

# February 2024

Connect and socialize.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

**WellNYS Everyday** is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active.

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- Find out where to be physically active in New York State.
- Celebrate your wellness success with “I Did It!”.
- Engage in healthy behaviors while in your workplace.
- Find a NYS Walking workplaces map.
- Learn about Physical Activities in your region.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



**Office of  
Employee Relations**  
Work-Life Services

For more information go to: [oer.ny.gov/wellnys-everyday](https://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.



# February

## WellNYS Everyday Connect and socialize.

Once you've completed the To-Do, check the box!



Office of  
Employee Relations  
Work-Life Services

1. The February Monthly Challenge is to connect and socialize. Join the wellness webinar titled, *Strategies for Maintaining Positive Social Connections*, on Wednesday, February 7<sup>th</sup> at 12:00PM To register go to: <https://meetny.webex.com/weblink/register/rf1b8152149ed11b4dec215a31b403ede>.
2. How does social connectedness affect your health? Click on the following article for more information. <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>.
3. Make a list of friends you have lost touch with since the pandemic. Do you have their phone number or are you able to reach out to them on social media? Find a way to contact them sometime this month.
4. According to Harvard Health Publishing, three ways to build brain-boosting social connections are: rekindle old friendships, go for quality, not quantity, and consider a range of ways to connect. For more information go to: <https://www.health.harvard.edu/blog/3-ways-to-build-brain-boosting-social-connections-202109082585>.
5. Next Sunday is the Super Bowl. To connect and socialize with coworkers, organize a "SOUPer Bowl" luncheon this week. Bring in your favorite soup or chili and/or exchange soup recipes with your coworkers.
6. Instead of texting someone today, pick up the phone and call them.
7. Join us today for the lunchtime wellness webinar, *Strategies for Maintaining Positive Social Connections*. To register, go to: <https://meetny.webex.com/weblink/register/rf1b8152149ed11b4dec215a31b403ede>.
8. Are you a member of a club, sports team, or organization? If you are looking for a way to socialize, make a list of your interests. Choose one interest and research clubs or activities in your community that you can be involved.
9. Who comes to mind when you think of inviting people to dinner? Instead of meeting at a restaurant, plan a meal at home and cook. Think of the menu, date, and time, then reach out and ask!
10. Try something different today. Go for a walk without your smart phone. Look up at the sky, at faces, and what's all around. Enjoy the freedom of being without your phone and connect to those around you. Then, do it again tomorrow.
11. When you connect with someone today, ask open ended questions such as, "What are you excited about?" or "What are you looking forward to?" Make the conversation all about them.
12. Do you have a list of people's birthdays who are special to you? Put them on your calendar. Connect by calling them or visiting them in person on their birthday! They will be surprised to hear from you and likely happy that you connected.
13. Colleagues are the people you communicate with every day at your place of employment. Often, we see our colleagues more than we see our family. Who do you connect with in the workplace? Try to connect with someone you see every day that you don't often communicate with.
14. Valentine's Day is the perfect day to reach out to your loved ones. Connect with someone you've been thinking about lately.
15. Did you ever find yourself mindlessly scrolling on your phone? Come up with a code or phrase that you can say to yourself such as, "SS-stop scrolling," or "PYPD-put your phone down."
16. Did you participate in an activity with a wellness partner in January? If not, it's not too late to connect with someone to join a wellness challenge. Go to <https://oer.ny.gov/wellnys-daily-to-do> and click on the 2024 January WellNYS Daily To-Do.
17. "Most people do not listen with the intent to understand; they listen with the intent to reply." — Stephen R. Covey
18. What are you doing today to socialize with others?
19. Strong social connections are just as important as exercise for our overall health. Click on the following link to learn more about the connection prescription. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125010/>.
20. "The real work of relationships is not occasional, or even daily: it is minute-to-minute. In this triggered moment right now, which path am I going to take? Rather than being overridden by your history, you can stop, pause, and choose." — Terrence Real
21. If you are meeting someone for the first time, maintain eye contact, smile, and be a good listener. If you do all three, most likely you will feel a connection with the other person.
22. "Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as having meaning, good relationships, and accomplishment." — Martin Seligman
23. Do you have pre-teens or teenagers? The social effects of the pandemic were difficult for adolescents. Check out the following study, *The functioning of adolescents during quarantine – the role of non-professional and professional support in overcoming the problem of social isolation*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9881623/>.
24. Friendships are the backbone of connection with people you enjoy spending time with. Do you have three to five friends that you can reach out to when you are in need? Keep in touch with them, and don't be hesitant to make new friends.
25. For almost 80 years, the Harvard Study of Adult Development conducted the world's longest study of adult life and the effects on their physical and mental health. To learn more about this fascinating study, go to: <https://www.adultdevelopmentstudy.org/>.
26. Mayo Clinic Minute: The benefits of being socially connected. [https://www.youtube.com/watch?v=BqRB\\_sxuLhw](https://www.youtube.com/watch?v=BqRB_sxuLhw).
27. "Replace screen time with people time." — Robert Waldinger - lead psychiatrist on the Harvard Study of Adult Development
28. Here are a few questions to ask if you are reconnecting with someone; "Has anything big happened in your life since we saw each other?" "What do you like to do for fun?"
29. It's Leap Day! Create your own tradition today, then celebrate it in four years.

**NUMBER OF DAYS COMPLETED**