

BLOMEYER BUZZ

May 2024

MARK YOUR CALENDARS!



MAY
MENTAL HEALTH
AWARENESS MONTH
Take care of yourself

Take care of yourself, connect with others and reach out if you or someone you know is in need. See page 6 to learn more about Emory Employee Assistance Programs.

MEMORIAL DAY

MAY 27

Blomeyer will be CLOSED on Mon., May 27th in observance of Memorial Day.



Resiliency: Dealing with Life's Ups & Downs

Resilience isn't something you have or don't have. It's a skill—you can learn it, practice it, and improve it. Some basic tips can help you build resilience:

- **Find your purpose.** We all want our lives to have meaning. Purpose can come from many things—family, friendships, volunteering, career, or spirituality. People with a clear sense of purpose are better able to cope with life's challenges.
- **Embrace change.** Change isn't easy, but it's a part of life that no one can avoid. Learning to accept it can help you focus on the things you do have control over.
- **Set realistic expectations.** Identify small things you want to change and take small steps to move toward them. Give yourself credit for every success, even the smallest ones.
- **Know when to let go.** Accept that you can't give everything 100% all the time. If it's too much, think about what you can let go, or ask someone else to step in and help out.
- **Connect with others.** Having the support of those around you can make a big difference in a time of need. Support might come from family, friends, support groups, faith-based organizations, or others.
- **Maintain perspective.** When dealing with a tough situation, look at the bigger picture and think about the long-term impact. Ask yourself—will this matter in a month? A year? In five years?
- **Practice gratitude.** Think about the things you appreciate and are grateful for in your life— even the simple things like a warm bed to sleep in at night or the people you care about.

Sources: Harvard Medical School; American Psychological Association

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Email: Blomeyer@emory.edu or Phone: 404-727-4600

hr.emory.edu/eu/wellness/blomeyer



ber rejuvenated

MASSAGE THERAPY



At Blomeyer Health Fitness Center, we offer premium massage services for taking care of your body and feeling your best. Choose between therapeutic, Swedish, deep tissue or sports massage.

To schedule an appointment with one of our Georgia Licensed Massage Therapists, call 404-727-4600 or email blomeyer@emory.edu.

Appointments are available
Mon. - Fri. 9:00 a.m. - 6:00 p.m.

Duration	Therapeutic or Swedish	Deep Tissue or Sports
30 min.	\$50.00	-
60 min.	\$65.00	\$75.00
90 min.	\$98.00	\$113.00



Group Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 12:45 p.m. Total Body Conditioning (hybrid)	12:00 - 12:45 p.m. Body Weight Burn (hybrid)	12:00 - 12:45 p.m. Butts & Guts (hybrid)	12:00 - 12:45 p.m. Boot Camp (hybrid)	12:00 - 12:45 p.m. Tabata (hybrid)
	5:30 - 6:15 p.m. Boot Camp Sculpt	5:30 - 6:15 p.m. Yoga	5:30 - 6:15 p.m. Cycle	

Class descriptions can be found [here](#).

Did you know? Blomeyer has **hybrid** group exercise classes allowing you to attend in person or online at your convenience. Enjoy live 45-minute daily workouts that can be done at home or in your office with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. Classes are live streamed via Zoom.

To join any of our hybrid classes, click this LINK at 12:00 p.m. Mon-Fri. No registration required! *Note: To hear our amazing instructors, you will need to join the audio and ensure your speakers are turned up to an appropriate volume (you can mute yourself after you join the audio). Double check that you have sufficient space, clear of any tripping hazards for a safe workout. Don't forget your water bottle!*

For more information

Call (404) 727-4600, email blomeyer@emory.edu or visit <https://www.hr.emory.edu/blomeyer>



Journaling for Emotional Well-being

Keeping a journal of what's going on in your life is a good way to help you distill what's important and what's not. ~Martina Navratilova

Journaling is the practice of keeping a diary or journal that records and explores your thoughts, feelings, and decisions about your life's events. Ideally, you open yourself up for self-exploration and you write about your feelings, thoughts, and behaviors—along with the details surrounding daily events and situations.

