

Meeting Minutes
AWC meeting Sep 25, 2012
1:30 p.m. 3:00 p.m.
Ladyslipper Rm. Centennial Bldg.

Attending:

- | | |
|------------------------|-----------------------|
| 1. Amy Sanda | 10. Patrick Prose |
| 2. Sandy Stolt | 11. Kim Engwer-Moylan |
| 3. Sally Kupferschmidt | 12. Ashley Kalbes |
| 4. Tamara Bohmert | 13. Emily Hagen |
| 5. Lorelei Peters | 14. Candace Dow |
| 6. Linda Feltes | 15. Karen Hanauer |
| 7. Debbie Lerdahl | 16. Ned Rousmaniere |
| 8. Cori Huffman | 17. Deb Loy |
| 9. Nicki Trifilette | 18. Lauren Burks |

Presenting: Ned Rousmaniere and Karen Hanauer from Organizational Mgmt EAP

EAP's Depression Awareness Campaign
(Please review presentation "Depression Awareness and Screening")

Outdoor Energy Break

Resiliency with Karen Hanauer

- State of mind: place of resiliency
- We have a natural "healing" capacity
- Once we remember, it's like going home, we know we're there; it's the place we are best capable of living
- We can access peace of mind in any given moment
- What happens when we spiral in our "thinking" reaching fear
- Most common fear is the fear of the unknown; Will my children be safe, healthy happy? Will I keep my job, find a new one? Will I ever be successful? I wonder if my health will fail this year? My parents health? If we let fear control our thoughts we'll have less peace of mind and physical health, our decisions will be limited and our relationships will suffer.
- When we recognize that our own thinking is getting in the way, we can shift so we see more clearly; we make room for wisdom and insight
- Peace of mind, is portable, a glance a-way, is noticing our thoughts so we can come back to the moment and remembering always we have the capacity

Announcements

- State Capitol 5K race on Sept 21 smashed all records with over 400 registrants.
- Wellness Convention. Work Well and the MN National Guard will host a wellness convention on the Ground floor of the Centennial Building on the afternoon of Jan 11, 2013. The focus will be Eat Well, Move Well and Be Well with sample classes, foods, etc. Please give Linda suggestions for interesting vendors.
- Nice Ride provided 21 tours/demos on 11 days, and reached over 466 state employee participants. Nice Ride guidelines were developed by Work Well in partnership with MMB leadership. They can be found on the Work Well website: <https://extranet.mmb.state.mn.us/workwell/programs.htm>. The bikes are pulled off the streets for winter next month. Let's duplicate this effort in the spring.

Next meeting

Tues Oct 30, 1:30-3

Ladyslipper Room, Centennial Bldg.

658 Cedar St.

St. Paul 55155

Energy Break Leader: Patrick Prose.