

Winter  
Wellness

# Quarterly Newsletter

Issue Date:  
January 2018



# St. Thomas University WELLNESS

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## 2nd Annual STU Wellness Fair



**Date:** January 19<sup>th</sup>, 2018  
**Location:** JB O'Keefe Gym  
**Time:** 1:00 – 3:30 pm

**This event is FREE and open to ALL Faculty, Staff and Students**

We welcome you to participate in STU's 2<sup>nd</sup> Annual Wellness Fair! This opportunity will give you the chance to meet with vendors from around the City of Fredericton, to learn about what products or services they have available to help improve physical and mental well-being.

**Drop by between  
1:00 & 3:30pm!**



### Wellness Fair Vendors

We are inviting vendors that will cover areas such as Mental Health, Body Movement/Physical Health; Nutrition and services and wellness activities available locally such as:

- Dr. Joan Wright – Mindshift Clinic
- HikingNB – James Donald
- Balance with Reiki – Tracey Grasse
- Community Food Smart
- UNB Health Centre
- Active Fredericton
- Breathing Spaces Yoga Studio
- Johnson Insurance
- Fredericton's Health Source
- Pickle Ball –Rec Sport Association
- Credit Counselling Services
- NB Community Gardens

- Foundation Health Centre
- Sequoia Health Food Store
- Moksha Hot Yoga
- Student Services & Residence Life Department
- STU Wellness
- Licensed Dietician
- Family Enrichment and Counselling Service
- And more!

Contact [wellness@stu.ca](mailto:wellness@stu.ca) for more information.

**Participants can enter to win door prize Bluetooth Headphones and other prize draws from various vendors as listed.**



# Essential Oils 101

By Lori Orchard



Learning about the amazing therapeutic and powerful benefits of essential oils is fascinating; but, it can also be overwhelming. One oil may have dozens of unique common uses, and trying to keep it all straight can, be intimidating. To understand how to use essential oils, it is best to start with the origin and purpose of essential oils.

Essential oils are natural compounds found in seeds, bark, stems, roots, flowers and other parts of plants. Most people have experienced the aromatic fragrances of lavender, fresh cut mint or a rose but few know the natural health solutions that they

provide. Many essential oils have a natural **antibacterial, antiviral, anti-inflammatory, antiseptic and antibiotic properties** without adding all of the synthetic chemicals we find in our over the counter medicines of today. When properly harvested, oils extracted from plants can be used as single oils or in a blend to increase emotional balance and cure physical ailments.

### Four Methods of Use

**Aromatically** – typically with a diffuser or by adding a drop to the hands and cupping them over the mouth and nose. A drop of lemon in the air can help neutralize odors.

**Topically** – massaging the oils into sore muscles or joints helps to relax pressure points. A drop of lavender can help reduce tension and stress.

**Internally** – put a few drops peppermint in food or drink to help with digestive problems (speak to your health care provider before use)

**Environmentally** – a blend of a few oils can create household cleaning solutions that are chemical free! No more harsh smells when cleaning but get the same clean result.

Essential oils are very concentrated and should be used as instructed on the label. It is important to research each individual oil and know which application is suggested before use. It is also important to research the manufacture of the essential oils to ensure the quality of the brand. The best guidelines to follow:

- Proper Plant Varieties
- Grown in the native regions of the world
- Grown without chemical pesticides, herbicides
- Third party testing (of every batch!)

Simple and safe way to enhance your wellness...by getting back to your "roots".

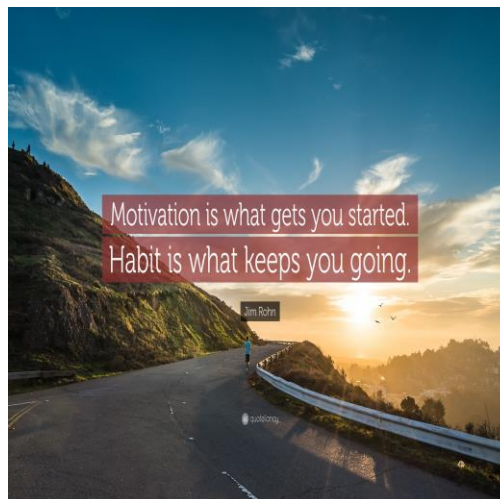


Sources: <https://www.doterra.com/CA/en>

## JB O'Keefe Gym

### Staff & Faculty Memberships

Members gain access to the use of cardio and strength training equipment all for less than the cost of a lunch per pay! Sign up for payroll deduction today and check it out for yourself!



