



# Wellness Newsletter



## Coming January 2023!

We are excited to announce that UAH Human Resources Department will begin disseminating a quarterly HR Newsletter beginning January 2023. This newsletter will be a great resource for all UAH faculty and staff to stay abreast of new developments, HR announcements, news, events, and other important information that all employees need to be aware of. Content will include:

- Benefits-related information: retirement plan information, health and welfare insurance, wellness program information
- General HR announcements
- New HR initiatives and programs
- Talent Management and Human Resources Information Systems (HRIS) segments
- Milestone Service Anniversaries
- New UAH employees

We feel this will be a valuable tool in keeping employees connected and up to date on what is happening at UAH. Charger Chat will be published at the beginning of each quarter of the calendar year. There will not be a separate Charger Fit newsletter in the months in which Charger Chat is published. However, Charger Chat will include Wellness Program content for our loyal Charger Fit readers.

## Walk to Lower Your Risk of Chronic Disease

You likely already know that walking is good for your health, but how much do you need to walk daily to produce health benefits? You've also probably heard that a 10,000 steps-per-day goal is good for you. However, that number originated from a Japanese marketing campaign rather than health research. A new study from Vanderbilt University Medical Center explored how many daily steps a person should take to promote good health. The research studied fitness trackers and revealed that walking 8,200 steps a day was the threshold at which a person begins to significantly lower their risk of developing various chronic diseases. Specific chronic conditions noted included obesity, sleep apnea, gastroesophageal reflux disease, major depressive disorder, diabetes, and high blood pressure. The study also concluded that walking more steps than the threshold continues to increase the proven benefits of walking

Source: Lockton



## DECEMBER 2022

### UPCOMING EVENTS

Workout With Charger Fit  
DECEMBER 2, DECEMBER 6,  
DECEMBER 16

Christmas Holiday  
DECEMBER 23-30

New Years Holiday  
JANUARY 2



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# Managing Holiday Stress

The kids are home, money's tight, and you're trying to juggle the demands of work and family without letting anything slip through the cracks. Is it finally the holidays? Holidays are supposed to be a special time when family and friends come together to celebrate, but many of us may celebrate alone. Things are different for all of us during the holiday season and these changes can trigger feelings of loneliness, anxiety, and stress. The EAP is here for you and your family and includes a variety of counseling and online wellbeing resources to help you feel emotionally and physically balanced during this challenging time.

**Maintain a Routine.** Even though your regular routine has been disrupted, you can still have some structure to your day. Create a realistic schedule with times set aside for important activities like work time, school time, screen time, exercise, and free time. Try to maintain your normal sleep schedule. It can help you function better during the day, stabilize your mood, and give a boost to your immune system.

**Keep Moving.** Although it might be tempting to binge-watch all of your favorite holiday movies, too much screen time and sitting can make you cranky, bored, and irritable. Make time to be physically active every day, even if it's just a short socially distanced walk. It'll help reduce your stress give you a healthy burst of endorphins to improve your mood.

**Schedule Downtime.** No matter what time of year it is, taking the time to rest and rejuvenate is always a good idea. Have an in-home movie night with your family. Take a nap. Make sure each family member has scheduled "me" time for some peace and quiet.

**Stay Positive.** Even if this moment seems stressful, can you find a way to make it pleasant? Connect with someone else in a positive way with a kind gesture, or try to notice what's around you with fresh eyes and an open mind. Even though the holidays are stressful, try and remember to laugh. Laughter is the best medicine and it's free.

Source: Uprise Health

# Seasonal Affective Disorder (SAD)

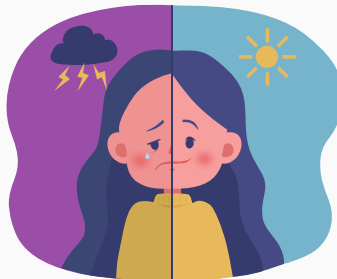
Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons—SAD begins and ends at about the same time every year. Symptoms may start out mild and become more severe as the season progresses. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, draining your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Treatment for SAD may include light therapy (phototherapy), medications, and psychotherapy. Take steps to keep your mood and motivation steady throughout the year.

## Signs and Symptoms of SAD

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of death or suicide

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, contact your Employee Assistance Program (EAP). If you don't have an EAP, contact a doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol/drugs for comfort or relaxation, or you feel hopeless.

Source: Uprise Health



# TIAA Quarterly Webinars

Attend live webinars to help boost your financial know-how



# Southern Banana Pudding Recipe

Makes: 10 servings

## Ingredients

- 3 3/4 cups milk (fat-free)
- 2 instant vanilla pudding and pie-filling mix (small packages 4 serving size, fat-free, sugar free)
- 32 vanilla wafers
- 2 bananas (medium, sliced)
- 2 cups frozen whipped topping (light)

## Directions

1. Wash hands with soap and water.
2. Mix 3 3/4 cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
3. Fold 1 cup of the whipped topping into the pudding mix.
4. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
5. Repeat layers, drizzling each wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
6. Refrigerate for at least 3 hours before serving.

## Nutritional Information (Serving size: 3/4 cup)

Total calories 215  
Total fat 4 g  
Saturated fat 2 g  
Cholesterol 9 mg  
Protein 6 g  
Sodium 211 mg  
Carbohydrate 12 g  
Dietary fiber 1 g  
Total sugars 2 g

