Gratitude Challenge

It’s not too late to join the Working Well Gratitude Challenge. The challenge runs between now and January 21. It is a 21-Day Challenge that is flexible for your time. Each week for three weeks you will have options to choose from (or you can create your own!) to express your gratitude to others. According to the Harvard Medical School, gratitude can help alleviate stress and increase happiness. Are you ready? Email (workingwell@bsu.edu) with "Challenge Accepted!" to receive your Gratitude Challenge Kit.

Come by Working Well in the Health Center to sign our Gratitude Graffiti wall. Even better… make one for your work area!

On the Road with the Cardinals Wraps Up

529 Participants divided among 90 Teams participated in the second annual Working Well activity challenge. The challenge took place during the fall semester over a 10 week period. Collectively, participants accumulated 30,520,900 Total Steps which equals about 165,261 Total Miles.

National Champion Winners
- Mileage with Smileage 10,371,084
- Walking in the Woods 10,057,386

Conference Champion Winners
- Dewey Decimators 5,916,214
- Footnotes 5,736,893

Top 25 Champion Winners
- Fab 6 5,896,962
- Run - DSC 5,088,439

Non Competitive Team Winners
- Media Movers 2.0
- SoMnambulators

Overall Best Team Name Winner
- Coffee & Grounds

Teams in the competitive challenge competed in one of three divisions based on their step goal. This allowed for teams to compete against other teams with similar goals. Winners were determined by the highest accumulating step total in each division.

Teams in the noncompetitive challenge focused on setting and reaching personal and team goals each week. Winners were randomly selected to receive prize packages.
An Unexpected Holiday Depression

The holidays can bring about joy and happiness; it can also bring about stress and even depression. The Mayo Clinic has some tips to consider to lessen the negative impact of the holidays:

1. **Acknowledge your feelings:** It’s okay to take a moment and bring awareness to what you are feeling. It’s okay to cry. Your feelings are valid.

2. **Be realistic:** Understand that a “perfect” holiday is very unattainable. Check your expectations before feeling hurt or disappointed. Sometimes time with family can be difficult, especially if you don’t agree or always get along. Try to accept your family members as they are, even if they don’t live up to all of your expectations.

3. **Learn to say no:** It’s okay to take a breather and say no. Sometimes agreeing to be a part of so many events or commitments can be more stress than it’s worth.

4. **Don’t abandon healthy habits:** It may be tempting to ignore your exercise routine for another hour in your warm bed. It may be tempting to overload on sweets instead of balancing with fruits and veggies. However, these choices come at a cost and can make you feel worse.

5. **Reach out:** If you are feeling isolated or lonely, reach out to opportunities to receive social support such as community events, religious gatherings, or volunteering your time. If things really aren’t getting better, it’s okay to seek out professional help. The holidays are known for being a joyous one, as well as a tough one for many.

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Preventing Diabetes

One in three American adults has prediabetes. If you have prediabetes, you are at high risk for developing type 2 diabetes, a serious disease. Many people with prediabetes who do not lose weight or do moderate physical activity can develop type 2 diabetes within 5 years.

The good news is that you can prevent type 2 diabetes. The LiveWell DPP lifestyle change program is a **FREE** program offered by Working Well that can help.

In LiveWell DPP, you will work in a group with a trained lifestyle coach to learn the skills you need to make lasting changes. Groups meet weekly for 45-60 minutes during the 16 week program.

**New classes will start in January 2017!**

Dates and times will be determined based on interest.

**If your work area is interested in bringing a class to your building for the spring semester, Contact the Working Well office (285-9355).**

Visit www.bsu.edu/workingwell for more information.

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If you have these **Risk Factors**, you may be at higher risk than others for **type 2 diabetes**.

- You are overweight.
- You are 45 years of age or older.
- Your parent or sibling has type 2 diabetes.
- You are physically active fewer than 3 times per week.
- You ever gave birth to a baby that weight more than 9 pounds.
What’s Happening This Month?

B² @ The Retreat
Date: Thursday, Dec 8 @ 11:30am—1pm
Where: The Retreat Dining Area in Noyer
What: Free blood pressure and body composition screenings, nutrition information and one of Chef White’s delicious food samples. No registration needed.

Working Well Fitbit Leaderboard

Do you have a Fitbit? Join our Community Activity Group on Fitbit. Search Ball State University Working Well.

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<th>Name</th>
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<td>Alex M</td>
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<td>Emily W.</td>
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Ball State University Bicycle Master Plan

Share your ideas, thoughts and dreams to enhance bicycling on and near Ball State’s campus.

ONLINE MAPPING INPUT
www.wikimapping.com/wikimap/BallState-University.html

QUESTIONS & COMMENTS: Email: dliggett@reaside.com

ONLINE SURVEY: www.surveymonkey.com/r/bsubikeplan

WEBSITE: bsu.edu/bikeplan

Start working now to earn your 2016-2017 Wellness Incentives!

The 2016-2017 BeWell and LiveWell Incentive Programs started November 1, 2016.

For information on how to earn your incentives, visit bsu.edu/workingwell or call 285-9355

Contact Us

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