With warmer temperatures and longer days, summer is the perfect time to get outside, be active, connect with friends and family, and maybe even have the chance to get away for a summer vacation. No matter what your summer plans are, taking time to relax and unwind is important for your overall health and productivity.

The CDC reports that even taking short breaks (5 minutes or less) can help lower stress and increase concentration. But living in a 24/7, always connected and plugged in world can make it difficult to really “get away.” See inside for how taking a vacation from technology can help you recharge.

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” — James Dent

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Weekly Farmers’ Market Returns

The Vanderbilt Farmers’ Market kicks off the season on June 5. This will mark our sixth year for providing fresh fruits and vegetables, along with local goat cheese, grass-fed meat, healthy baked goods, and artisan foods. The market will be held on the Medical Center Plaza every Thursday from 3 – 6 p.m. from June 5 to October 30.

The Vanderbilt Farmers’ Market is a collaboration between Health Plus and the Nashville Farmers’ Market. Learn more here: http://healthandwellness.vanderbilt.edu/news/2011/09/farmers-market/.

Upcoming Events

Boomers Elders and More Lunchtime Series
A monthly series offered at lunchtime, on a variety of topics relating to baby boomers, the elderly, and much more. All sessions are from noon – 12:45 p.m. Feel free to bring your lunch.

June 18, 2014
When Home is No Longer an Option
Dana Hentschel, Community Relations Director at Elmcroft of Hendersonville
Location: Light Hall – 437

July 16, 2014
An Overview of Hospice Care
Jessica Love, Licensed Mastered Social Worker with Alive Hospice
Location: Light Hall – 431

For more information visit: Childandfamilycenter.vanderbilt.edu.

Babies and You

Health Plus offers this workplace prenatal health promotion program to full-time Vanderbilt employees, spouses, and dependents. The program encourages early and consistent prenatal care and provides monthly educational opportunities. A $50 incentive is offered to those who register in their first trimester, attend at least three of the monthly classes, and go to all prenatal provider visits.

UPCOMING CLASSES — BABIES AND YOU:

June 19, noon to 1:00 p.m.
Nutrition: Eating for Two
Marilyn Holmes, M5, RD, LDN,
Vanderbilt Recreation and Wellness Center
Location: 419 Light Hall

July 17, noon to 1:00 p.m.
Preparing for Labor and Delivery
Margaret Buxton, MSN, Certified Nurse Midwife, West End Women’s Health Center
Location: 419 Light Hall

For more information or to register online, visit healthplus.vanderbilt.edu.

Start! Walking

Move it Mondays
Join us for START! Group walks
Every Monday 11:30 a.m. – noon
Meet at Medical Center North Shuttle Drop-off

Vandy Walk & Talk
Get active and learn something new with monthly themed walks led by Vanderbilt experts.

June 12, 2014, 11:30 a.m. – 12:15 p.m.
Healthy Local Dining with Marilyn Holmes, VRWC
Starting location: Courtyard Café

July 17, 2014, 11:30 a.m. – 12:15 p.m.
Start! Trail Markers with Brad Awalt, Health Plus Manager
Starting location: 2525 West End Avenue

Don’t forget to log your steps in the Start! Activity Tracker for your chance to win prizes quarterly for meeting each challenge (250,000 steps each quarter). All activity counts! Just simply log it in the tracker.
Occupational Health Clinic TALK:
The heat is on: Tips to beat the summer heat

Muktar Aliyu, MD, DrPH
Occupational Health Clinic

Summer is a great time to have fun with family and friends. But the warm weather can be bothersome, and may even lead to heat-related illnesses and death. Between 1999 and 2009 an average of 658 heat-related deaths occurred every year in the United States. Children, the elderly, people who work in hot and humid conditions, and individuals on certain medications are at a higher risk of developing heat-related illnesses. Dr. Saralyn Williams, Associate Professor of Emergency Medicine adds, “People who are taking certain classes of medications have more difficulty regulating their response to heat. Examples include medications used to treat psychiatric illnesses and nausea. If a side effect of the medication is dry mouth, then this medication may also reduce sweating and increase risk of a heat-related illness.” Here are some hot tips to help you beat the heat:

• **Dress appropriately:** light-colored, loose-fitting cotton material makes the best wear in hot weather.

• **Stay hydrated:** drink plenty of water and other hydrating fluids. Avoid fluids that can dehydrate you, such as alcohol and caffeinated beverages.

