May is National Mental Health Awareness Month

An essential element of overall wellness is emotional health. Emotionally healthy people are in control of their emotions and their behaviors, and they tend to have more balanced and fulfilling lives. In observation of Mental Health Awareness Month, Work/Life Connections-EAP recommends the following to help strengthen your psychological wellbeing:

1) Exercise. Add activity to your day, such as taking the stairs or going on a brief walk. Exercise relieves stress and gives you a feeling of accomplishment.

2) Breathe. Try “4x4 Breathing” to help you pause and re-focus. Inhale through your nose for a count of 4, hold it for a count of 4, exhale through your mouth for a count of 4, and repeat 4 times.

3) Check in with yourself. Ask yourself, “How am I, really?” You can also visit the WI C-EAP website for anonymous online screenings to determine if you have symptoms of high stress, depression, anxiety, and other treatable conditions. http://healthandwellness.vanderbilt.edu/news/2011/09/on-line-screening/

4) Seek support. High stress makes you more vulnerable to dips in mood and spikes in anxiety. Call 615.936.1327 to set up a confidential assessment with one of WI C-EAP’s licensed counselors and get personalized support/resources for prevention and treatment.

How do you balance the demands of your work and making time for yourself or your family?

With very careful time management, and intentionally carving out private time in the calendar.

What is your favorite way of spending your free time?

Going on walks, to the movies, or cooking dinner with family and friends.

Your healthy lunch for a busy work day?

I keep a stash of “Amy’s Kitchen light and lean” lunches in my work freezer, and add a fresh fruit. On campus, my favorite lunch is a noodle bowl from the Bamboo Bistro.

How does Vanderbilt help you maintain a healthy lifestyle?

The “Go for the Gold” program reminds me to keep up with the annual doctor checkups, and to keep with my routine of stretching every day and walking as much as possible.
Q: Dear Counselor,
I’m concerned that my friend might have a problem with alcohol. I thought it was just the holidays, but she has continued to drink a lot over the past few months. I know she’s been stressed out and has missed work a few times because she was hung over from drinking the nights before. Sometimes she gets really mean and sarcastic when we are out together and she’s been drinking. I don’t want to make her angry or hurt her, but I feel like I need to say something. What should I do?

A Concerned Friend

A: Dear Concerned Friend,

Seeing someone struggle is very difficult, and it is sometimes hard to know what to do or say. The best approach is to focus on what you have seen or experienced rather than assuming or guessing what might be going on. Here are a few things to consider if you decide to talk to her about your concerns:

1) **Talk to your friend when she is sober.** The sooner you can arrange this after a bad episode, the better. Your message will have more impact than it will a week later.

2) **Restrict your comments to what you feel and what you have experienced of your friend’s behavior.** Avoid generalizations or saying, “Everyone is talking about it.”

3) **Convey your concern for your friend’s wellbeing with specific statements.** For example, “You told me you were hung over on Monday, and this is the third time you’ve told me that. I want to talk to you because I am worried about you.”

4) **Emphasize the difference between sober behavior that you like and drinking behavior that you dislike.** “You have the most wonderful sense of humor, but when you drink you get really mean.”

5) **Be sure to distinguish between the person and the behavior.** “I think you’re a great person, but the more you drink the less you seem to care about anything.”

6) **Encourage your friend to consult with a professional** to talk about her alcohol use. You can offer to help find resources or go with her to an appointment.

Work/Life Connections-EAP offers confidential assessment and consultation to Vanderbilt employees, their spouses, and their same-sex domestic partners. Please call **936.1327** if you would like more information on resources or support for you or a loved one.
Occupational Health Clinic talk:

Are You Protected From Measles?

Sarah Burlason, RN, BSN

Outbreaks of measles began in December 2014 at Disneyland in California and continue to spread across the country. This generated national interest in the measles virus, which was declared eliminated from the United States in 2000 by the CDC, and the measles vaccination.

A recent news release from the Vanderbilt Department of Infection Prevention states; “Measles is one of the most contagious infectious diseases and presents as an acute viral respiratory illness.” Vaccination against measles is considered highly effective in preventing the spread of the virus and is a requirement for all Vanderbilt Medical Center employees. In response to the advisory for healthcare workers issued by the CDC, Vanderbilt University Medical Center Department of Infection Prevention and Occupational Health Clinic are working together to educate medical center and university employees about the measles virus and the MMR vaccine, which is available at no cost to all employees.

