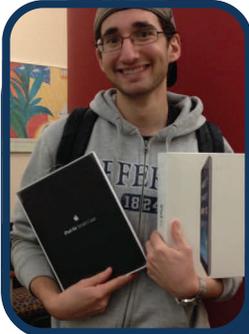


HERE'S WHAT'S HAPPENING



Congratulations to Jon Fraser for winning the iPad Air!!!!

We hope you all enjoyed using the Wellness Site and Message Board and continue to find them to be useful!

UPCOMING EVENTS

Shake it Off

A stress-free event for the Jefferson community

Sponsored by JeffHELP SERV

and co-sponsored by SIGN (Student Interest Group in Neurology)

Tuesday, November 18, 5:00-7:30 PM

Hamilton Lobby



The trees are shaking off their excess leaves and you can come shake off your excess stress! From 5:00-6:30 we'll have guided art therapy, independent art projects, photo booth, and live music from Jefferson's own Chamber Orchestra quartet, and the guitar group the Fender Bender . Then later in the evening, after being inspired by these groups, we can sing off our stress with some Karaoke!!! More is being planned, so you'll have to come to enjoy it all. Food will be provided! **Hope you can join us!**

Taste of Mindfulness

In this one hour workshop, you will be exposed to mindfulness theory and practice in a group setting so that you can begin on your own journey to greater ease, knowledgeable answer patients' questions, and appropriately prescribe this intervention.

Wednesday, November 11, 12:00-1:00 PM

(click the date to register)

Space is limited to first 15 registrants.

Location: 833 Chestnut Street, Suite 230, Room 2304

This workshop is \$10.00 for the one hour session, due upon arrival.



Embracing Diversity

Tuesday, November 4th from 4:30-5:30 p.m.

833 Chestnut Street, Suite 230, SPCC Group Room 2304

Facilitated by Philadelphia MFT

Light Refreshments will be provided

Diversity in all aspects (racial, gender, religious) is something that should be welcomed in the class and workplace; however it is easier said than done. The therapists of Philadelphia MFT will be presenting on ways to be mindful and inclusive regarding diversity, how to connect with those who are different than you and ways to successfully cope when you are the only minority in the room. Please RSVP to [Dr. Shawn Blue](#)

SPCC Workshops

There will be two workshops in November

November 10th – A workshop related to eating disorders, led by Laura Novak, MD

November 20th – A workshop related to the stigma of mental health, led by Elina Maymind, MD

Both of these workshops will take place at 833 Chestnut Street, Suite 230, SPCC Group Room 2304

More details to follow and will be updated on the JeffHELP E-Calendar.

If you have any questions, please contact [Dr. Shawn Blue](#).

App of the Month



iPhone: Quit-it (Lite Version Free, Upgrade .99)

Android: Stop! Quit Smoking!

(Lite Version Free, Upgrade 2.99)

Are you motivated to quit smoking? Let these apps help you!

Both are similar with features like:

- Real-time display of saved money.
- Real-time display of time saved and non-smoked cigarettes.
- Motivating achievement system: See the progress of your achievements
- Achievement-Generator: Create your own, personal achievements

Monthly Poll Question

Which factors drive you the most? [Click here to vote!](#)

Last Month's Poll Results

When asked, "Which of these areas of humanities interest you most?", here are the responses we received:

- Music (41%)
- History (27%)
- Performing arts (24%)
- Literature (20%)
- Philosophy (15%)
- Visual arts (15%)
- Religion (12%)



Resource of the Month

Motivation, Relaxation, Procrastination: What Helps Us Move Forward?

by Rose Milani, Project Coordinator, JeffHELP

As we launch the wellness site and message board to help you connect around areas of wellness, I started thinking about what motivates us? How can we follow through with the goals we set for ourselves? Will people use the message board? We had a giveaway, and that's a great place to start, but will the message board be effective in helping the Jefferson community reach their goals?