Journaling helps you become more aware of your emotions, thoughts, and values. Awareness is a helpful starting point to connect you to your purpose and manage stress. Putting things down on paper often provides perspective as you re-visit experiences. As you write, you may find yourself noticing patterns and opportunities for making changes on things that really matter to you.

How to Journal

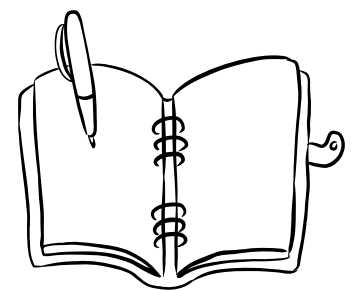
Getting started is easy! Follow these simple steps:

1. Use a notebook with blank pages, a day-by-day journal, or start/create a journaling document on your smart phone, tablet, or computer. Keep your journal in a private place.
2. Set aside a few minutes each day to write. If you miss a day or two, that's okay. Just pick up where you left off.
3. Write honestly about your thoughts, feelings, and behaviors.
4. Remember, content counts, not neatness and grammar. Even doodling is fine!
5. Let go of any “shoulds” and just write what comes to mind.

What to Write About

As you begin journaling, start by writing down whatever you choose. Later, you might ask yourself thought-provoking questions that lead to exploration. Here are some examples:

- What is really bothering me?
- How could I handle this situation differently next time?
- What am I grateful for?
- What are some of the best times of my life? What made them special?
- What are some of the worst times of my life? What made them difficult?
- What are three good things that happened today?
- If I had three wishes, what would they be?
- Who are the most important people in my life? Why?
- What would I like to be doing five years from now?
- How do I see the “best” me?



The Golden Rule of Journaling

The golden rule of journaling is that there are no rules. Enjoy the experience and have fun with it. Allow yourself to discover what's happening inside of you.

Move More

Don't forget the Move More campaign ends on May 26. Remember to dive deeper into your physical fitness and well-being by reading the 4 articles. During **Move More**, have fun, compete with your co-workers, and continue logging your physical activity to earn rewards and incentives.

Whether participating as an individual or on a team, Emory employees can earn a **\$75 medical plan well-being incentive** for those enrolled in an Emory medical plan. Benefits-eligible employees who have waived participation in an Emory medical plan will be entered in a raffle to win one of the following:

- Swedish/Therapeutic massages (30-minutes)
- Personal training session (30- minutes)
- \$25 gift card
- One-month membership to participating Emory fitness facility

To earn the incentive or reward:

1. **Complete the Move More Challenge** (April 15 – May 26) Track at least 7,000 steps daily for at least 21 days during the challenge dates. [Sync your device](#) to the Sharecare app to automatically track or enter your activity manually using this [activity converter](#). The last chance to join the challenge was May 3.
2. **Read these 4 articles about enhancing your physical activity** (April 15 – May 26):
 - Americans Urged to Move More, Sit Less
 - How This One Exercise Can Add Years To Your Life
 - The Easiest Exercise That Isn't Walking
 - How to Choose a Fitness Tracker

[Click here](#) to learn how to get started with Healthy Emory Connect.

**Benefits-eligible employees are those employees working greater than 20 hours per week*

Health Emory Running Group

Healthy Emory Weekly Running Groups will end on May 16. In partnership with Blomeyer Health Fitness Center and Big Peach Running Company, this first cohort will help prepare the Emory Community for the Staff Fest Fun Run. Please see below for the location and meet-up details.

Please [click here](#) to register today for Healthy Emory Running. [Click here](#) to view the schedule.

Health Education Webinar Series

April Topic: Taking care of YourSELF

Date: May 23

Time: 2:00 PM

Register Here: [Click here to register](#)

Sleep, Exercise, Love, Food, and Self-care are essential for anyone seeking to live a more balanced life. This webinar will focus on four ways to improve your SELF-care: Sleep, Exercise, Love, and Food. When practiced daily, these simple-to-follow SELF-care strategies will support your improved health and well-being. You will be invited to create a realistic action plan using your strengths to lead a more balanced lifestyle. **All Emory employees are welcome to attend!**

Health Emory Services Request

Emory provides a range of programs and services through its Healthy Emory initiative to support employee health and well-being. These offerings include stretching, yoga, guided breathing sessions, cooking demonstrations, ergonomics assessments, stress management presentations, and comprehensive overviews of available well-being services. Employees can also learn about medical plan incentives and rewards, become well-being champions, and request chair massage outreach for their department, there may be additional costs associated with chair massage requests only.