VUMC MMR Requirements:

- 2 doses of MMR in childhood after the age of 12 months, given at least 28 days apart
- 1 dose of MMR after the age of 18
- Blood test showing immunity to measles, mumps, and rubella
- Born before January 1957, with a blood test showing immunity to rubella

The MMR vaccine or documented immunity to measles is the best way to ensure that Vanderbilt University Medical Center and Vanderbilt University are protected from the measles in the midst of the current and future outbreaks. Are you protected from measles? Please log into your Health and Wellness Portal: [http://vanderbilt.it/hwip](http://vanderbilt.it/hwip) to check your MMR immunization status.

If you need the MMR vaccine, please come to OHC between 7:30 a.m. and 5:30 p.m., no appointment needed, or check out one of OHC’s many mobile services at: OHC Comes To You [http://vanderbilt.it/pcfmn](http://vanderbilt.it/pcfmn).

Bizarre ICD-10 Codes

The upcoming transition to ICD-10 diagnostic coding will increase the number of billing codes by 55,000 codes! Here are a few codes that we found interesting...

- **W5922XA:** Struck by a turtle
- **V91.07XA:** Burn due to water-skis on fire, initial encounter
- **W6133XA:** Being pecked by chicken, initial encounter
- **V97.33XD:** Sucked into jet engine, subsequent encounter
- **Z63.1:** Problems in relationship with in-laws
- **W220.2XD:** Walked into lamppost, subsequent encounter
- **R46.1:** Bizarre personal appearance
- **V61.6XXD:** Passenger in heavy transport vehicle injured in collision with pedal cycle in traffic accident, subsequent encounter
- **V9542XA:** Spacecraft crash injuring occupant
- **Y92253:** Hurt at the opera

OHC Comes To You!

Every Thursday at One Hundred Oaks 8:00 a.m. to 11:30 a.m.
VPEC 21100

Each month at Monroe Carell Jr. Children’s Hospital
April 2 and May 7 from 1:30 p.m. to 4:00 p.m.
MCJCHV, rm. 2104

For other OHC Comes To You dates, see page 7 or visit our website [http://vanderbilt.it/pcfmn](http://vanderbilt.it/pcfmn)
NEW THIS SPRING:
Complete Step 2 in Go for the Gold Using Your Health Guide

After completing your Compass Health Assessment, Step 1 in Go for the Gold, you’ll be ready to move on to Step 2: Wellness Actions Log. Use the Wellness Actions Log to keep track of the things you do to maintain or improve your wellness, set personal goals, and follow your progress. This year, complete 7 of 10 steps using the new “Health Plus Health Guide.” Take a look at each of the Wellness Actions steps below, including one of our new features: “journeys.” See the next page for your step-by-step guide to completing a journey.

Your Health Quest Begins Here!
The Health Plus Health Guide is a multi-purpose tool with many cool features to help you on your path to wellness. Watch the video and explore the tool to find the different features.

Follow Your Personal HealthMap
After completing your Compass Health Assessment, visit your HealthMap, pick a Direction, and complete at least one step of one journey personalized for you.

Get the Sleep You Need
Sleep plays a vital role in health and wellbeing. Not getting enough sleep is associated with a number of health problems. Complete one stage of a “Sleep Well” journey found in the HealthMap.

Know Your Blood Pressure and Weight
The new “Health Plus Health Guide” has a “Health Screenings” section that displays your health numbers, such as blood pressure and weight, that have been recorded by Health Plus.

Track Your Physical Activity
The new “Health Plus Health Guide” includes a “Track” feature that allows you to document physical activity, among other things. You can even sync wearable devices such as Fitbit, Garmin, Jawbone Up, Map My Fitness, and more!

Vanderbilt Health Affiliated Network
Find a medical home close to home. Vanderbilt Health Affiliated Network (VHAN) improves access to health care services and gives health plan members the convenience of receiving services closer to home at the highest benefit level.

Protect Yourself Against The Flu
The best defense against the flu is to get vaccinated each year. The Occupational Health Clinic offers seasonal flu vaccines as a benefit toVu faculty and staff.

Access Preventive Care Benefits
Preventing and detecting disease early are important parts of maintaining good health. The Health Advisor in the Vanderbilt Health & Wellness Information Portal lists preventive services recommended for you based on your age and gender. United States Preventive Service Task Force guidelines are used.

Learn How Much is Too Much
Binge drinking is a pattern of drinking too much alcohol on any one occasion. Watch a short video to learn how much is too much. Work/life Connections-EAP offers confidential counseling to faculty, staff, and dependents.

