



Wellness Works

FACULTY / STAFF MONTHLY NEWSLETTER

NEW YEAR'S RESOLUTIONS



New Years is a popular time for goal setting, but changing your behavior can be a frustrating process. Try to keep the following in mind when working on your resolutions:

- Change is difficult! We often over-simplify how challenging it is to change old habits.
- Outline a specific plan on what you will change and exactly how you will do that.
- Recognize that it'll take multiple attempts to eliminate a negative behavior. Prepare for relapses and have a plan to get yourself back on track when they occur.
- When you fall off the wagon, rather than focusing on getting derailed, be persistent in trying new behaviors.
- Lastly, focus on small improvements and baby steps. Focusing on our accomplishments, no matter how small, is far more motivating than obsessing over our failures.



CAMPUS RECREATION

Looking to get more movement in your life but not sure where to start? Get a personal trainer! A trainer can:

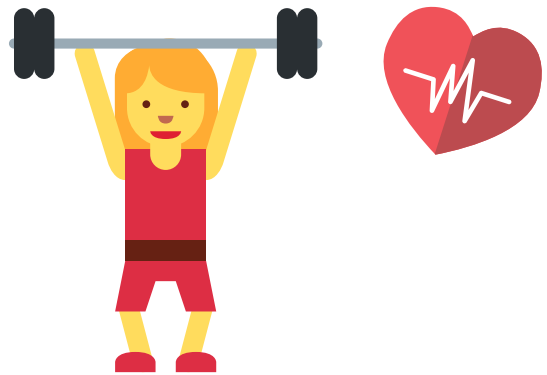
- Teach you how to use equipment and can formulate a personalized workout program for you.
- Motivate you and keep you on track with your fitness goals.
- Can answer basic nutrition questions to make sure you are getting the most out of your training sessions.



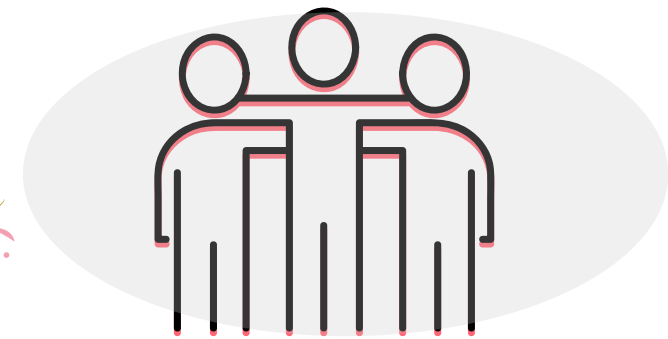
[CLICK HERE FOR MORE INFORMATION!](#)

IS YOUR GOAL TO LIVE HEALTHIER?

- Would you like to learn how to **“Build a Better Meal”**? CommonHealth will be on campus, Thursday, January 30th at 10:00 and 11:00 in Upchurch Simpson Room 313.
- Weight Watchers meets on campus each **Tuesday in Upchurch Room 304 at 1:00 pm.**
- If you are short on time, check out the “7 Minute Workout” on the CommonHealth website [here](#).
- Is your goal is to get more financially fit? Virginia Credit Union offers many financial seminars and webinars. [Check out the resources.](#)



AOD EVENTS



- **Monday, January 27, from 1-4pm, in the Simpson Room (Upchurch 313),** Longwood Recovers is hosting a Recovery Ally training. This training is very interactive and is meant to provide a great starting point to supporting people struggling with substance use disorders. If you are interested in joining, please email Ashley Green, Graduate Assistant for Longwood Recovers: Margaret.green@live.longwood.edu.
- **Thursday, January 23rd, from 3:30-5pm,** Longwood Recovers and the Office of Student Conduct and Integrity are hosting a REVIVE! Training to address opioid overdose prevention and response. If you are interested in being trained to administer Naloxone, please email Sasha Johnson, Education and Prevention Coordinator: johnsonss@longwood.edu by **January 16.**
- **Thursday, January 23 at 7pm** in the Soza Ballroom of Upchurch, Beth Macy will speak as part of the President’s Lecture Series. Beth Macy is the Virginia-based best-selling author of Dopesick, which made the New York Times’ list of 100 Notable Books of 2018. [Click here for full event details.](#)