• **Avoid strenuous outdoor activity when it is sizzling outside:** time your outdoor exercise routine to avoid the hottest time of the day (mid-morning to mid-afternoon).

• **Keep indoors when it is hottest:** stay in cooler, air-conditioned settings during the scorching hours.

• **Know the danger signs:** heat-related illness can present in a variety of ways, ranging from nausea and dizziness to muscle cramps and seizures. If you have suggestive symptoms, move to a cooler location and seek medical care immediately.

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Swimming rules

Jump In! Know the swimming rules for safe water play.

Nearly 1,000 children die each year from drowning. Keep your children safe with these tips:

**S** Supervision-supervision-supervision. An adult should constantly keep a watchful eye on children who are in or around the water. Teach your children not to swim alone, always swim with a responsible adult present.

**W** Warn children about the danger of entrapment in pool drains and install or check for anti-entrapment devices in pools that you use.

**I** Invest in appropriately sized, coast-guard-approved personal flotation devices.

**M** Make sure that pools have barriers that children cannot climb over to access the pool when you are not around. This is important even if you don't have children in your household.

**M** Monitoring the water temperature is also important. Over-heating or chilling, which can lead to dizziness or fainting, can happen more quickly in a small child.

**I** Instruct the daredevil in your family about the danger of jumping into shallow water; or diving into water that is less than 9 feet deep.

**N** Never assume a good swimmer can't drown. Do teach children how to swim as early as possible.

**G** Get CPR training for yourself and everyone who cares for your children.

Pat Kinman, NP
Occupational Health Clinic
Unplugging: taking a brief break from social media, texting, email, and other technologies.

Benefits of unplugging

Spend time with friends and family
Connecting without technology can lead to stronger, more fulfilling interpersonal connections.

Get better sleep
Bright lights from computer or smartphone screens mess with circadian rhythms, making it hard for the body to shut down and go to sleep.

Stress less
Always being connected can create a sense of needing to always be “on,” which can lead to more stress.

Focus on human-to-human connection. Try to follow a “no phone at the table” rule at meals and other social events.

Leave phones, tablets, computers, and televisions out of the bedroom.

Designate a “shut off” time, and take part in stress reducing activities that don’t require technology, such as reading a book or meditating.
Take A Vacation from Technology

Signs you may need to unplug

1. **You have blurred vision.** A 2011 study in *Ophthalmic and Physiological Optics* reports that squinting to look at a computer screen is taking a toll on our eyes.
2. **“LOL” and “hashtag” are part of your vocabulary.**
3. **You text someone** when they’re in the other room (or right next to you).
4. **When you go to the bathroom,** so does your phone.
5. **The last phone number you memorized** was 10 years ago.

*Source: Huffington Post*

10 screen-free activities

1. **Listen to the radio.**
2. **Read a book.** Read to someone else.
3. **Clean out your closet and donate items to someone in need.**
4. **Plan a picnic.**
5. **Take a nature walk.**
6. **Visit the zoo.**
7. **Visit and get to know your neighbors.**
8. **Look for treasures at a yard sale.**
9. **Cook dinner with friends and family.**
10. **Create a cookbook with all your favorite recipes.**

*Source: Screenfree.org*

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**Did you know?**

Technology can be a barrier to engaging in the moment. A recent study published in *Psychological Science* found that people remember events less if they spend more time taking photos. **Why?** People are using technology to remember and record events, leading to not fully engaging in the moment. This doesn’t mean you should stop taking photos, but it is suggested to be more selective to truly enjoy the experience.

*Source: Screenfree.org*
Q: Dear Counselor,
With my kids out of school for the summer, I am completely overwhelmed. I feel pulled in too many directions. I've been snapping at my family and even getting frustrated with my co-workers. Do you have any advice on how to manage stress and stay focused on what is important?

Snappy

A: Dear Snappy,
We all have times when life seems to get extra busy. Sometimes we have little control over the demands on our time and energy. For that reason, it is a good idea to have some skills you can use at any time to help you calm down and focus.

Guided imagery is a technique that focuses and directs your imagination and has been found to reduce anxiety, high blood pressure, and the effects of stress. You can do this anywhere or anytime, and you are in control. Below is a brief example of how to use guided imagery to relax and find calm in the middle of chaos:

First, get in a comfortable position and inhale deeply through your nose, hold your breath for a few seconds, and then exhale slowly through your mouth. Next, choose an image or a memory of a place that you find relaxing. Examples include a forest, a garden, or the beach. Imagine yourself walking through your image. Take in all the sensations you might feel. What do you see? How does it smell? What can you hear? What is the temperature of the air?

