



AUGUST BATHROOM BANTER

Here are some fun holidays to look out for this month!

8/9 NATIONAL BOOKLOVER'S DAY

8/16 NATIONAL TELL A JOKE DAY

8/18 NATIONAL FAJITA DAY

8/26 NATIONAL DOG DAY

210.207.WELL | WELLNESS@SANANTONIO.GOV

WHAT'S IN SEASON?

Enjoy more fresh, tasty, nutrient dense fruits and vegetables when choosing your produce. Here is a list of items you may want to add to your shopping cart this month!

- APPLES
- BELL PEPPER
- CABBAGE
- CANTALOUPE
- CARROTS
- CORN
- CUCUMBER
- FIELD PEAS
- GREENS
- HERBS
- LETTUCE
- MUSHROOMS
- OKRA
- ONIONS
- PEACHES
- POTATOES
- SQUASH
- SWEET POTATOES
- TOMATOES
- TURNIPS
- WATERMELON

HTTP://WWW.TEXASAGRICULTURE.GOV/

DID YOU KNOW?

MUSIC CAN FEED YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH

Here are some ways research has proven that music can have a positive impact on our health:



- Enhanced Workouts
- Pain Management (for ex. osteoarthritis) through the reduction of stress
- Decrease in Anxiety and Depression
- Improved Mental Focus
- Stress Reliever
- Sleep Aid



WHAT'S ON YOUR PLAYLIST?

We want to hear what YOU have on your playlist that keeps you motivated and boosts your physical activity! Submit your favorite workout song to wellness@sanantonio.gov and we will create a playlist based on your submissions. We will include this playlist in September's Bathroom Banter!

www.wellnesstoday.com

Mindfulness Based Stress Reduction

ABOUT

MBSR™ is an 8-week intensive course designed to teach mind-body awareness, recognize and learn how to utilize our inner psychological resources to respond to toxic stress, regulate emotions, and allow a greater sense of self-care and well-being.

PROGRAM DETAILS

This program offered by Lucy K. Ziegler, LPC, MBSR™, LLC consists of eight weekly classes and one all-day class.

Orientation:
Monday, August 13th
Central Library, Auditorium
5:30-8:30pm

COST

\$25 for City Employees
\$75 for Family Member or Friend of City Employees

To learn more information on the program and how to register, go to the Southwest Counseling and Mindfulness Center website at swmcenter.com or contact Lucy Zeigler at lkzlp@gytc.com or 210.289.6066

A Mindful

S.N.A.C.K.

S
Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N
Notice

What is happening within and around you?

A
Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C
Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K
Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

Mindful.org

By Carla Naumburg, PhD (carlanaumburg.com)

AUGUST WELLNESS EDUCATION SESSIONS

This month, the following seminars are brought you by Deer Oaks Employee Assistance Program. The seminars will focus on relaxation and stress management techniques.

August 14th: 9-10AM

Self-Care: Remaining Resilient
Development Services
Training Room B
1901 S Alamo St.



August 16th: 12-1PM

The Mind-Body Connection
Central Library, Auditorium
600 Soledad



August 24th: 12-1PM

The Path to Inner Peace
Municipal Plaza, B-Room
114 W. Commerce



THE MINDFUL ZONE



Contact Human Resources Customer Service at 207-8705 or hrcustomerservice@sanantonio.gov to reserve your seat!



WEDNESDAY 2018 8:30 AM TO 9:30 AM
AUGUST 15

ALAMODOME

100 MONTANA STREET, SAN ANTONIO, TX 78203

CARPPOOLING RECOMMENDED
PARKING AT LOT A SEE YOU THERE!



Receive 100 Virgin Pulse Points for attending. In order to receive credit, you must check in at the Employee Wellness table.



Wear your department shirts and be ready to compete for the most spirited department in the City!

SAN ANTONIO FOOD BANK AND DRESS FOR SUCCESS WILL BE ACCEPTING DONATIONS AT THE EVENT. ALL EMPLOYEES ARE ENCOURAGED TO BRING A DONATION OF CANNED OR NONPERISHABLE FOODS OR MEN'S AND WOMEN'S PROFESSIONAL OFFICE ATTIRE.