### FUN FITNESS FACTS

**FUN FITNESS FACTS**

Exercise only stimulates your muscles to grow. The body actually strengthens the muscles while you're resting!

**FUN FITNESS FACTS**

When you lose weight, fat leaves your body via your breath.

HOURS OF OPERATION (SEPTEMBER 2016-APRIL 2017)	
Monday	6:30 AM–10:00 PM
Tuesday	6:30 AM–10:00 PM
Wednesday	6:30 AM–10:00 PM
Thursday	6:30 AM–10:00 PM
Friday	6:30 AM–7:30 PM
Saturday	9:00 AM–5:00 PM
Sunday	10:00 AM–7:00 PM

\*check the website for winter hours

### SIGN UP TODAY!

For more information about becoming a member of the JB O'Keefe center, please visit our website at

<http://w3.stu.ca/stu/athletics/facilities/okeefe>

# Healthy Winter Recipes

## Glowing Spiced Lentil Soup

Vegan, gluten-free, grain-free, nut-free, refined sugar-free, soy-free

### Ingredients

1 1/2 tablespoons extra-virgin olive oil  
 2 cups (280 grams) diced onion (1 medium/large)  
 2 large garlic cloves, minced  
 2 teaspoons ground turmeric  
 1 1/2 teaspoons ground cumin  
 1/2 teaspoon cinnamon  
 1/4 teaspoon ground cardamom  
 1 (15-ounce/398 mL) can diced tomatoes, with juices  
 1 (15-ounce/398 mL) can full-fat coconut milk\*  
 3/4 cup (140 grams) uncooked red lentils, rinsed and drained  
 3 1/2 cups (875 mL) low-sodium vegetable broth  
 1/2 teaspoon fine sea salt, or to taste  
 Freshly ground black pepper, to taste  
 Red pepper flakes or cayenne pepper, to taste (for a kick of heat!)  
 1 (5-ounce/140-gram) package baby spinach  
 2 teaspoons fresh lime juice, or more to taste

### Directions

In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens. Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant. Add the diced tomatoes (with juices), entire can of coconut milk, red lentils, broth, salt, and plenty of pepper. Add red pepper flakes or cayenne, if desired, to taste. Stir to combine. Increase heat to high and bring to a low boil. Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender. Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired.

[Source: http://ohsheglows.com](http://ohsheglows.com)



## Crowd-Pleasing Caesar Salad



Vegan, gluten-free, grain-free, no bake/raw, refined sugar-free

### Ingredients

#### FOR THE ROASTED CHICKPEA CROUTONS:

1 (15-ounce) can chickpeas (or 1 1/2 cups cooked), drained and rinsed  
 1 teaspoon extra-virgin olive oil  
 1/2 teaspoon fine grain sea salt  
 1/2 teaspoon garlic powder  
 1/8 to 1/4 teaspoon cayenne pepper (optional)

#### FOR THE CAESAR DRESSING (MAKES 3/4-1 CUP):

1/2 cup raw cashews, soaked overnight  
 1/4 cup water  
 2 tablespoons extra-virgin olive oil  
 1 tablespoon lemon juice  
 1/2 tablespoon Dijon mustard  
 1/2 teaspoon garlic powder  
 1 small garlic clove (you can add another if you like it super potent)  
 1/2 tablespoon vegan Worcestershire sauce (I use Wizard's gluten-free brand)  
 2 teaspoons capers  
 1/2 teaspoon fine grain sea salt and pepper, or to taste

