May is Mental Health Month

Don’t Be Afraid to GO THERE

GO THERE is a campuswide campaign to foster a culture of openness, honest reflection and brave dialogue about mental health and well-being to enhance and support holistic health among all Vanderbilt faculty, staff and students.

Goals of the GO THERE campaign:

• Change the way we think about mental health, to encourage healthy help-seeking behavior, and create understanding of the role our identities play
• Engage in real conversations; become educated, supportive and reflective listeners
• Increase acknowledgement of mental health and well-being issues on campus and in society

Even small actions support major progress towards breaking the silence and stigma around mental health. For more information about the initiative and available resources, visit the GO THERE website at vanderbilt.edu/wellbeing/go-there.

What gives you pride in your day?
Knowing that the equity, diversity and inclusion work that my team and others are doing is making a difference at Vanderbilt. The Chancellor often speaks on “our beloved community,” one in which there is still work to be done; but, a community in which we aspire to be diverse and there is equitable treatment and inclusion of all who share our values. That gives me pride and inspires me to always find new ways to support and build that community.

How do you handle tough situations?
Knowing that tough situations are not a part of my everyday existence, and focusing on all of the positive that is present, allows me to push through when needed. I also always recognize that there are lessons to be learned that help us grow throughout all that we experience in life.

How do you show your team you care about them?
I recognize the great work that my team does openly and frequently. One small thing I do is if I know someone on my team likes a particular dessert, I will bake it for them. It’s the small things that often matter most.

How do you unwind after a stressful day?
For additional resources, including identity-based resources: vu.edu/wellbeing

Kognito At-Risk Training: www.kognitocampus.com

For additional resources, including identity-based resources: vu.edu/wellbeing
Q: Dear Counselor,
Sexual assault seems like it’s always in the headlines. As a survivor, how can I deal with hearing about it every day?

Triggered

A: Dear Triggered,
Thanks for asking what may be a difficult question for many others. Here are some suggestions to help you and other survivors.

1. Don’t blame yourself for your reactions. They are normal responses to a truly abnormal situation. Give yourself the support you need, or ask a trusted source. Affirm yourself for practicing self-compassion.

2. Have a plan of action for your triggers. You might make a list of things that are self-soothing and carry it with you. In a moment of fear, for example, you may not be able to remember that listening to music helps you to center yourself.

PTSD Coach is an app developed by the Department of Veterans Affairs’ National Center for PTSD and was designed for those experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time, and it includes tools for managing symptoms. Users can store contacts for personal support, locate nearby treatment programs and contact the National Suicide Prevention Lifeline 1.800.273.TALK (8255) in emergencies. It’s free and available for iOS and Android.

3. Practice healthy self-care. Medicating your feelings with unhealthy choices will only further your pain in the long run. Opt for social, active or soothing choices instead of isolating, passive or numbing ones.

4. Therapy works. Complex emotions require a well-trained professional. There is no shame in asking for help.

The licensed professionals at WLC-EAP can assist Vanderbilt employees and their spouses by conducting needs assessments and recommending specific resources. To make a confidential appointment, please call 615.936.1327.

April is Sexual Assault Awareness Month. Learn more by visiting National Sexual Violence Resource Center’s website at nsvrc.org.
Don’t feel guilty about taking *me* time every day. You aren’t wasting time; rather, you’re investing time in yourself that will benefit you and others, too.

We all need time to do something we enjoy or that will help to improve our lives. When we spend more attention on our own needs, we become better spouses, parents, grandparents, friends and employees. Find a time of day that works best for you and keep the date with yourself every day. Block off the time in your printed or electronic calendar to make it easier to keep the date.

### Making Physical Fitness Fit!

Caleb Hancock, MSN, APRN, FNP-BC  
Nurse Practitioner, Occupational Health Clinic

As May is Employee Health & Fitness Month, I wanted to highlight the benefits of physical activity (PA) in personal health. Marissa Wertheimer, MS, RD, LDN, is a Health Educator with Vanderbilt’s Faculty & Staff Wellness Program, Health Plus, and regularly meets with employees seeking to pursue personal health and wellness goals. She offers some insights to motivate you as you consider increasing physical activity in your own life.

“Being physically active has many benefits, including:

- Improving our general well-being by perking up our mood, reducing stress and increasing our energy.
- Improving our overall physical fitness by making our heart, lungs and bones stronger, improving muscle tone and helping with joint flexibility.
- Lowering our risk for heart disease, type 2 diabetes and some types of cancer.”

