

# College of Sciences - Dean's Office Wellness Newsletter

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## *Spring Forward into Wellness!*

**Spring** is here and that means longer, sunnier days are upon us. Yay! When the weather is warmer, there are bountiful opportunities to spend parts of your day outdoors.

This Spring, take breaks throughout the day outside. Go for a walk. Take your lunch out for a picnic. Grab a LimeBike to your next meeting around campus.

Can you take a moment to reflect on a few examples on how you've made more strides towards a healthier lifestyle this year?





# Wellness Events and Activities at **NC State University**:

## **SPRING HEALTH COOKING DEMOS AT LONNIE POOLE**

<https://campusenterprises.ncsu.edu/new/spring-cooking-demos-offer-healthy-alternatives/>

- MARCH 20 | GLUTEN FREE COOKING WITH
- MARCH 27 | MAINTAINING BLOOD SUGAR LEVELS
- APRIL 3 | WHOLE GRAINS AND WHOLE FOODS
- APRIL 10 | POWER FOODS AND POWDERS



## **ACTIVATE YOUR SPACE**

<https://recreation.dasa.ncsu.edu/wellness-2/activate-your-space/>

In an effort to promote active work spaces around NCSU, University Recreation offers monthly workstation equipment rentals. They are currently offering Treadmill desks, Bike desks, Under desk ellipticals, and Technogym wellness balls.

## **WOLFPACK WELLNESS POWER LUNCH SERIES**

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

- APRIL 11 | FINANCIAL LITERACY MONTH: DEBT AND MONEY MANAGEMENT
- MAY 8 | PREVENTING COMPASSION FATIGUE

**FOR A FULL CALENDAR LIST OF WELLNESS EVENTS, PLEASE VISIT:**

<https://wellness.ncsu.edu/>





# Watercress

## Superfood

### ***Superfood Spotlight:***

Back in the day watercress – or scurvy grass as it was also once called – was used to treat just about anything: *coughs, colds, tuberculosis, asthma, emphysema, stress, pain, arthritis, diabetes, anemia, constipation, failing eyesight, cancer, heart conditions, eczema, scabies, indigestion, alcoholism, intestinal parasites and kidney and gall stones* and was even used as a deodorant for some time! And perhaps some of it holds true. We now know that watercress is an excellent source of beta-carotene, vitamins A, B1 and B6, C, E and K and also contains abundant iodine, iron, calcium, magnesium and zinc. In addition, it also contains a flavonoid called quercetin that is thought to reduce inflammation and serve as a natural anti-histamine.

## The Weekends Should Be About YOU

For those of us who work Monday through Friday and do the 8am-5pm grind, we understand the significance of taking back our weekends. The weekends are a time to relax, unplug, and unwind during those 2 sacred days of solitude.

The next time you feel yourself pressured to be “doing something” during the weekend, ponder on what’s making you feel that pressure. The weekends are about reconnecting with yourself, your family, your pets, your living room, nature, or whatever else helps you relax. You don’t always have to be on the go. **\*Fact:** The majority of hardworking Americans struggle with the concept of slowing down. Give yourself permission to slow down and just be.

Work Hard, Play Hard, but make your weekends about you. Self management should rise back to the top of the priority list. If you spend the weekend catering to your needs, your body will thank you.

**\*Fact:** <https://www.scientificamerican.com/article/mental-downtime/>

How can I have fun on the weekend, you ask? [Visit Raleigh](#) has got you covered!

14 Awesome Festivals in Raleigh Area Towns This Spring

- <https://www.visitraleigh.com/blog/post/12-awesome-festivals-in-raleigh-area-towns-this-spring/>



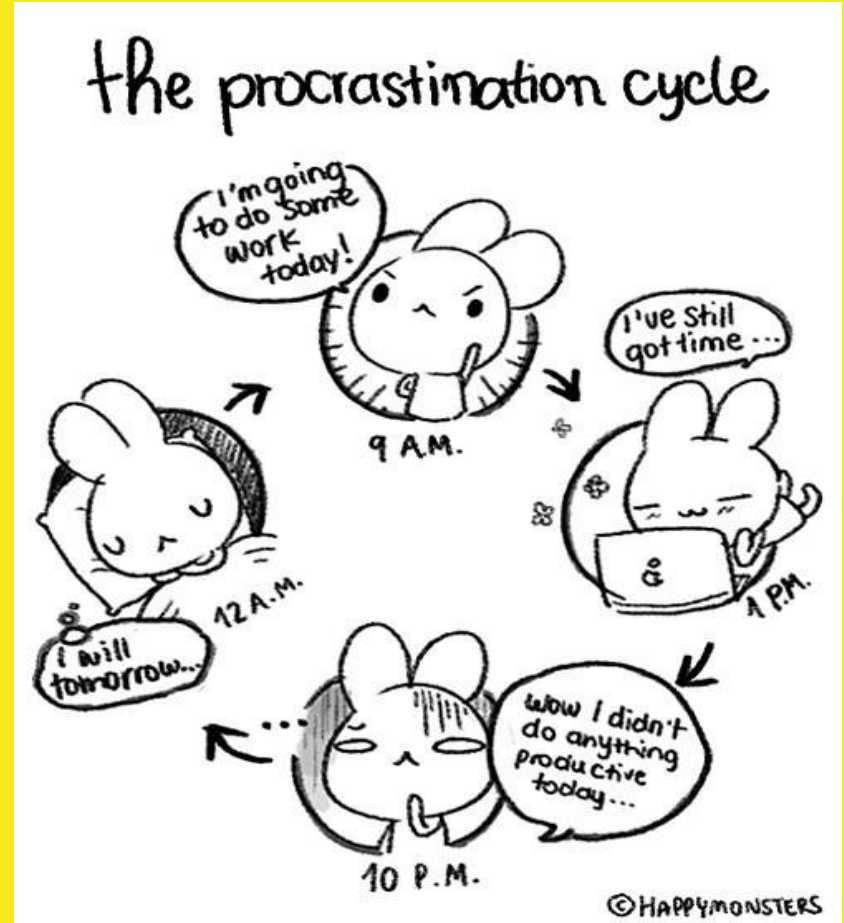
# Life Hacks

## 11 Practical Ways to Stop Procrastination

- 1) Break your work into little steps
- 2) Change your environment from time to time
- 3) Create a detailed timeline with specific deadlines
- 4) Eliminate your procrastination pit-stops
- 5) Hang out with people who inspire you to take action
- 6) Get a buddy
- 7) Tell others about your goals
- 8) Seek out someone who has already achieved the outcome
- 9) Re-clarify your goals
- 10) Stop over-complicating things
- 11) Get a grip and just do it!

Reference:

<https://www.lifehack.org/articles/featured/11-practical-ways-to-stop-procrastination.html>







## *Gratitude*

Thank you for taking the time out of your busy day to read the College of Sciences Dean's Wellness Newsletter. Wellness is a passion of mine and it is a way of life. It is a pursuit, not an absolute. Each day brings upon new opportunities to make a change, try something new, and make a difference.

In Health and Wellness,  
Lauren Hoffman

Questions, comments, requests? Please!  
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