#### FOR THE NUT AND SEED PARMESAN CHEESE:

1/3 cup raw cashews  
 2 tablespoons hulled hemp seeds  
 1 small garlic clove  
 1 tablespoon nutritional yeast  
 1 tablespoon extra-virgin olive oil  
 1/2 teaspoon garlic powder  
 fine grain sea salt, to taste

#### FOR THE LETTUCE:

1 small/medium bunch lacinato kale, destemmed (5 cups chopped)  
 2 small heads romaine lettuce (10 cups chopped)

### Instructions

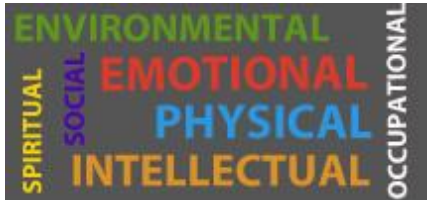
Soak cashews in a bowl of water overnight, or for at least a few hours. Drain and rinse. Roast chickpea croutons: Preheat oven to 400°F. Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off). Place onto large rimmed baking sheet. Drizzle on oil and roll around to coat. Sprinkle on the garlic powder, salt, and optional cayenne. Toss to coat. Roast for 20 minutes at 400°F, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool. Prepare the dressing: Add the cashews and all other dressing ingredients (except salt) into a high-speed blender, and blend on high until the dressing is super smooth. You can add a splash of water if necessary to get it blending. Add salt to taste and adjust other seasonings, if desired. Set aside. Prepare the Parmesan cheese: Add cashews and garlic into a mini food processor. Now add in the rest of the ingredients and pulse until the mixture is combined. Salt to taste. Prepare the lettuce: Destem the kale and then finely chop the leaves. Wash and dry in a salad spinner. Place into extra-large bowl. Chop up the romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale. You should have roughly 5 cups chopped kale and 10 cups chopped romaine. Assemble: Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the Parmesan cheese. Serve immediately.

[Source: http://ohsheglows.com](http://ohsheglows.com)

**Do you have a favourite recipe that you'd like to share? Send it to [wellness@stu.ca](mailto:wellness@stu.ca) to have it added in the next Wellness Newsletter!**

## The Wellness Committee Wellness Resources

### The Seven Dimensions of Wellness



### Wellness Program at STU

We are committed to providing information and opportunities that promote health awareness, illness prevention and overall health & wellness knowledge to our Staff and Faculty using the "Seven Dimensions of Health & Wellness" as a guideline.

Each year, the Committee tries to incorporate various opportunities of learning from lunch & learns physical challenges such as yoga and walking, cooking class, and NEW this year, our Wellness Fair and the free massage clinic!

### Current Wellness Initiatives

#### January 2017

- Wellness Newsletter –Winter Edition
- 2<sup>nd</sup> Annual Wellness Fair  
**January 19<sup>th</sup>, 2018**

#### February - April 2017

- **February 13<sup>th</sup>** Lunch & Learn – "The Sandwich Generation Caring for child & parent"
- **FREE Massage Clinic** Stay tuned for details!
- **March** – Lunch & Learn Topic TBD
- **STUpendous Amazing Race**

Suggestions on future initiatives are always welcomed by emailing [wellness@stu.ca](mailto:wellness@stu.ca)

### Ongoing Wellness Programs

Employee & Family Assistance



#### EFAP – Employee and Family Assistance Program

This program is available to you free of charge, 24 hours a day, seven days a week. Your Employee and Family Assistance Program is a support service that can help you take the first step. Visit the website at [www.workhealthlife.com](http://www.workhealthlife.com)

#### Partners for Mental Health- Not Myself Today Program



The purpose of this program is to promote positive mental health, encourage discussions around mental health and illness, reduce the stigma of mental illness and provide educational resources to Managers and staff in the area of mental health.

<http://wp.stu.ca/wellness/partners-for-mental-health-im-not-myself-today-program/>



Community Food Smart Program

The Student Union runs this program out of James Dunn Hall. This makes for convenient pickups! Members can place an order for one or two fresh produce bags a month. The price of a food bag is \$15. Each Fall, the Wellness Committee is committed to purchasing 4 memberships and the first bag of groceries to provide a draw.

