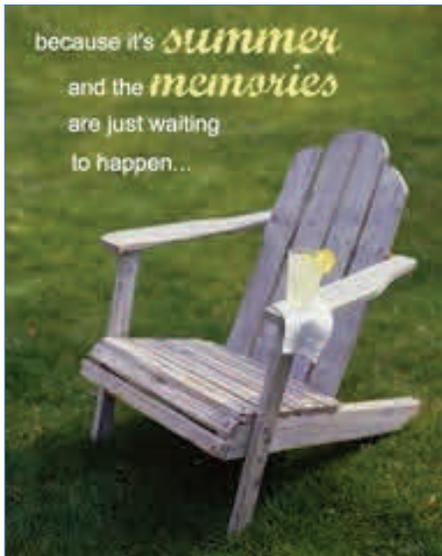


HERE'S WHAT'S HAPPENING

Two great new resources available on the JeffHELP website, the [Interactive Wellness Site](#) and [Message Board](#).
Check them out!



What's one of your favorite summer memories? Swinging in a hammock? Picnic in the park? Swimming in the ocean? Go to the JeffHELP Message Board and share your favorite memory in the JeffHELP Wellness Group! Also, fill out our poll question (below), and read our resource of the month that focuses on retaining happy memories. (The JeffHELP Message Board was created to help Jefferson individuals connect around areas of wellness. You can find an exercise partner, meet with a group of people to go bowling, chat about your favorite recipes or ways to meditate, find out great places to create art...If it's wellness focused, then this is the place to connect about it. Only those with a Jefferson email address are able to use the message board. Go to www.jeffhelp.org/messageboard and create your account, and start connecting with others on the message board.)

Monthly Poll Question

Where do your best summer memories take place?



[Click here to vote!](#)

Last Month's Poll Results

Of the eight wellness categories on our interactive wellness site, which one is of highest priority to you right now?

(Results ordered from most votes to least)

1. Physical
2. Emotional
3. Spiritual
4. Financial
5. Social and Intellectual (votes tied)
- 6 Occupational and Environmental (votes tied)

Resource of the Month

Holding On to Happy Memories

By Rose Milani, Jefferson Department of Psychiatry

Summer gives us warmer days with more sunlight, which means, more time to enjoy the world around us. Usually, summer plans are to head outside, enjoy the weather, have an adventure, or just sit lazily sipping a cold drink. I love hearing stories of “When I was a kid, I spent the summer...” There are often fun memories shared, with themes of freedom, joy, and friends. But, can you remember what you did last summer? How can we help ourselves savor our good memories and keep them close at hand?

Unfortunately, our brains tend to remember negative experiences more than positive ones. “Negative emotions generally involve more thinking, and the information is processed more thoroughly than positive one. Thus, we tend to ruminate more about unpleasant events — and use stronger words to describe them — than happy ones.” (Nass, PhD in Sociology, and co-author of “The Man Who Lied to His Laptop: What Machines Teach Us About Human Relationships”). As a result, we retain more details long term about the event.

However, there’s a way to combat this. Christine Carter, PhD, of UC Berkeley's Greater Good Science Center, describes on her site Raising Happiness, a method from Neuroscientist Rick Hanson that he coined, “Taking in the Good”. She describes this method as a practice to do with children, but I think it can be effective no matter the age.

The first step is to practice noticing the good things that are around us. This step is active and intentional. Even something like cleaning a window can become a positive experience when you think about the warmth and happiness experienced from the increased light that now pours in through that window. This turns “positive facts into positive experiences,” according to Hanson.

The next step is to relish in our positive experiences. Carter suggests taking time at the end of the day to think of 3 good things that happened that day. Then, remember the positive emotions that go along with them. She suggests going back over those times in your mind and relive them a bit. “This evokes what was rewarding about (the positive experience), and helps use our brain chemistry to strengthen connections associated with the memory,” states Carter.

Finally, let it all sink in. Nass suggests imagining that the good thing you were just remembering is entering deeply into your mind and body, like the sun’s warmth into a T-shirt, water into a sponge, or a jewel placed in a treasure chest in your heart. This imagery may or may not work for you, but find one that does, something that helps you hold on to the moment.

So, as you have fun this summer, and create great positive moments both big and small, take some time to really savor them. Then, when you need to remember some sunny memories, you’ll have them to draw from.

We realize that for some, the summer is not filled with happy memories. There are resources available for both students and employees for those who would like to speak to someone about this. Call 215-955-HELP to schedule an appointment with the Student Personal Counseling Center, or to connect with First Call (Employee Assistance Program).

For more information @ JeffHELP contact

Rose Milani

Project Coordinator

jeffhelpinfo@jefferson.edu

Call

5-HELP

for counseling, health care services,
and support group information
@ Jefferson



JeffHELP is funded under award 1U79SM060468 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