Give Safety the Right-of-Way
According to the Federal Department of Transportation, 3,328 preventable deaths occurred due to distracted driving. Listen to the “Eyes on the Road” podcast and pledge to drive phone-free.
1. **Complete your Compass Health Assessment** – Step 1 for Go for the Gold. *(If you have already completed your Compass, skip to step 2.)*

2. **Find Your HealthMap** by selecting “Your HealthMap” from the home page or by selecting HealthMap in the left-side menu.

3. **Choose a Direction** personalized for you. Let’s use “Weigh less” as an example. Click on the icon to find journeys related to helping you weigh less.

4. **Pick a journey** that you find interesting. Let’s pick “Smart Snacking.” Click on the icon to get started.

5. You will answer a series of short questions such as:
   a. How confident are you to start snacking smarter?
   b. What are your typical snacking habits?
   c. Health Acknowledgment *(this should be a short ?)*

6. Now you are ready to begin your journey! Each journey consists of **steps, challenge steps, and stages**. Steps are individual activities used to earn points that will unlock the challenge step. Once you complete the challenge step, you move on to the next stage. Sounds fun, right?

7. Click on the steps that interest you and follow the instructions to complete.

8. You are now on your way to a happier and healthier life!

Some of the Wellness Actions involve completing only parts of a journey. Read the instructions carefully for each wellness action for details on the specifics for each.

For questions or comments, please contact Health Plus at 615.343.8943.
Eating nutritious foods is one way you can positively impact your health. The 2010 Dietary Guidelines recommend focusing on consuming nutrient-dense foods and beverages. Health Plus offers CORE Nutrition to help you build a foundation for healthy eating.

CORE Nutrition offers practical recipes, healthy samples, and reliable nutrition information.

Health Plus brings CORE Nutrition to your department! Events are scheduled for 1–2 hours and allow faculty and staff to come and go as their schedules allow. Drop by to receive healthy samples, practical recipes, and the opportunity to ask a registered dietitian questions.

**Topics Include:**
- Make Ahead Meals
- Eat Less Sodium
- Eat Healthy Fats
- Healthy Beverages
- Satisfy My Sweet Tooth
- How to Eat More Fruits and Vegetables
- Healthy Eating On A Budget
- Smart Snacking

There is no cost to book a CORE Nutrition event.

To schedule CORE Nutrition in your department contact:

Melinda Mahoney, r DN, l DN  
615.343.6675  
melinda.mahoney@vanderbilt.edu

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**Cheesy Chicken and Rice Bake**

1. Preheat oven to 350° Fahrenheit.
2. In a large bowl, add all ingredients and mix thoroughly.
3. Make sure the yogurt and cheese are stirred throughout the entire bowl.
4. Transfer to an oven-safe dish and top with extra cheese if you like.
5. Bake for 20 to 25 minutes, or until heated through.

*This recipe can also easily be made ahead of time and reheated.

**Serves 5. Nutrition per serving (1/5 recipe):**
- 430 calories, 7.5 g total fat, 3.5 g saturated fat, 490 mg sodium, 30 g protein.
upcoming events

Events: April

**OHC Comes To You! Late Night Cart**
Time: 6:00 p.m. to 10:00 p.m.
Location: Vu H 9N, 9S, 9T, and ED

**OHC Comes To You! PEDS Research Conference**
Time: 11:45 a.m. to 1:15 p.m.
Location: Wadlington Conference Room

**OHC Comes To You!**
Time: 1:30 p.m. to 4:00 p.m.
Location: Green Hills Office Building, room 3001

*Babies & You*
*Basics of Infant Safety at Home and in the Car*
Tara Huss, MD, University Pediatrics
Time: Noon to 1:00 p.m.
Location: 411 Light Hall

**OHC Comes To You! Late Night Cart**
Time: 6:00 p.m. to 10:00 p.m.
Location: MCJCHV 5A, B, C AND 6A, B, C

**OHC Comes To You!**
Time: 9:00 a.m. to 11:30 a.m.
Location: See website for specific locations

**Boomers, Elders & You Virtual Dementia Tour**
Vanderbilt Child & Family Center will host a virtual dementia tour. The Virtual Dementia Tour will give an individual the opportunity to walk in the shoes of a person with dementia by altering senses and simulating the day-to-day experiences of people with dementia.
Time: 9:00 a.m. to 3:00 p.m.
Location: Alley between Langford Auditorium and Eskind Library

