



Letter From the Director



With schools getting out last week and the start of summer upon us, we begin planning our poolside BBQs, trips to the beach and other sun-filled gatherings with friends and family. A rewarding time after another successful academic year at Stony Brook University. Healthier U has enjoyed a successful year as well. Our updated and refreshed platform has returned record breaking numbers in both program participation and retention; a sign that the changes we have made, and will continue to make, are allowing us to reach a greater percentage of our employees and have a bigger impact on the health and wellness of the Stony Brook community. While we have enjoyed success, we will not be taking the *summer off*. We are hard at work creating new programs, tools & resources that will give our employees even more opportunities to make sustainable and healthy lifestyle changes that will result in both an improved state of well-being and quality of life.

I am happy to announce that Healthier U has a new and improved [website](#) that is more captivating and user-friendly. Our website will continue to serve as the primary resource for all your employee wellness needs, with more useful information and exciting programs being added all the time. We have some game-changing tools and resources *coming soon*, so stay tuned in to Healthier U and visit our website daily.

In this issue we interview wellness advocate and senior leader Judith B. Greiman, Colleen's Corner talks about *wanting* to exercise, our Environmental Health & Safety team provides signs and symptoms for heat exhaustion and sunstroke, and our resident RD offers up information on the Mediterranean Diet and a delectable recipe with oats that can serve as a breakfast or a sweet treat.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at bryan.weiss@stonybrook.edu. Thank you for reading our newsletter and look for our next issue in the coming months.

Wishing you an exciting and enjoyable summer,

Bryan Weiss



Leading the Charge

Judith B. Greiman

Chief Deputy to the President

Vice President for Government and Community Relations

Q: How do you personally invest in your health?

A: I exercise and try to eat well; no fried foods and loads of fruits, vegetables and lean protein. I do a weight/cardio workout twice a week, try to walk every day and squeeze in yoga when I can get out of the office in time to make a session.

Q: How do you unwind after a busy day?

A: Snuggle with my dog and take a walk with my husband to see a sunset at a beautiful Long Island beach or harbor, or just do some stress baking for my office mates.

Q: What is one thing people might be surprised to know about you?

A: I love to sing...when no one else is around...and always wanted to be a back-up singer in an R&B group.

Q: What book are you currently reading?

A: I am juggling *A Manual for Cleaning Women* and *Whistling Vivaldi*, although the time I have available for reading for pleasure has dwindled since coming to SBU!

Q: Who has been one of your greatest influences?

A: My dad. He is accomplished in his profession but more importantly, is an incredible father. He became a single parent with three very young daughters at an early age when my mom died. He taught us, and then my three step-sisters, that life is meant to be celebrated, that we can do anything we set our minds to do and that it is all a lot more fun if you surround yourself with family and friends, and learn how to keep things in perspective.



Colleen's Corner

EAP for a Happier U

By Colleen Stanley, MFT, CEAP

Lead Coordinator

Stony Brook University Employee Assistance Program

Q: How do I go about finding the desire to want to exercise. If I am honest with myself, I have the time...I have plenty of time, but my desire, my drive is really just not there.

How can I change my mindset? How do I go about altering my perception? How do I find the energy?

A: Sometimes as adults we just do what we need to do, even if we don't want to do it. The more you exercise the more you will want to exercise because it feels good. Exercise releases positive endorphins that are stress relieving, leading to a more positive mood and increase in energy. That being said, you are aware that you have a resistance to exercise, so let's take a closer look at it.

Logically we all want to be fit and healthy, so for you is there something conscious or unconscious working against this? Ask yourself "what would be the worst thing that would happen if I exercised?" You may be surprised at what you find. Here's an example: If I exercised, I would lose weight. What would happen if you lost weight? People would notice me. What would happen if people noticed you? They would hurt me. Uncovering the underlying, subconscious belief system makes it lose its power. Look at the belief from a neutral, non-judgmental perspective. "Is this belief real?" "Does it serve me now?" Maybe the person who said these things was hurt in the past, and hiding kept them out of harm's way helping them to survive. We do not want to take the skill of hiding away, we want to honor it as a resilient coping strategy, and then add additional coping skills. The goal is to empower the person to **choose their behaviors** consciously, rather than being compelled by old habits. Being present and mindful interrupts the subconscious tapes that can run our lives. Sometimes this line of thought can be challenging to develop on your own. Working together with a therapist can expedite the process.

Now viewing your resistance to exercise with understanding and compassion rather than critical eyes, ask "how can I make exercise most appealing?" Do you like being part of a group or crave more alone time? Solitude in nature refuels me, so I take long walks in the woods. The idea is to understand yourself and what works for you, rather than judging yourself. If you are not a morning person then promising yourself that you will get up early to exercise is setting yourself up for failure. When you lie to yourself, self-esteem decreases and you learn not to trust yourself. Honor your word and do not make promises you won't keep. Rather than saying "I will get up 30 minutes early", affirm "today I will begin". Today walk for 5 minutes or run a mile whatever is realistic for you right now. Just begin. Change your mindset for today, or for this moment. Start small and you will gain momentum. If you drop off for a day, begin again. Children playing kickball find it easy to call a "do over" if they make a mistake and you can extend this same grace to yourself.

Lack of motivation can sometimes be a symptom of depression. Is it only with exercise that there is a lack of drive or does it affect many areas of your life? Call me in the EAP office if you want to discuss

Environmental Health and Safety Focus

Signs & Symptoms of Heat Exhaustion & Sunstroke

By Clifford Knee, *Safety Training and Environmental Compliance Manager*

When working during hot weather, we may suffer heat exhaustion or sunstroke. The following are some recommendations by the American Red Cross.

