UPCOMING EVENTS

NEW YEAR’S DAY - JANUARY 1, 2019

NEW YEAR NEW YOU FITBIT CHALLENGE - JANUARY 7 - JANUARY 11, 2019

MARTIN LUTHER KING JR DAY - JANUARY 21, 2019

FITNESS FRIDAY - JANUARY 25, 2019

HAPPY NEW YEAR FROM CHARGER FIT!
**CHARGER FIT 2019**

Charger your way to a healthy 2019. Participate in the Charger Fit Wellness Program to explore new ways to improve your health. Participating employees have the opportunity to receive one of two wellness incentives by completing the requirements by October 31, 2019. See below for additional information.

**Tier 1:** Complete Health Assessment (25 points), Biometric Screening (50 points), **AND** earn 175 additional points* (250 total points) to receive a **$50 wellness incentive**

**OR**

**Tier 2:** Complete Health Assessment (25 points), Biometric Screening (50 points), **AND** earn 275 additional points* (350 total points) to receive a **$100 wellness incentive**

- Health Assessment: Available through the Gilsbar online wellness portal (25 points)
- Biometric Screening: Complete at the Faculty and Staff Clinic or your primary physician (50 points). The **UAH screening form** must be turned in to the Faculty and Staff clinic to receive points.

*Point earning activities can be found at www.myGilsbar.com. Log in to the wellness center and click “Track My Points” for a list of point earning opportunities. Activities will also be listed monthly in the Charger Fit Wellness Newsletter.

**NEW YEAR NEW YOU - FITBIT CHALLENGE**

Happy New Year! Let’s start this year off on the right foot and jump right into our next UAH campus wide Fitbit Challenge. The challenge begins January 7, 2019, and continues through January 11, 2019. Participants who maintain 7,500 steps or more a day will be entered into a random drawing for a Charger Fit Wellness Swag bag. Happy stepping!

**FITNESS FRIDAY - ZUMBA WITH WENDY**

Come join us Friday, January 25, 2019, for a 30-minute **ZUMBA** class at 11:30 a.m. in the University Fitness Center Room A! This is a fusion of international music and dance themes creating a dynamic, exciting, and energizing workout. [Click Here](#) to register.

**FACEBOOK - @UAHChargerFit**

We have created a Charger Fit Facebook page just for you @UAHChargerFit. Be sure to like and follow us to keep up-to-date on events and health information. We will also be sharing upcoming activities that you will want to be on the lookout for. Be sure to visit our **wellness website** too.

If you have ideas, comments, or suggestions regarding the Charger Fit Wellness program or web page, please submit those ideas to chargerfit@uah.edu.
MENTAL HEALTH CORNER - WHERE TO TURN FOR MENTAL HEALTH

It's normal to feel stressed or anxious now and then. But it's time to call for help if emotional issues interfere with your life, your job, or your personal relationships.

"With all the mental health resources and effective treatments available these days, there's no reason to suffer and wonder what's wrong," says Michelle Pruett, M.S.W., public information manager for the National Mental Health Association in Alexandria, Va.

Education and awareness have done much to erase the stigma once attached to mental illness. Still, many people don't seek help for mental health needs.

"Instead of worrying about what other people might think, pick up the phone," urges Ms. Pruett. "The truth is that mental conditions are real and can be life-threatening, but they're also common and very treatable."

How do you know you need help? "As with many physical conditions, change is the key," says Ms. Pruett. "If you have a marked change in personality, mood, or your eating or sleeping habits, that's a sign something is going on."

Other warning signs include:

- Feeling unable to cope with your day-to-day problems, work assignments or usual household activities.
- Being overwhelmed by a deep sense of sadness, hopelessness, or helplessness.
- Having extreme mood swings — from high or hyper to down in the dumps.
- Abusing alcohol or drugs.
- Getting very angry or acting violently.
- Having thoughts about suicide or hurting someone else.
- Having a plan of how you would commit suicide.

If you experience any of these symptoms, "it's better to get treatment sooner than later," says Ms. Pruett. "These are warning signs that you definitely need help."

Make the call

"Get help right away any time you believe you might hurt yourself or someone else," says Ms. Pruett. Call 800-SUICIDE (800-784-2433) or your local crisis center. Or look in the blue (government) pages of your local phone book for the numbers of emergency mental health treatment facilities near you.

The National Mental Health Association offers information about mental health conditions and issues, as well as referrals to local resources.

Other resources you can call on are:

- Your family or primary-care physician. Your personal doctor knows you and probably will notice any changes in your mood or personality. The doctor can also rule out possible physical reasons for your symptoms.
- Employee assistance programs. If your company has an EAP, ask for a referral to an appropriate provider or treatment program in your community.
- Community mental health centers. These organizations provide counseling and other services on a sliding-fee scale, based on your income.
- Crisis centers. On-site mental health professionals provide immediate evaluation and treatment.

Help others

Along these lines, Ms. Pruett adds, "If you notice someone has experienced a change in personality or notice any other warning signs, find out what you can do to help the person. You could be saving a life."

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