

JUNE/  
JULY  
2024

NEWSLETTER OF THE  
CITY OF TACOMA

# HealthVine



THANK YOU

There are 3 months remaining for you to earn your 2025 wellness incentive.

**Deadline for your 2025 wellness incentive: Sept. 30, 2024**

We hope that you are continuing to enjoy the [Virgin Pulse](#) wellbeing platform! There are many ways for you to [earn points](#) on a daily, monthly, quarterly, annual and/or one-time basis to reach the **25,000** point goal.

**We are appreciative of the 262 employees who participated in our “Self-Care” Challenge!**

Self-care is about focusing on the present quality of your life. It includes your physical health, your mood/mental health, and your social bonds. Good self-care practices should have you waking up the next day feeling better about yourself rather than worse. Learn more on **Page 3**.

In this challenge, employees set a goal for how many mindful minutes they wanted to do daily and earned points as they continued to reach milestones of their goal throughout the challenge.

**Our three Fitbit drawing winners are:**

- Katherine Osorio
- Jade Sodon
- Stephen Fairfield

**Coming Soon: New Challenge**

In light of the upcoming summer Olympics, we will be offering a customized challenge called “**Go For Gold.**” In this challenge you will complete five stages and we will award gold, silver, and bronze winners. Stay tuned for more information!

	Do healthy things	Earn Points
<b>Getting started</b>	First log in to mobile app	250
	Connect your activity device	200
	Add profile picture	100
<b>Daily</b>	Track steps (per 1,000 steps)	10
	Do your daily cards (2 per day)	20 each
	Track your healthy habits (3 per day)	10 each
	Track getting >7 hours of sleep	50
	Complete a Journey step	30
	Browse healthy recipes via Zipongo	10
<b>Monthly</b>	Receive or give a shout out	100 each
	Win the promoted healthy habit challenge	200
	Complete 20 daily cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track calories 20 days in a month via MyFitnessPal	300
	20-day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	20-day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
<b>Quarterly</b>	Choose your eating type via the Nutrition Guide	250
	Choose your sleep profile	250
	Set your interests	100
	Complete a <a href="#">certified weight management program</a>	1,000
<b>Annually</b>	Complete the Health Check Survey	2,500
	Set a wellbeing goal	200
	Complete the Nicotine-free agreement	100
	Invite a colleague to join	50
	Complete your <a href="#">annual physical</a>	2,500
	Attend 12 City of Tacoma Employee Wellness <a href="#">webinars</a>	3,000
	Complete 3 preventive care activities (My Care Checklist)	500





## Bebe Moore Campbell National Minority Mental Health Awareness

July is Bebe Moore Campbell National Minority Mental Health Awareness Month, a time to highlight the unique strengths and challenges faced by Black, Indigenous, and people of color (BIPOC) in relation to mental health.

Named in honor of Bebe Moore Campbell, a journalist, teacher, author, and mental health advocate, this month is dedicated to continuing her legacy by focusing on the mental health needs and experiences of BIPOC communities.

Fear of judgment, cultural beliefs, generational differences, and lack of access to resources often prevent people of color from addressing struggles openly and seeking the help they need. To overcome these barriers, it is essential to foster open and honest conversations about mental health. Breaking the silence is a crucial step toward healing and prioritizing mental wellness.

This July, we encourage everyone to take steps towards improving mental health in BIPOC communities.

To support these efforts, Mental Health America has created a free BIPOC Mental Health Toolkit. The toolkit contains handouts, outreach ideas, social media assets, and other resources to help combat stigma, break down myths, and encourage conversations about mental health.

For more information, visit [mhanational.org/july](https://mhanational.org/july) and the BIPOC Mental Health Resource Center at [mhanational.org/bipoc](https://mhanational.org/bipoc).

### Stigma and Generational Wisdom

- Expressing your feelings and needing help is not a sign of weakness - it's a sign of strength. Learn more about stigma and mental health myths in the BIPOC community at [mhanational.org/july](https://mhanational.org/july).
- Stigma feeds on silence. Mental Health America has tools to help you break down stigma around #mentalhealth in BIPOC communities. [Learn more at mhanational.org/july](https://mhanational.org/july).



