



# College of Sciences - Dean's Office Wellness Newsletter

November- December 2017

Lauren Hoffman



## *Happy Holidays!*

It is hard to believe how fast this year as flown by. As we near the end of the year, I would like to wish all of you a wonderful, happy, healthy, and meaningful Thanksgiving feast and Holiday Season.

### **SHOUTOUT:**

Thank you to all our *Miles for Wellness* and *Step 2 It* participants!!!

*“When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves.” – Jack Kornfield*



# Wellness Events and Activities at NC State:

(Copy links into URL)

## Rex Mobile Mammography Clinic

<https://benefits.hr.ncsu.edu/news/2017/11/rex-mobile-mammography-clinic/>

## Financial Wellness Series - Begins Monday, November 27th

<https://benefits.hr.ncsu.edu/wolfpack-wellness/financial/>

## Eat Smart, Move More, Maintain, and Don't Gain 2017

<https://esmmweighless.com/holiday-challenge-live/>

Let's be real, Thanksgiving can become stressful at times, but it doesn't have to be. Keep in mind the following things for this holiday season:

- Choose mindfully what goes on your plate.
- Focus on the people, not the food.
- Plan your future meals.
- Be in the moment.
- Surround yourself with positive people.
- Drink plenty of water.
- Take control of your plate.
- It's okay to say "no."





# Superfood Spotlight:

## Butternut Squash

Butternut squash is a healthy seasonal vegetable that is a great substitute for potatoes. It is high in immune-boosting vitamin C, A, E, and essential minerals like potassium (essential for healthy nerve and muscle function). Butternut Squash is also good for:

- Preventing high blood pressure
- Promoting regularity
- Keeping bones strong
- Reducing inflammation
- Healthy skin and eyes

Delicious butternut squash recipes:

<http://www.organicauthority.com/8-incredible-nutrition-and-health-benefits-of-butternut-squash/>



## The Holidays are for Micro Adventures

The term **microadventure** is defined as an overnight indoor/outdoor adventure that is “small and achievable, for normal people with real lives.” In other words, it promotes breaking your routine and getting outside of your comfort zone. They are meant to improve the quality of our lives. I first came across this term on a Florida road trip, or *microadventure*, while reading an article in Outside Magazine.

If you're staying in town this winter break, I encourage you to grab your families, partners, and friends and create your own microadventure.

Outside Magazine's 5 Perfect Fall Microadventures:

1. Walk the Straight and Narrow
2. Create your own Triathlon
3. Create an Instagram series
4. Start a Commuter Challenge
5. Conquer your High Points

Reference:

<https://www.outsideonline.com/2015406/5-perfect-fall-microadventures>

*From the North Carolina Coast to the Blue Ridge Mountains, there is no shortage of microadventures in the Tarheel state.*







## Coming Up Next (Eventually)

- ★ Dean's Office Yoga Class
- ★ Dean's Office Healthy Potluck and Wellness Lunch and Learn
- ★ More Wellness Resources

I hope you have a great holiday season! Thank you for reading my Wellness Newsletter.

In Health and Wellness,  
Lauren Hoffman

Questions, comments, requests? Please!  
Email me at [lhoffma3@ncsu.edu](mailto:lhoffma3@ncsu.edu)