Heat exhaustion is a heat-related illness that can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating and the sweat does not evaporate as it should.

Heat Exhaustion Symptoms

- Cool, moist, pale, ashen or flushed skin
- Headache
- Dizziness
- Nausea
- Weakness or exhaustion
- Heavy sweating

If you think you have heat exhaustion, get out of the heat quickly. Rest in a cool, shady place and drink small amounts of cool water or other replenishing fluids. Loosen or remove clothing and apply wet cloths. Have someone call 9-1-1 or the local emergency number if your condition does not improve, you are unable to drink water or you start vomiting.

Sunstroke (heat stroke) is the least common, but most severe heat-related illness. It results from the total failure of the body's heat regulation system. This occurs when the body's temperature rises rapidly, the sweating system fails and the body cannot cool down. Heat stroke is a medical emergency. It can cause permanent disability or even death.

Sunstroke Symptoms

- Red skin that can either be dry or moist
- Changes in consciousness
- Rapid, weak pulse
- Rapid, shallow breathing

Sunstroke is a life-threatening condition. If you think someone might have heat stroke, have someone call 9-1-1 or the local emergency number right away. Move the person to a cool, shady place. Loosen or remove any unnecessary clothing and help cool him or her down. Apply wet cloths and fan the person. If the person is conscious, give them small amounts of cool water to drink (about 4 ounces every 15 minutes). Refusing water, vomiting and changes in consciousness mean that the person's condition is getting worse. Call 9-1-1 or the local emergency number immediately, if you haven't already done so.

For more tips and resources, visit the Environmental Health and Safety homepage at stonybrook.edu/ehs/.

Core Nutrition

The Mediterranean Diet

A Meal Plan That Can Save Your Life

By Stephanie May, *Campus Dining Registered Dietitian*

The Mediterranean diet is based on the traditional foods that are consumed in countries like Italy and Greece. Researchers have studied these populations, and have found that these individuals are exceptionally healthy compared to Americans. But why? This lifestyle incorporates the basics of healthy

eating and regular physical activity. The active, balanced lifestyles of those bordering the Mediterranean Sea has drawn in researchers who have set criteria that they believe define the Mediterranean diet. While most healthy diets include fruits, vegetables, fish, and whole grains, and limit unhealthy fats, the Mediterranean diet differs in the proportions of certain foods that may significantly improve your health risk.

How To Eat Like a Greek:

1. *Pile on the vegetables:* Fresh, non-starchy vegetables are great sources of vitamins, minerals, and antioxidants. Eat 6-10 servings per day (½ cup cooked, 1 cup raw).
2. *Choose healthy fats:* monounsaturated and polyunsaturated fats are cornerstones in this diet. Look for olives, olive oils, avocados, nuts, and seeds.
3. *Pick nuts, seeds, and legumes:* These foods are not only great sources of protein, but they are also packed with fiber, micronutrients, and healthy fats to fuel your metabolism. Reach for ½ cup of legumes at least twice a week, and 1 tablespoon of nuts or seeds daily (10-12 almonds or walnut halves).
4. *Focus on fish:* Aim to have fish at least three times a week. Fish, especially fatty fish like salmon, which is a great source of omega-3 fatty acids, support heart health!
5. *Have some dairy:* Be mindful of how often you consume dairy, and what type of dairy products you are choosing. Choose those sources in their simplest form, without added flavors or sugars. Try ¾ cup plain Greek yogurt with a half banana and a teaspoon of honey.
6. *Fuel up on complex grains:* Refined or simple carbohydrates lack nutrients and spike your blood sugar. Choose whole grains whenever possible as they have more fiber, vitamins, and protein than simple carbohydrates. Try foods such as quinoa, sprouted grain breads, or try spaghetti squash in place of pasta!
7. *Spice it up:* Herbs and spices are full of healthy compounds such as antioxidants that fight inflammation and power your metabolism.
8. *Rethink your drink:* Focus mainly on water for hydration, but unsweetened tea can also be a great beverage! Try infusing water with fresh fruit, or mint.
9. *Eat locally:* By following the seasons, you will have the freshest ingredients and broaden your range of nutrients.
10. *Make it social:* Relaxed meals with family and friends make eating not just about food but about social connections and creating memories.

For more nutritional information including newsletters and healthy recipes from our resident nutrition expert, please visit stonebrook.edu/commcms/campusdining/nutrition.



Healthy Eats

Almond Joy Overnight Oats

By Stephanie May, *Campus Dining Registered Dietitian*

"No time for breakfast" will be an excuse of the past after you get a taste of overnight oatmeal. Oatmeal is a nutritious grain with lots of fiber that provides your body with sustainable energy to get you through your busy morning. Mix all of the ingredients together the night before, stick it in the refrigerator and grab it quick as you run out the door. Flavor combinations are endless with overnight oats - so don't hesitate to experiment!

Serving Size: 1 serving

Makes: 1 serving

Ingredients

- 1/2 cup whole rolled oats
- 3/4 cup almond milk
- 1 Tablespoon maple syrup
- 1 Tablespoon ground flaxseeds
- 2 Tablespoons unsweetened shredded coconut
- 1/2 Tablespoon mini dark chocolate chips

Directions

1. Combine all ingredients in a glass jar.
2. Stir until well combined.
3. Refrigerate overnight and enjoy cold.

Nutrition

Serving size: 1 serving

Calories: 440, Fat: 15 g, Saturated Fat: 5 g

Cholesterol: 0 mg, Sodium: 25 mg, Carbohydrates: 65 g, Fiber: 13 g, Protein: 16 g

Recipe adapted from Rabbit Food For My Bunny Teeth



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