<http://wp.stu.ca/wellness/community-food-smart/>



#### Wellness Bikeshare Program

Runs from May to October each year. For a \$10 membership fee each year, Staff, Students and Faculty are able to utilize the bikes in the JB O'Keefe Centre. See page 2 or the wellness website for more details.



#### Quarterly Newsletters

From September to April, the Wellness Committee is dedicated to bringing you, our readers a newsletter full of helpful tips, upcoming wellness events, a few health new recipes to try and other articles on health and wellness. We are always open to ideas or suggestions for future issues. Please see copies of our past newsletters on our website.



Our website has been updated!! Please take a moment to view the *Wellness Events* tab, as well as the *Useful links and Upcoming Fredericton Events* at [www.stu.ca/wellness](http://www.stu.ca/wellness)

# The Science of Reiki

by Lori Orchard



The word Reiki comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”. Reiki is a Japanese technique, most commonly referred to as a hand on healing technique. A gentle, non-invasive therapy that has been scientifically proven to facilitate relaxation, stress-reduction, and enhance the body’s immune-system function through the transfer of energy.

## How It Works

It is a well-known fact that in basic physics, everything is made up of energy. Our physical bodies are no exception, and are therefore made of energy vibrating at a certain frequency at all times. Scientist have determined that we all have our own bio-magnetic field, which, like all energy, can be manipulated and channeled. In the practice of Reiki, energy is channeled through the seven main Chakra Centers of our bodies to balance or clear any negative energy from the body. Having one unbalanced chakra can result in physical and emotional ailments from minor to major health issues.

## Chakra Centres

The Sanskrit word Chakra literally translates to wheel or disk. In yoga, and meditation, this term refers to wheels of energy throughout the body. There are seven main chakras, which align with the spine, starting from the base of the spine

through to the crown of the head. To visualize a chakra in the body, imagine a swirling wheel of energy where matter and mindfulness meet.

These swirling wheels of energy correspond to massive nerve centers in the body. Each of the seven main chakras contains bundles of nerves to which help to function major organs as well as our mental and emotional states of being. Since everything is moving, it’s essential that our seven main chakras stay open, aligned, and fluid. If there is a blockage, energy cannot flow. Think of something as simple as your bathtub drain. If you allow too much hair to go into the drain, the bathtub will back up with water, stagnate and eventually bacteria and mold will grow. A bathtub is simple; it is physical so the fix is easy.



Each Chakra centre is associated by a color and functions to specific organs and emotions in that area of the body. The Root Chakra (Red), for example, located at the base of your spine, is the centre for creative expression. The physical effects of an unbalanced root chakra will be displayed in an ailment in the legs, hips or buttocks; the emotional blockages result in feeling a lack of confidence, fight or flight response, or survival mode. The Throat Chakra (Blue), is located, you guessed it, in the neck/throat area and is the centre for communications, relations and trust. Imbalances can result in thyroid problems, hormonal issues or depression. Having all Seven Main Chakras open and flowing will

help you maintain your overall physical and emotional wellness. The Practice of Reiki is just that...aligning the energy centers of your body for overall health.

## What to Expect during a Reiki Session

It is not a massage or reflexology but like in the practice of Yoga and Meditation, a Reiki session can lead you to clear your mind, let your body relax so that you can listen to your body is trying to tell you. In this busy lifestyle we have, we do not take enough time to ground ourselves, be mindful of our surroundings, our goals and our never-ending thoughts. The experience of Reiki is subjective, changeable, and sometimes very subtle. People often experience heat in the practitioner’s hands, but sometimes the practitioner’s hands feel refreshingly cool. Other common experiences are subtle pulsations where the practitioner’s hands are placed or cascading waves of pulsations throughout the body.

People often comment how comforting they find the experience of Reiki to be. Some people fall into a deep, sleeplike meditative state. Sometimes the experience of Reiki is dramatic, while for other people, the first session in particular may be uneventful, although they feel somehow better afterward. The most common experience is an almost immediate release of stress and a feeling of deep relaxation.



