24th, 8-9:30pm. Vandament Arena.

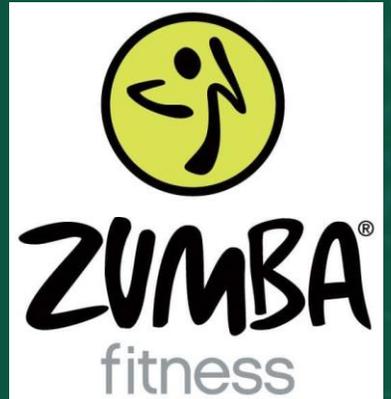
- Students from the Health and Human Performance department are hosting this event in partnership with the student organization Marquette Ending Hunger.
- To attend, bring a canned food item to donate to the can drive.

Sources:

<http://www.stress.org.uk/>
<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>
<https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>
<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>
<https://adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-stress>
<https://www.nmu.edu>



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