University of Richmond Employee Wellness

7 Simple Ways to Lower Your Stress

Everyone feels overwhelmed and stressed sometimes. If you add preventative stress management into your daily lifestyle you can more easily control how you handle your reaction to the stressful situations that crop up. You can’t eliminate stress completely. However, there is a lot you can do to prepare yourself so when you are faced with these situations you can handle them with grace, an inner calm, and compassion.

1. **Exercise.** One way to work off stress and anxiety is to get moving. You can join a gym, work out in your bedroom or garage, or just take a walk. It’s a great way to get your endorphins going and feel happier. You can also try exercising together with your family. One of the benefits of exercising together is that you’ll all feel calmer afterward.

2. **Smile.** Smiling and laughing is one of the best ways to instantly lighten your mood. A good joke with a friend, a good movie with your partner or just smiling at the sun shine.

3. **Listen to music.** Try doing something mentally soothing to keep stress at bay. Music is one of the best ways to relax and de-stress. Pick the music you like; it’s usually more effective, though, when you choose something quiet. **Listen to music that makes you feel rested and calm.** Try several different musical styles – you’ll know when you’re listening to something that works for you. And once you’ve located it, you can listen whenever you need to for a calming break.

4. **Read.** Reading is also a good way to de-stress. Choose a lighthearted book that’s comical, romantic, or otherwise makes you feel good. You can also read a religious or spiritual book if you’re so inclined. Any book that gives a good, positive message about the world or the people in it can help you feel better and be more relaxed.

5. **Visualization.** Picture an idyllic and peaceful scene, such as a meadow or a beach, and use all of your senses. Do you smell jasmine in the air? Can you hear the birds singing and feel the light breeze on your skin? Bring your peaceful scene to mind the next time you’re feeling anxious. You can visualize the stress flowing out of your body or running off your back like water.

6. **Be grateful.** When you’re feeling stressed, try counting your blessings. Write them down in a gratitude journal. There is always something you can be thankful for... sometimes it is as simple as waking up. When you focus on gratitude, you’ll also see more of the good in your life. When you think negatively, it’s easier to feel angry and stressed. **Positive thinking, on the other hand, helps diffuse your anger and brings you more good things to feel good about!**

7. **Breathe.** When you are caught up in those really strong emotions that come with stress and overwhelm, **take a moment to take a few slow, deep breaths.** This action has multiple benefits. When you breathe deeply, it sends extra oxygen to your brain for clarity of thought and relaxes your muscles. It also gives you a moment to take a mental step back and look at the bigger picture.

When you give yourself time to think first, you’re much less likely to lash out, either verbally or physically. You can then approach the issue feeling calmer. By using the tools suggested here to help you stay positive, you can get a handle on your stress and enjoy greater happiness in your life.

Source: Life Hack
Yo U R Compliance Connection with Kris Henderson, Director of Compliance and Title IX Coordinator—Political Campaign Activity

As we enter into the height of the political season, I would like to highlight the University's Policy on Political Campaign Activity.

As a charitable entity exempt from taxation under Section 501(c)(3) of the Internal Revenue Code, the University is prohibited by law from participating, directly or indirectly, or intervening in political campaigns at the federal, state, or local level.

The University’s Policy on Political Campaign Activity includes, among other items, information on the use of University resources and facilities by students, faculty, and staff and on the conduct of University employees acting in an official capacity.

The policy can be found at: https://policy.richmond.edu/documents/policy-pdfs/Public/Governance/policy_on_political_campaign_activity_on_campus.pdf

The policy can also be accessed through the Policy Library link on the compliance homepage, richmond.edu/compliance

If you have any questions on what is permissible, please contact me at 804-289-8186 or khender3@richmond.edu

Healthy Cooking: Slow Cooker Peanut Pumpkin Chicken Soup

**Ingredients:**
- 1 15 oz. can coconut milk
- 1 15 oz. can pumpkin
- 1.5 cups chicken broth
- 1/2 cup peanut butter
- 1 tbsp. freshly grated ginger
- 3 cloves garlic, minced
- 1/2 tsp. cayenne pepper
- 1/2 tsp. salt
- Freshly ground black pepper
- 1/2 lb. boneless skinless chicken breast
- 1 yellow onion, diced

**Directions:**
1. Add coconut milk, pumpkin, broth, peanut butter, ginger, garlic, cayenne, salt, and pepper to the bowl of a slow cooker. Whisk together until smooth and well-combined. Add in chicken breast and diced onion.
2. Cover and cook on high for 3-4 hours or on low for 6-7 hours.
3. Once done cooking, remove chicken from the slow cooker and transfer to a cutting board. Shred chicken with two forks and return to the slow cooker.
4. Ladle into bowls and garnish with cilantro and peanuts. You can serve over cooked brown rice or quinoa if you choose!

**For serving:**
- Freshly chopped cilantro
- Chopped peanuts
- Cooked brown rice
Educational Corner: Cybersecurity Awareness Month

October is Cybersecurity Awareness Month (CAM), a global effort to help everyone stay protected whenever and however you connect. The overarching theme for the month is, Do Your Part. #BeCyberSmart. The University of Richmond is proud to be a CAM champion and support this online safety and education initiative this October.

The cybersecurity and digital privacy of our employees and students is important to UR. Throughout the month of October, UR will offer a series of announcements, activities, and learning sessions geared towards increasing cybersecurity awareness. Learning sessions will include topics on password management, data backup, and phishing as well as a scavenger hunt with prize giveaways. Visit https://is.richmond.edu/infosec/ncsam/index.html to learn more.

**LastPass Password Manager – October 15, 2020 at 11:30am**

Information Services will provide an overview of the benefits of a password manager and introduce LastPass, the University’s official password manager solution.

**Protect Your Data: Back It Up – October 22, 2020 at 11:30am**

A good data backup is an important component of a sound cybersecurity strategy and data loss prevention. This session will share options to protect data loss.

**Gone Phishing – October 27, 2020 at 11:30am**

Information Services staff will share the most common types of phishing attacks that occur across campus. Tips and tactics that you can use to prevent phishing attacks will be shared.
Fall is setting in as the sun is starting to set earlier and the nights are getting cooler. This is the perfect time to head to your local market and fill your basket with fall produce picks.

**Pumpkin**
The vibrant orange color of a pumpkin indicates that it's filled with beta-carotene in addition to fiber. Beta-carotene is good for your eyes and skin.

**Beets**
Red beets contain betanin. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure. Try roasting or steaming beets or add shredded raw beets to a tossed salad.

**Sweet Potato**
Sweet potatoes are excellent sources of fiber, vitamin A, potassium and vitamin C. Baked sweet potatoes are a great side to meals.

**Spaghetti Squash**
Spaghetti squash is a fun alternative to pasta as it’s lower in calories. Spaghetti squash is high in fiber, vitamin C, manganese and B6. After cooking the spaghetti squash, toss it in pesto or marinara sauce as a quick veggie side dish.

**Kale**
Kale is nutrient dense and is loaded with vitamin A, C, and K as well as manganese. Sauté kale with some garlic and olive oil as a yummy vegetable dish or add some baby kale to a salad or soup.

**Parsnips**
Parsnips are a root vegetable and are typically eaten cooked. They are full of fiber and contain vitamin C and folate. Try parsnips roasted or pureed in soup or in place of mashed potatoes.

**Cranberries**
Cranberries are a fall favorite. They have a high level of phenols, a type of antioxidant. Additionally, they are high in anthocyanins which have been found to lower blood pressure and have anti-inflammatory effects.