I googled "What motivates people" and the first thing that popped up for me was "sparkpeople". This is a site that has "list" type articles about inspiring and motivating people, all with vibrant graphics to catch your eye; like, "9 Ways to get more out of your day", and "8 ways to put yourself on your priority list". These are interesting and may actually be true, but do these help us? What about when all we want to do is play a mindless game on our device or eat the whole bag of soft chewy bread rolls while watching too much TV? Which also makes me think, what's the difference between relaxing and procrastinating?

The main difference between relaxation and procrastination is the way it ultimately makes you feel. Procrastination leaves you feeling unfulfilled, and stressed, or more stressed. While relaxation leaves you feeling fulfilled, energized, and less stressed. One reason we procrastinate is because we are overwhelmed and don't know where to start. We also procrastinate to avoid something uncomfortable, like having to tell someone hard news, or the boredom we feel when doing a task, or the fear of rejection, or fear that things won't go our way. However, by procrastinating, we don't eschew these feelings, but rather prolong them. It's only by truly figuring out how to take on the tasks at hand that we can face the feelings of discomfort and be empowered. In the book, "Procrastination, Why You Do It, What to Do About It

Now”, the authors suggest looking at the excuses we make to avoid a task and to actually write them down. Things like:

- I don't have enough time
- I might not be good enough
- I don't really need to do it now

By acknowledging them, it shows us some of who we are and what we are really thinking and feeling, instead of just letting the excuses guide our actions. Acknowledging them also takes some of the power away and may help us move forward. Another key way to help with procrastination is to truly get rest and have intentional time for relaxation. We feel it's ok to plan meetings, work, volunteer hours, yard work, etc., but often feel guilty when we plan time to rest or time to get what our bodies and minds need. So, what motivates us to do the things we need to do for ourselves?

We held a contest which gave you all the opportunity to win an iPad Air. This was quite motivational, 100 of you went to the wellness site, created your plan, and gave us feedback. Some of the feedback was suggestions or criticisms (which we appreciate and please feel free to continue to comment), but by in large, the vast majority found the wellness site to a useful tool, with helpful resources. And, since you made your way to the Message Board, it seems that it was relatively intuitive on how to use that resource as well. This is all well and good, but now that the iPad Air has been won, what will motivate us to continue to achieve our goals, and to avoid procrastinating? How do we keep that initial spark lit enough to keep us going, or to “fan the flames” so to speak?

Measuring Achievement As we see results from the steps taken to reach a goal, we feel a sense of accomplishment and want to keep doing the things that are moving us in the direction we want to go. These can be small and large achievements, internal and external. It may be the feeling you have when you can run 5 minutes longer than you did the week before. Or, the enjoyable activity you will do after you finish some work.

Altering Your Environment to Build Healthy Habits In a [2005 Cornell University study](#), moviegoers were given varying sized buckets of bad tasting popcorn to see if a larger container would increase consumption. Lo and behold, those with larger containers consumed 53 percent more popcorn. So, the solution, decrease container size of items you don't want to eat and increase size of items you do. As our bodies/minds get used to the changes, it motivates us to make similar changes.

Find Others Who Share Your Interest/Have Similar Goals We are social beings, having others around us who are aiming for similar goals helps us feel supported. When we are feeling discouraged, which is inevitable, we have someone who may understand what we're going through. Also, when we're just feeling lazy, another person can keep us accountable and get us through the slump. And, when we need to take a break, we have someone to share downtime with, too. (By the way, if you'd like to connect about this, the [Message Board](#) was created for this reason!)

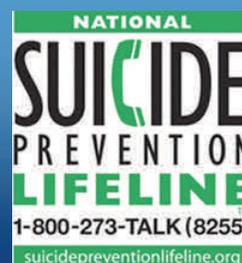
We hope you continue to find the motivation to work towards your goals. We realize, sometimes we need others to work through this with us, to “talk it out”. If so, find a trusted friend, meet with a [JeffHELP SERV](#) student, or call the SPCC if you're a student, or First Call if you're an employee to meet with a counselor. (215-955-HELP)

[For more information @ JeffHELP contact](#)

Rose Milani

Project Coordinator

jeffhelpinfo@jefferson.edu



JeffHELP is funded under award IU79SM060468 by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed herein do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government