In spite of these benefits, the idea of fitting the recommended 150 minutes per week of moderate PA into an already-crowded schedule can seem daunting. However, there are opportunities to increase our physical activity all around us! For example, choosing the stairs is a quick way to add PA to your day. Did you know? In 1 minute, a 150-pound person burns approximately 10 calories walking up stairs and only 1.5 calories riding an elevator. Taking the stairs requires little additional time, no wardrobe change and no cost to you!

Did you also know that Vanderbilt is committed to your health and wellness and has gone to lengths to incentivize this? For example:

- The Wellness Credit earned in the “Go for the Gold” program can be applied as a discount toward annual membership at the Vanderbilt Recreation and Wellness Center ([vumc.org/health-wellness/go-gold-incentives-vu](vumc.org/health-wellness/go-gold-incentives-vu)).

- The “Start! Physical Activity Program” tracker makes it easy to track, maintain and set new PA goals while also earning rewards ([vumc.org/health-wellness/news-resource-articles/start-physical-activity-program](vumc.org/health-wellness/news-resource-articles/start-physical-activity-program)).

- Wellness coaches are a free service for faculty and staff interested in losing weight, getting physically active, quitting smoking, eating better or lowering stress ([vumc.org/health-wellness/news-resource-articles/wellness-coaching](vumc.org/health-wellness/news-resource-articles/wellness-coaching)).

Make the commitment to pursue better health today by setting goals and taking advantage of the many opportunities available to you here at Vanderbilt!
Save the date for National Walking Day

April 4, 2018

Take a stroll on April 4! Join Health Plus for a 20-minute walk around campus beginning at noon as we celebrate National Walking Day.

Starting location: Flagpole at Alumni Lawn.

The walk will go over to the Peabody campus before ending with a fun celebration at Library Lawn.

There will be guest speakers at the celebration, and refreshments and door prizes will be available for all walkers!
Babies & You

FOODS to boost MOOD

 Turns out the old saying “you are what you eat” is true. Over the years, many evidence-based studies have shown that a varied diet with plenty of fruits, vegetables, whole grains, nuts, beans and foods rich in omega-3 fatty acids is linked to lower incidences of depression and a generally better mood.

Ways to improve your mood through food:

• **Load your plate with mood-supporting foods** by eating a rainbow of fruits and vegetables.

• **Limit processed and pre-packaged foods**. Choose foods as close as possible to their natural form.

• **Increase intake of omega-3 fatty acids**, found in fish, flaxseed, chia seeds and walnuts. Ample intake (at least 2 servings a week) is linked to a lower incidence of depression.

• **Eat at regular intervals**. Waiting too long between meals can cause blood sugar levels to drop, which may lead to feeling foggy, tired and irritable.

Get started feeling good by trying the high omega-3 recipe below!

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**Eating-Well Recipe**

**Walnut Crusted Salmon**

**Ingredients**

- ½ cup raw unsalted walnut pieces
- 1 Tbsp. honey
- 1 Tbsp. Dijon-style mustard
- ½ tsp. freshly ground black pepper
- Pinch of salt
- 4 (6-oz.) skin-on, center-cut salmon fillets, ¼ to 1 inch thick

**Directions**

1. In a food processor, pulse the walnuts until finely chopped. Set aside.
2. Preheat oven to 375°F. Use nonstick cooking oil spray to grease a baking dish large enough to hold the salmon fillets in a single layer.
3. Whisk together honey, mustard, salt and pepper in a small bowl. Brush the tops and sides of the fillets with the mixture, using all of it.
4. Coat the top of the fillets with chopped walnuts. Arrange each coated fillet in the baking dish, skin side down.
5. Bake for 10 to 12 minutes or to the desired degree of doneness.

**Serves 4**. Nutrition per serving (Serving size: 6-oz. fillet): Calories: 415, Total Fat: 28 g, Saturated Fat: 5 g, Cholesterol: 91 mg, Sodium: 131 mg, Carbohydrate: 7 g, Fiber: 1 g, Sugar: 5 g, Protein: 34 g

*Source: Elaine Gordon of EatingbyElaine.com*

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**Babies & You**

Health Plus wants to support you in having a healthy pregnancy by offering Babies & You, a prenatal education program to encourage early and consistent prenatal care. The program is offered to Vanderbilt faculty/staff, spouses or dependent children. Educational sessions on various topics are offered monthly. A $50 incentive is offered to those registering in the first trimester, attending at least 3 of the monthly classes and providing documentation of prenatal provider visits.

To see upcoming classes or enroll, go to [vumc.org/health-wellness/news-resource-articles/babies-and-you](http://vumc.org/health-wellness/news-resource-articles/babies-and-you).
5 tips to stay healthy on a budget

Making healthy food choices can sometimes cost more than going the quick and easy route of fast food. On top of it being a little more expensive to choose healthier food options, your stay-healthy budget could be chopped down even more if you throw a gym membership into the equation. Fortunately, there are some things you can do to help cut down the costs of a healthy lifestyle with simple grocery shopping techniques and exclusive Vanderbilt University employee health and wellness discounts.