Sources:

<http://www.balancewithreikifredericton.com/>

## Did you know...January is Alzheimer Awareness Month?



Every year, 25,000 Canadians are diagnosed with a form of Alzheimers or dementia. 1 in 3 people will be affected or know someone affected by Alzheimer's Disease. Dementia is an overall term for a set of symptoms that are cause by disorders affecting the brain. Alzheimer's disease is a slowly progressing condition. Over time, the disorder changes and claims more and more of the person's ability to thrive. Many people who have witnessed the progression of the disease slowly claims the basic ability of a person to function, and eventually claims their ability to perform life sustaining actions.

Alzheimer's disease and other dementias are not a part of normal aging. Almost 40 per cent of people over the age of 65 experience some form of memory loss. When there is no underlying medical condition causing this memory loss, it is known as "age-associated memory impairment," which is considered a part of the normal aging process. Brain diseases like Alzheimer's and other dementias are different.

Many people with dementia live meaningful, active lives for a number of years. Some put their energy into public speaking and advocacy to help reduce the stigma that many people with dementia experience.

Visit the Alzheimer's website today for more information about Alzheimer's and Dementia. Learn about the early warning signs, myths about the disease and what you can do to get involved!  
<http://www.alzheimer.ca>

## Did you know...Non-Smoking Week is January 21-27, 2018?



National Non-Smoking Week (January 21-27) puts the spotlight on tobacco harms and helps Canadians quit or stay quit. This National Non-Smoking Week, The Canadian Lung Association encourages people who want to quit to talk to their doctor or health-care professional to get support on their quitting the habit journey.

### Smoking Cessation Programs

If you're a smoker, then you've likely thought about quitting. Maybe you're worried about what your habit is doing to your health. Perhaps a family member has asked you to stop. Or perhaps you're just tired of being dependent on your habit and want to make a positive change to your lifestyle once and for all.

Whatever your reasons, breaking the habit takes a lot of motivation, patience and support. But if you're prepared to go the distance, it's a decidedly achievable and very rewarding goal.

Smoking Cessation Services are available to you and your family through your Employee and Family Assistance Program (EFAP) if you're thinking about quitting. Expert tips, information and tools that help guide your way. For more information visit <http://www.workhealthlife.com>



## Did you know...February is Heart Month?



February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of heart disease.

Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels. To help Canadians make some of these lifestyle changes, Health Canada is created innovative programs and partnerships.