Practice visiting the image a few times each day. You can do it sitting or standing, and you can close your eyes or not. When you practice, be sure to take deep breaths and imagine your image in as much detail as possible. As you practice more and more, it will help your body to learn to relax when it senses your stress level going up. By doing this for even 30 seconds a few times per day, you are giving your body and mind a chance to connect, focus, and reset. This is a great technique to use when you start feeling irritable or like you are about to snap.

If you would like further support or resources during a particularly stressful time, Work/Life Connections-EAP is a free resource for Vanderbilt employees and their spouses and same-sex domestic partners. For a confidential appointment you can call 936-1327.

Annie Beury, BA
Counseling Intern
Work/Life Connections-EAP
Wellness coach tip

Keep it simple.

Some people may think physical activity is too complicated.

Exercise doesn't mean lifting the weight of a car, running a marathon, or turning yourself into a pretzel! It is important to stick to what you enjoy. Take a walk, play a sport you enjoy, or do the weight exercises you are comfortable with.

The CDC recommends that adults get 150 minutes of physical activity each week. You can get that in any way that works for you. Use the power of social support to help increase your activity. Walking groups, recreational sports teams, and group classes are great ways to get active with others. A great opportunity for physical activity here at Vanderbilt is the Start! Walking Program including group walks. If you can't attend the scheduled group walks, why not start your own walking group?

Need help getting started? Contact Health Plus at 675-343-8943. Health Plus offers Wellness Coaching to Vanderbilt faculty and staff.

START SPOTLIGHT MEMBER: Linda Saliba
Echo Technologist III

Linda enjoys being active, particularly biking on the greenways. After breaking her pelvis in a biking accident last December, she could take only about 50 steps a day. Instead of giving up her mobility, Linda gradually increased her activity by walking, riding on the stationary bike, and doing physical therapy. When she returned to work in February, she was taking about 10,000 steps a day!

Linda logs her activity into the Start! tracker daily and is motivated by her progress. Her advice to those wanting to begin an exercise routine is to “start slow and build up. Even small steps make a difference.”

Want to share your success story? Contact us at health.plus@vanderbilt.edu.

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Eating-Well Recipe

Caprese Pasta Salad

- 1 cup dry radiatore pasta
- 2 2/3 cups plum tomatoes, fresh, diced
- 1 cup fresh mozzarella cheese, diced
- 1/4 cup fresh basil
- 2 Tbsp. pine nuts, toasted
- 1/3 cup jumbo Kalamata olives, sliced
- 1/2 cup canola oil
- 1 tsp. salt
- 1 tsp. pepper
- 3 Tbsp. balsamic vinegar

Cook pasta according to manufacturer’s directions. Cool.

Combine all ingredients and mix well.

Serve and enjoy!

Serves 8.

A “must-have” fashion accessory: a water bottle. Have a filled water bottle with you in the car, at your desk, in a purse or briefcase — wherever you are. Sip as needed to stay hydrated throughout your day.
Spotlight on Success

Wellness coaching aids in 40 pound weight loss

Beverly Steele
Administrative Officer Vanderbilt Eye Institute

Beverly has made a commitment to a healthy lifestyle and lost over 40 pounds through maintaining a healthy diet and walking regularly. The improvements she made to her eating included having healthy snacks on hand at work, eating more fruits and vegetables, cutting back on fried foods, and controlling portions. Her advice to others who want to improve their health is “As I get older, I have become more aware and concerned about the importance of making healthy decisions. I feel better now than I have in years! And I couldn’t have done it without the assistance of a Health Plus wellness coach.”

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If you have a success story that you would like to share with the Vanderbilt Community please email: health.plus@vanderbilt.edu.

In this Issue:

Farmers’ Market Returns
Unplug to Recharge: Taking a Vacation From Technology
Tips to Beat the Summer Heat
Recipe — Caprese Pasta Salad

Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

Leading by Example

Audrey Anderson
(Continued from page 1)

summer revolved around activities at our community pool. Getting some exercise outdoors and also fitting in an hour with a good book (and ideally a nap) would be essential components. Then, spending the evening with friends enjoying good food and good company would completely round out the day.

What are three things you would find hard to live without? My family, meaningful work, and good books.

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