JULY  
**BIPOC**  
mental health  
AWARENESS  
MONTH

- Storytelling is one of the most effective ways to fight mental health stigma in BIPOC communities. When people who live with a mental health condition share their stories, it can help others feel less alone and reduce shame (#BIPOCMentalHealth).
- Different generations in #BIPOC communities may face unique mental health challenges, but all age groups have unique wisdom to share. Learn more about sharing generational wisdom at [mhanational.org/july](https://mhanational.org/july).


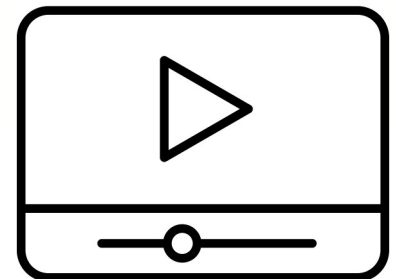
### Important Links

- [mhanational.org/bipoc/mental-health-month](https://mhanational.org/bipoc/mental-health-month)
- [mhanational.org/bipoc](https://mhanational.org/bipoc)
- [mhascreening.org](https://mhascreening.org)
- [City of Tacoma Mental Health Resources](#)
- [Mental Health Coping Tips](#)

## Did You Know?

[Virgin Pulse](#) offers a **media library** filled with a variety of different videos for you to explore. Those topics include:

- Diversity, Equity & Inclusion
- Emotional Balance
- Financial Wellness
- General Wellbeing
- Health Situations
- Healthy Eating
- Meditation
- Personal Growth
- Physical Activity



If you or someone you know is struggling with a crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org). You can also reach Crisis Text Line by texting HELLO to 741741.

# WE CAN DO THIS.

## Self-Care Best Practices

**Self-care is not selfish. Even small acts of self-care in your daily life can have a big impact your physical and mental health.**

**Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

**Eat healthy and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.

**Make sleep a priority.** During sleep, the body and mind go through various restorative processes, including repairing and rejuvenating cells, consolidating memories, processing emotions, and cleansing toxins from the brain. Good sleep can help you regulate your emotions better as well as improve cognitive skills like learning and attention. Learn more about the connection between sleep and mental health [here](#).

**Start a compliments file.** Document the great things people say about you to read later.

**Focus on positivity.** Identify and challenge your negative and unhelpful thoughts

**Take time to laugh.** Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

**Unplug.** Switch everything to airplane mode or leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions.

**Be selfish.** Do one thing because it makes you happy every day. Also, it is okay to say "no" and set boundaries.

**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

**Spend some time with a furry friend.** Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. They can also help get you moving more. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.



**Try a relaxing activity.** Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, [coloring](#), and engaging in low-stress hobbies.

**Help someone.** Carry a bag, open a door, or pick something up for your neighbor or friend.

**Reflect on your emotions.** Write down anything (without judgement) that you are feeling and/or is bothering you.

**Practice gratitude.** Remind yourself daily of things you are grateful for.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

*\*Sources: [Tiny Buddha](#), [Mental health America](#), [National Institute of Health](#)*

## Rev Up Your Retirement

**MissionSquare** is excited to introduce a special campaign, "RevUp Your Retirement," during June and July 2024 aimed at helping employees to take control of their financial futures. Through this, MissionSquare offers educational resources, workshops, and personalized financial guidance to help employees achieve their financial goals. Learn more about "RevUp Your Retirement" and how MissionSquare can support your financial journey by visiting the campaign website at [www.missionsq.org/tacoma-revup](http://www.missionsq.org/tacoma-revup). Some of the webinar information can also qualify toward earning your [wellness incentive](#) if you complete a [smart form](#)!



## Self-Talk Solutions To Help Ease Mental Health

Persistent self-critical, catastrophizing, or discouraging thoughts can spoil any pleasant experience. They can hold you back from persisting at a goal or trying new things. They can interfere with your self-esteem, happiness, sleep, general mental health, and flood your body with harmful stress chemicals.