[Click here](#) to request service.

Health Emory Walking Group

Healthy Emory is partnering with Blomeyer Health Fitness Center and Big Peach Running Company to host weekly running groups! This year, we will host two cohorts. The first group kicked off on March 18 and will end on May 16 to prepare for the Staff Fest Fun Run. The second group will launch on July 15 and end on September 28 to prepare for the annual Winship 5k.

Join us at Blomeyer Health Fitness Center every Tuesday at 5:15 pm at the main lobby/front desk to walk to Cox Bridge for a 5:30 pm start.

[Visit Our Website](#) (Scroll down to "Walking Groups").

Well-being Expos

Find inspiration to invest in your well-being this year. These events focus on setting your personal well-being goals. Various activities centered around your well-being will be offered throughout the day. We look forward to seeing all of you there! Below, you can find the information for the upcoming May Well-being Expos.

Stop by Emory’s scheduling team to schedule healthcare needs like Annual Wellness Preventive Exams, Mammograms, or appointments with Emory Healthcare provider. Visit Emory’s Aetna Dedicated Nurse Advocate to support your condition needs or Emory’s Credit Union to jump-start your 2024 financial goals. These are just a few vendors and partners that will be available.

Location	Dates	Time	Location
Campus Services	5/21	10 pm-12 am	100 Water Tower Place, Administration Bldg, Atlanta, GA, 30322 Training Room B
	5/22	1 pm-4 pm	

Well-being Check-In

Emory University employees complete a [Well-being Check-in](#) with the Faculty Staff Assistance Program.

Individuals who complete the Well-being Check-in are eligible for rewards.

Available to Emory University employees only.

Complete the well-being check-in with FSAP and then complete [this form](#) to earn a **raffle entry** for a chance to win one of the following:

- Swedish/Therapeutic massages (30-minutes)
- Personal training session (30-minutes)
- \$25 gift card
- One-month membership to a participating Emory fitness facility

Note: This reward will not appear in Healthy Emory Connect.

Mental Health Awareness Month

Emory acknowledges Mental Health Awareness Month in May, emphasizing the importance of prioritizing mental well-being and supporting one another.

The Faculty Staff Assistance Program (FSAP) offers confidential services, including counseling, workshops, and referrals to community resources tailored to university employees' needs. FSAP covers stress management, resilience-building, coping strategies, and mindfulness techniques. Employees can explore upcoming mental health events and access additional resources on Healthy Emory Connect (Sharecare). Participation in Employee Assistance Programs can earn rewards for Emory employees, encouraging engagement in mental health support initiatives. Let's collaborate to manage stress and foster a healthier, happier lifestyle.

BHS offers confidential services to help Healthcare employees navigate life's challenges and enhance their mental well-being. Whether seeking counseling, workshops, or referrals to community resources, BHS is here to support you. From one-on-one counseling, mental health assessments, and educational webinars, BHS provides personalized assistance tailored to your needs. Check out May's upcoming [Cafe Series Webinar](#). Use this [step-by-step guide to access](#) the webinars.

Emory employees can earn rewards for participating in the Employee Assistance Programs. [Click here](#) to learn more and earn a reward today!

Check out some upcoming [events](#) that can help boost your mental health.

Healthcare Week

We're thrilled to announce that the Health and Well-being team will be onsite across the Emory enterprise from May 11 to May 18. Our goal is to promote well-being and celebrate our esteemed Emory Healthcare employees!

Partnering closely with our dedicated Well-being Champion network, our team will spread joy and gratitude. Look out for us onsite, where we'll be offering healthy snacks, fun giveaway items, and leading invigorating sessions of stretches, guided breathing exercises, and more.

We are looking for volunteers to join us in the round during Healthcare Week! If you are interested in signing up, please [fill out this form](#).