

Mind and Matter

A publication of the University of Miami Faculty and Staff Assistance Program

FACULTY AND STAFF ASSISTANCE PROGRAM

Caliope Bootle
Secretary

Orlando Gonzalez
MSEd, LMHC, CEAP
Director

Pilar Tamburrino
MS, LMHC, CEAP
Assistant Director

Rosario Zavala
MSW, LCSW, CEAP
Consultant

Contact us

 305-284-6604  fsap.miami.edu



IN THIS EDITION

HEALTHY MIND AND BODY

BY PILAR TAMBURRINO, M.S., LMHC, CEAP
IN FEATURED ARTICLE

ANIMAL COMPANIONSHIP SUPPORTS OUR OVER-ALL HEALTH

CLARITY. CONNECTION. COMFORT.

LOL: HUMOR IS NOT ONLY GOOD FOR YOUR FUNNY BONE

2019 THE YEAR OF ACTION

WALKING SUMMER SERIES

FEATURED SEMINAR

A clear distinction is often made between ‘mind’ and ‘body.’ However, if we look at the history of human evolution it shows a definitive link between our physical health and psychological well-being. The Greeks understood the importance of a sound mind in a sound body when demonstrating the close links between physical exercise, mental equilibrium and the ability to enjoy life. When considering mental health and physical health, the two should be thought of as a partnership.

In recent decades, researchers have been interested in life style as an important factor for health. According to the World Health Organization (WHO) 60% of related factors to individual health and quality of life are correlated to lifestyle. Millions of people following unhealthy lifestyles, are struggling with metabolic diseases, cardiovascular diseases, hypertension, depression and anxiety. Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health.

There are several positive lifestyle factors that can promote good health if you want to live a long and healthy life. Making intentional choices when it comes to diet, activity, sleep, alcohol use, and smoking can reduce your health risks and potentially add years to your life.

According to Harvard Health there are many ways to keep your mind and mood in optimal shape. Here are some suggestions:

1. **Exercise** – Physical activity, in any form, is a great way to preserve your physical health as well as improve your mental well-being. Some studies indicate a positive correlation between active life style and happiness.
2. **Sleep** – It is imperative that you give your body and mind the time they need to rest. Quality rest includes both sleep and relaxation.
3. **Good nutrition** – A healthy diet is essential for keeping the mind and body in top condition. The food we eat can greatly influence the development, management and prevention of numerous health conditions.
4. **Friendships** – Friends can provide relief, camaraderie and boost your mood. Spending time with friends can be a great way to stay physically, mentally and emotionally fit.
5. **Practice mindfulness** – Studies show that practicing mindfulness can decrease stress and can be a supplemental treatment for depression as well as improve overall general health.

The takeaway is that your physical health and mental wellness are important if you want to live a long and happy life. Implementing these small changes in your lifestyle will help to promote good overall health. If you would like to talk to someone to help you with life style changes please call the FSAP (305) 284-6604 to schedule a confidential and free consultation.

Clarity. Connection. Comfort.



Animal Companionship Supports our Overall Health

The company of animals can have a profound impact on the quality of our lives and on our ability to recover from illnesses. Those of us who have had pets understand their importance. Eighty percent of pet owners believe their pets bring them happiness and emotional support. Sixty-six percent believe their pets relieve their stress. Studies on pets have shown that they do improve cardiovascular health, support physical activity, decrease stress, lower blood pressure and reduce loneliness. Pets are often found in health care settings assisting with patient recovery by reducing their anxiety, depression and aggression during treatment. Many pets also serve as service animals to help their owners manage serious medical conditions.

Having a pet requires a serious commitment on the part of any owner but the returns on this important investment of time and love is very generous. If you have the capacity to care for a pet, please consider welcoming one into your home. You will not regret it!

Source: <http://www.mentalhealthamerica.net/conditions/4mind4body-animal-companionship>



LOL: Humor Is Not Only Good for Your Funny Bone

"A day without laughter is a day wasted." Charlie Chaplin

Dr. William F. Fry, Professor Emeritus at Stanford University and a pioneer in the study of Gelotology (the study of laughter), found that laughter has desirable effects that are similar to physical exercise. When we laugh our muscles are activated, heart rates increase, respiration is simplified with increase in oxygen exchange and levels of stress hormones decrease.

Dr. Fry notes that kindergarteners laugh about 300 times a day, while the average adult laughs 17 times a day. As we age life gets more serious therefore it is imperative to find time to enjoy a good laugh with a co-worker or friend. Here are some practical suggestions to help increase your chances to get in more laughs and improve your outlook:

1. *Make it a habit to spend time with friends who share your sense of humor and make you laugh.*
2. *Try laughter yoga.*
3. *Find simple items like funny cards, a goofy picture, comics and display them around your house or office.*
4. *Find online memes, YouTube videos that tickle your funny bone.*
5. *Plan a game night with friends and family.*
6. *At the end of the day, think back about three funny things that happened to you today. Spend some time savoring these moments.*

Sources: <https://www.psychologytoday.com/>
<http://www.mentalhealthamerica.net/conditions/4mind4body-humor>

FEATURED SEMINAR

Summer Walking Series



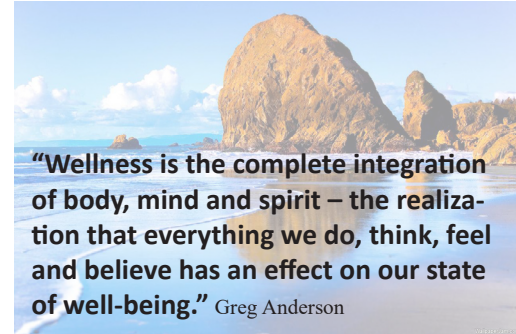
Now that summer is officially here, it's a great time to be outdoors. Join us for a once a month walking series that will include stretching, breathing exercises and walking. Let's enjoy amazing views of nature while practicing being present and mindful.

IMPORTANT: Please bring comfortable walking shoes.

June, July and August

Register through <http://ulearn.miami.edu>

Earn 150 Pure Wellness points (to a maximum of 300 points per calendar year) when you attend an FSAP seminar.



"Wellness is the complete integration of body, mind and spirit – the realization that everything we do, think, feel and believe has an effect on our state of well-being." Greg Anderson

DID YOU KNOW?

People with strong social relationships are 50% more likely to live longer. One study showed that people who participated in leisure activities like reading, playing board games, playing musical instruments and dancing were less likely to develop dementia.



UPCOMING SEMINARS

- Gaining Control of Emotional Eating
- Life Strategies for Managing Stress
- Mindful Living

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