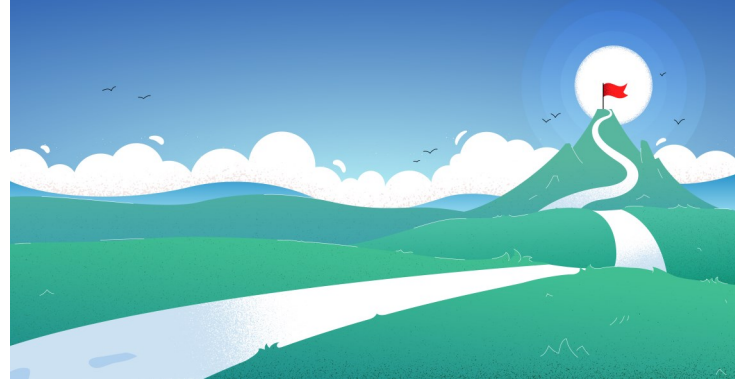
It is normal to experience both positive and negative self-talk. Unfortunately, the spots that spontaneously enter our minds is about 70% negative, according to research. Below are some recommendations to help you recognize negative self-talk faster, stop the negative voice sooner, and develop a more encourage inner voice.

**Note daily successes.** Take time every day to notice at least three "small wins." Eventually, your self-confident thoughts will nudge out your self-critical thoughts. The types of successes you can notice are infinite—a good decision, taking the time to exercise on a busy day, helping someone. As you acknowledge your successes, you could add in some encouraging self-talk like: "That wasn't perfect, but I handled that situation better than I normally do. It was a tough situation, but I managed to keep my temper. Yay! Even though my project isn't finished, I definitely made progress today."

**Accept your thoughts as "just thoughts".** You may have noticed that your mind often creates disturbing mental stories and scenarios. When these odd or upsetting thoughts come up, neutralize them by telling yourself, "Just thoughts." This self-talk reflects the fact that "the mind has a mind of its own" and wanders where it will. "Just thoughts" disrupts negative thinking and replaces it with more realistic thinking. You might also tell yourself: "This is my mind creating these thoughts, not me. I don't have to judge myself. I don't have to believe these thoughts or take them seriously."

**Practice friendly feelings towards yourself.** In The Self-Talk Workout, Turow offers an amazing strategy to increase self-kindness. When you catch yourself obsessing and stressing, remind yourself to "Inhale, my friend; Exhale, my friend," as you take a deep breath and let it go. The combination of a deep breath with a friendly thought provides a quick way to regulate stress; even one deep breath will decrease activity in the amygdala, the flight-or-fight region of the brain.

*This First Choice Health EAP article is continued [here](#).*



## Journey Recommendations

A Journey is a digital coaching tool designed to help you easily make changes to your health and wellbeing, one small step at a time. You can earn 30 points per stage AND 150 points for finishing the Journey. You can complete up to 12 Journeys per program year. However, it is recommended that you only do one or two at a time to ensure you are [maximizing your points](#).

### Practice Self-Love and Self-Acceptance

**This Journey takes 16 days to complete.** You don't always have to do something drastic to get more out of life: Self-acceptance can be a game-changer. It might not come easy, but trust us when we say that the effort is worth it! With some practice and education to get you started, you can begin learning to appreciate all that you are. Through thoughtful exercises, you'll nurture your ability for self-acceptance, self-compassion and self-love. And you'll walk through this world feeling just a little bit lighter.

### Choose a New Mindset

**This Journey takes 10 days to complete.** We all experience stress in our lives. It's normal. Our bodies know how to respond to crisis. But when excess stress causes problems for your health, sleep and relationships, choose to take action. Break the cycle step by step. Learn to recognize your stressors. Train yourself to calm your stress by finding the positive. And then spread positivity to others.

### Figuring Out the Cause of Your Fatigue

**This Journey takes 10 days to complete.** Fatigue is a feeling of tiredness and lack of energy. Learn about the possible causes, from stress to taking certain medications. Explore what's causing your fatigue and get tips to boost your energy.

### Learn About Allyship

**This Journey takes 18 days to complete.** Anyone can be an ally! Allies listen, use empathy and take action to help break down barriers to equality and justice. Learn more about what allies do, and how you can be one.