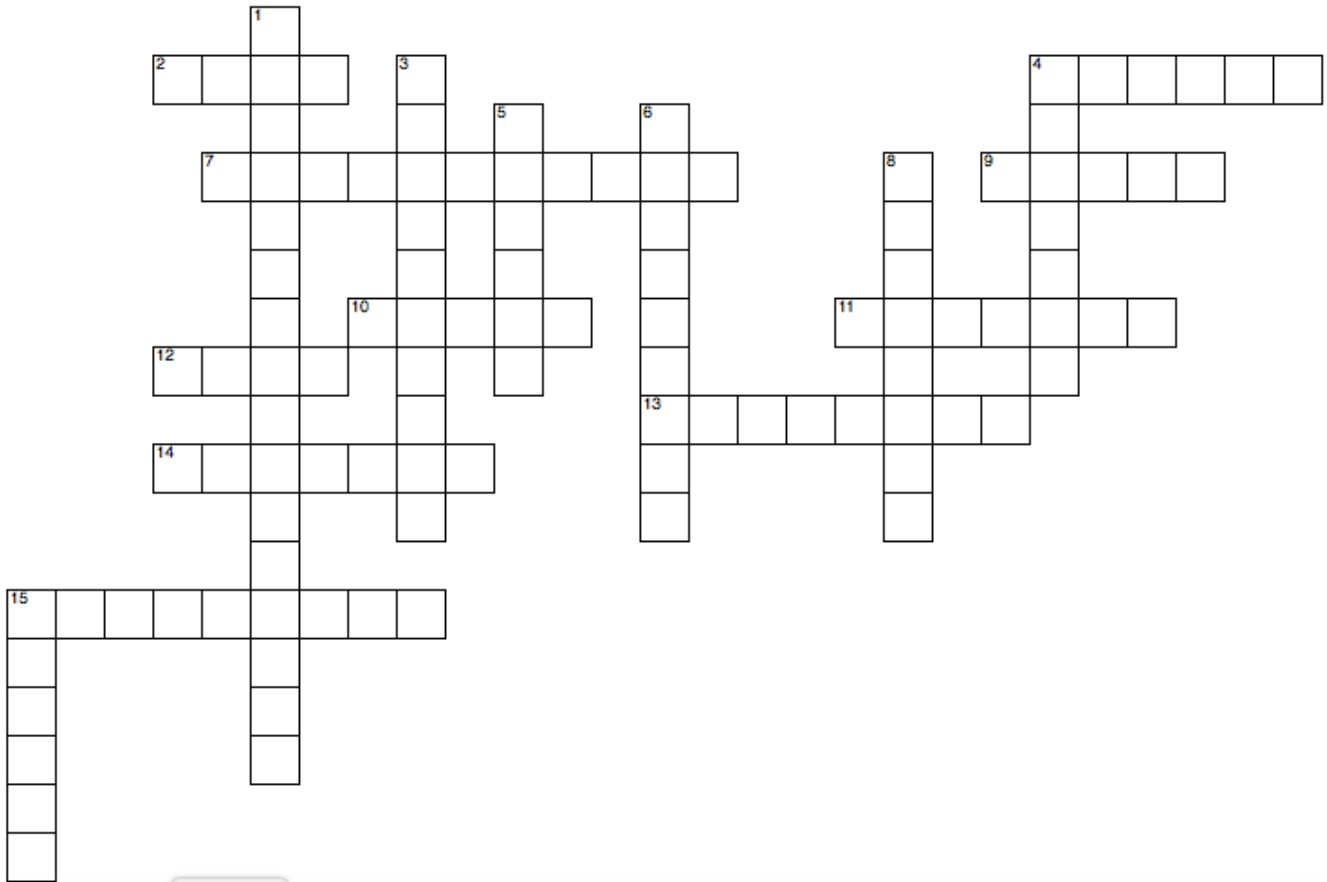
During Heart Month, Health Canada is encouraging all Canadians to take the opportunity to learn more about the risk factors for heart disease and what can be done to prevent it. Making one small change towards a healthier lifestyle can make a big difference.



For more information about programs and resources available, please visit the Government of Canada Health Canada website <https://www.canada.ca/en/health-canada.html>

# Wellness Health Trivia

## STU Winter Wellness



**ACROSS:**

- 2      Soup-like dish made with solid food ingredients that have been cooked in liquid
- 4      Verb: fast-moving winter activity (down a hill)
- 7      The city STU is in
- 9      Wear these on your feet in winter
- 10     8 cups a day!
- 11     A fresh start this year
- 12     Wear this to stay warm
- 13     Do this often to maintain a healthy lifestyle
- 14     Protect your hands with these
- 15     Where students go to study

**DOWN**

- 1      Go to this spot on campus for a hot, tasty meal
- 3      Verb: Winter activity done on ice
- 4      A day you get to stay at home due to inclement weather
- 5      Cold and flu season
- 6      Large mammal that lives in the Arctic
- 8      Ensure you have enough intake of this during the darker, colder months
- 15     Tool involved in helping you get in a morning workout during the snowy months

## The Wellness Committee

The Wellness Committee was created as part of the St. Thomas University Strategic Plan 4.3A. The committee strives to promote the health and wellness of our faculty and staff employees by offering comprehensive education on health and wellness initiatives.

View our Website for more information on the STU Wellness program [www.stu.ca/wellness](http://www.stu.ca/wellness)

- Lori Orchard - ext. 211 or [lorchard@stu.ca](mailto:lorchard@stu.ca)
- Pauline McIntyre – ext. 530 or [pmcintyre@stu.ca](mailto:pmcintyre@stu.ca)
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If you are interested in contributing to our website, newsletter or event planning, please contact us about participating in our monthly meetings.

## Creating A Culture Of Health, One Step At A Time!

