



Emory Wellness Wednesday  
**NEWSLETTER**  
 Volume #14  
 November 4, 2020  
[GYN/OB Wellness Webpage](#)



## HEALTHY HABITS

A summary of [Tips and Tools](#) to change habits:

- Identify the habit
- Recognize the effect of the habit
- List triggers for the habit
- Monitor your progress (i.e. write it down, use a suggested app or an accountability partner)
- Forgive yourself if you waver

## EMORY UPDATES

Nov. 6 is the deadline for [annual benefits enrollment](#) and the [flu campaign](#).



Emory Healthcare has a health and wellness blog [Advancing Your Health](#)

## EXERCISE APPS

- Blomeyer Health Fitness Center classes have gone virtual. Class calender shown [here](#).
- Yoga on the go with [Yoga Studio](#)
- Stregth workouts with [StrongLifts](#)
- HIIT Workouts with iOS [Interval Timer](#)

## Nutrition Websites

November is National Diabetes Month. Save these sites/apps for meal planning and more:

- [Nutrition.gov](#) – information about diet, health conditions and meal planning.
- [Choosemyplate.gov](#) – explore various foods and the MyPlate app.
- [MyFitnessPal](#): track your food/calories.

## HEALTHY HOLIDAY HABITS

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: [The Wellness Committee](#)

- Visit the people, not the food. Move socializing away from the food to prevent mindless eating.
- Don't feel guilty. If you did overindulge, don't beat yourself up. Plan ahead to be sure your next meal is healthy.
- Stay active and incorporate exercise into your routine – even in this season.
- Write down your favorite holiday foods. Only indulge in these, and leave the rest.



"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."  
 – Epicurus

## KUDOS!!!

**Congratulations to our very own Drs. Castellano, Crochet, Jamieson, and Lindsey for their recognition during Faculty Recognitions Week!**

Submit kudos to members of the GYN/OB Department [here](#)





# FRONTLINE MOMENTS