1. **Customer card**
   Many grocery stores provide exclusive customer card holder sales. There are even some grocery stores that have point programs that reward gas discounts for your vehicle.

2. **Buying in bulk**
   If you catch a big sale your grocery store is having, take advantage of it and buy in bulk. You can save money by stockpiling foods like rice or oats to last you until the next sale.

3. **Discounted meat**
   Meats are probably the priciest when grocery shopping. Grocery stores will sometimes discount meats as high as 60% when they get close to expiration. Make sure you put your freezer to use and take advantage of those discounts.

4. **Frozen fruits and vegetables**
   Frozen produce can sometimes be half the price of fresh with a much longer shelf life when kept frozen. Not to mention you can buy in bulk to get more of a discount depending on your grocery store.

5. **Prepping food ahead of time**
   Taking 30 minutes to prep your meals for the next day can save loads of stress about what you’ll be eating for the day. Prepping also helps keep you on a healthier track by avoiding impulse purchases at a gas station or corner store.

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**BONUS TIP**

Don’t forget to take advantage of your exclusive access to hundreds of discounts which include a health and wellness category. All you need is your VUnetID and password to check out all the discounts you might be missing out on at vu.edu/discounts.
April

Know Your Numbers
8:00 a.m. to 10:00 a.m.
Kirkland Hall, Room 201

National Walking Day
Noon to 12:45 p.m.
20-minute walk will end at Library Lawn with refreshments, speakers and prizes!
Starting location at Alumni Lawn

Vandy Cooks
Pick TN Products with Tammy Algood
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center Demo Kitchen

Babies & You
Coping with the Stresses and Emotions of Pregnancy
Noon to 1:00 p.m.
Presented by Steven Brunwasser, PhD, Psychologist
Light Hall, Room 419

May

Know Your Numbers
11:00 a.m. to 1:00 p.m.
Light Hall, South Lobby

Know Your Numbers
11:00 a.m. to 1:00 p.m.
Law School, Bass Berry Sims Room 231

Know Your Numbers
11:00 a.m. to 1:00 p.m.
Kirkland Hall, Room 201

Know Your Numbers
8:00 a.m. to 10:00 a.m.
Loews Office Tower, Room 1212

Know Your Numbers
8:00 a.m. to 10:00 a.m.
Baker Building, 10th Floor Training Room

Boomers, Elders & More
Many Emotions of a Caregiver
Noon to 1:00 p.m.
Light Hall, Room 412

Babies & You
Preparing for Labor and Birth
Noon to 1:00 p.m.
Presented by Bethany Sanders, MSN Certified Nurse Midwife, West End Women’s Health Center
Light Hall, Room 419

Vandy Cooks
Thai Cuisine with Marilyn Holmes and Marissa Wertheimer
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center Demo Kitchen

Know Your Numbers
7:00 a.m. to 9:00 a.m., 11:00 a.m. to 1:00 p.m., 3:00 p.m. to 5:00 p.m.
Langford Auditorium, Lobby

Know Your Numbers
7:00 a.m. to 9:00 a.m., 11:00 a.m. to 1:00 p.m., 3:00 p.m. to 5:00 p.m.
Langford Auditorium, Lobby

If you have questions regarding Boomers, Elders & More events, contact Denisha Morris, Family Services Coordinator, at 936.1990, or at denisha.m.morris@vanderbilt.edu.
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Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

“Friendship is born at that moment when one person says to another, ‘What! You, too? I thought I was the only one.’”
— C.S. Lewis

Percent of Employees Who Have Been Tested for Hepatitis C

Hepatitis C is a liver infection caused by the Hepatitis C virus. Baby Boomers are at increased risk of having Hepatitis C. The U.S. Preventive Service Task Force and the CDC therefore recommend that persons born between 1945 and 1965 be tested for Hepatitis C. Vanderbilt employees who were born during this time, are covered by Vanderbilt insurance, and have not yet been tested can be screened at no cost through the Occupational Health Clinic (OHC). No appointment is needed. If you are unsure whether you have been tested or have other risk factors for Hepatitis C*, talk with your primary care provider (PCP). If you need to get established with a PCP, use the VHAN “Find a Doctor” resource at vhan.com/findaprovider. OHC and Health Plus can also assist you through the process!

Data source: Compass Health Assessment
References: uspreventiveservicestaskforce.org/BrowseRec/Index
*cdc.gov/hepatitis/hcv/cfaq.htm