**Babies & You Postpartum Care**
Carol Huber, RN, BS, IBClC, lactation Consultant, NICu
Time: Noon to 1:00 p.m.
Location: Light Hall, 415

**40 – 70 Rule: An Action Plan for Successful Aging**
Encourages individuals and families not only to start those vital conversations, but to finish them with a plan that can help take the guesswork out of aging.
Time: Noon to 1:00 p.m.
Location: Light Hall, 437

**Know Your Numbers**
Time: 7:00 a.m. to 10:00 a.m.
Location: Preston Research Building, lobby

**Know Your Numbers**
Time: 10:00 a.m. to 2:00 p.m.
Location: Eskind Biomedical Library

**Know Your Numbers**
Time: 11:00 a.m. to 1:00 p.m.
Location: Central Library, Lobby

**Babies & You**
**Postpartum Care**
Time: Noon to 1:00 p.m.
Location: Light Hall, 415

Mark your calendar – May 20
Join in Vanderbilt's National Employee Health and Fitness Day
- Enjoy all-day free pass to the Vanderbilt Recreation and Wellness Center (VRWC) where you can join in activities such as chair massage, group fitness classes, and more.
- Visit Health Plus Know Your Numbers throughout the week.
- Other activities will include: Department relay Competition, Zumba on the lawn, Three Mile Fun run/Walk, Grab and Go Snack, Walking Wednesdays, and healthy food samples. For more information visit: [www.vanderbilt.edu/recreationandwellnesscenter/](http://www.vanderbilt.edu/recreationandwellnesscenter/) or contact Marilyn Holmes at 615.343.2638, or marilyn.c.holmes@vanderbilt.edu.

**Events: May**

**OHC Comes To You! Late Night Cart**
Time: 6:00 p.m. to 10:00 p.m.
Location: Vu H 4N (L&D), MCE-4, 3S (OPS)

**OHC Comes To You! Williamson County**
Time: 9:00 a.m. to 11:30 a.m.
Location: See website for specific locations

**Know Your Numbers**
Time: 7:00 a.m. to 10:00 a.m.
Location: One Hundred Oaks, room 26119

**Know Your Numbers**
Time: 10:00 a.m. to 6:00 p.m.
Location: MCJCHV, Theatre

**OHC Comes To You! Late Night Cart**
Time: 6:00 p.m. to 10:00 p.m.
Location: Vu H 2, 8N, 8S, 8T, 10N, 10S, Dialysis Unit

**Know Your Numbers**
Time: 7:00 a.m. to 10:00 a.m.
Location: Preston Research Building, lobby

**Know Your Numbers**
Time: 10:00 a.m. to 2:00 p.m.
Location: Eskind Biomedical Library

**Know Your Numbers**
Time: 11:00 a.m. to 1:00 p.m.
Location: Central Library, Lobby

**Babies & You Postpartum Care**
Carol Huber, RN, BS, IBClC, lactation Consultant, NICu
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**Boomers, Elders & You**
**40 – 70 Rule: An Action Plan for Successful Aging**
Encourages individuals and families not only to start those vital conversations, but to finish them with a plan that can help take the guesswork out of aging.
Time: Noon to 1:00 p.m.
Location: Light Hall, 437

**Know Your Numbers**
Time: 7:00 a.m. to 10:00 a.m.
Location: Preston Research Building, Lobby

For a full list of upcoming events visit the Health & Wellness website.

*Babies & You* is a prenatal health program offered by Health Plus for full-time Vu employees, spouses, and dependents. The classes are provided monthly with a $50 incentive for those who register in their first trimester, attend at least 3 monthly classes, and go to all prenatal provider appointments. For more information, class location, or to register online, visit [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).

**Know Your Numbers** available at most Late Night Cart events.
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NEW Health Plus Health Guide:
Step 2 Go for the Gold, Wellness Actions log, and How To Complete A Journey
Leading By Example with Susan Wente, Provost and Vice Chancellor for Academic Affairs

Are You Protected From Measles?

Recipe: Cheesy Chicken and Rice Bake

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

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Melanie Swift, MD, FACOEM, The Occupational Health Clinic;
Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration.

The Healthy Pulse
ON FACULTY AND STAFF AT VANDERBILT

Vanderbilt’s Response to:
How well do you feel you are coping with your current stress load?

Vanderbilt employees are remarkably resilient. In spite of many changes and stresses, overall coping skills have increased.

When faced with a challenge, talking with someone and forming a plan of action often improves coping according to anonymous survey results from employees who sought counseling and coaching services at Work/Life Connections-EAP.