Mindfulness is an attribute of consciousness long believed to promote well-being (Journal of Personality and Social Psychology, 2003). An often cited definition of mindfulness—paying attention in a particular way: on purpose, in the present moment, and non-judgmentally (Kabat-Zinn, 1994, p. 4)—embodies the three axioms of mindfulness:
1. “On purpose” or intention,
2. “Paying attention” or attention,
3. “In a particular way” or attitude (mindfulness qualities) (Journal of Clinical Psychology, December 2005).

Mindfulness is this moment-to-moment process. So how do we apply this to our daily work?
- Make a commitment to practice. The first step is to become more aware of being aware. Essentially mindfulness is the art of being an observer of your self – your thoughts, feelings and your behaviors. As the definition above states – without judgment).
- Start slowly – today I will become more aware of _________ and practice by placing your attention on that.
- If your tendency is to move at a very quick pace while getting your day started, focus on slowing yourself down. Even if you have to get many things done in a short time frame – you can control the racing to-do list in your mind.
- In the course of your work, practice really listening to others.
- Pay close attention to your body language.
- Watch your language – the words you use cue your physiology.
- Find some time, at the end of your workday or in the evening for self-reflection. It’s challenging to do this without judgment. Discernment and judgment are very different. Practice noticing without judging.

http://intentionalworkplace.com
April 2012
Full calendar online at www.ipfw.edu/health

Calendar of events

- Every Thursday: 5:15 - 5:45 PM: Women's Strength Training, Racquetball Courts, Athletics Center
- NEW! De-Stress with Fitness on Tuesdays in April, 12-1 PM in the Athletics Center, Intramural Fitness room
- April 5: Alcohol Awareness Events, 10 AM-2 PM in Walb Union.
  - 12-1 PM: Alcohol Debate in the Walb Ballroom
  - Weight Watchers every Wednesday, 12-1 PM, KT 243
  - April 12: Smoking Debate, 12-1 PM, Walb Ballroom
  - April 13 & 14: BACCHUS Peer Education Training at St. Francis. For more information, visit www.ipfw.edu/health
  - April 15: Mastodon Stomp 5K, 2 PM, Athletics Center
  - April 19: True Happiness: Healthy, Holy, and Whole, Walb Union G21
- FREE Health Screenings:
  - Wednesday, April 11: 9 –11 AM, KT, ITS
  - Wednesday, April 25: 1:30-3:30 PM, KT G98

Athletics Center Hours:
M-Th: 5:30am-10:00pm
Friday: 5:30am- 8:00pm
Saturday: 8am - 5pm
Sunday: Noon - 8pm

RECIPE OF THE MONTH
ASPARAGUS GUACAMOLE

- 1 medium Anaheim chile
- 1 tsp olive oil
- 5 or 6 fresh asparagus spears, ends trimmed
- 1/2 cup nonfat plain yogurt
- 2 medium avocados, cut into cubes (about 2 cups)
- 1 plum tomato, seeded and diced
- 1 tbsp chopped green onion
- 1/4 cup chopped fresh cilantro
- 1 tbsp fresh lime juice (or more to taste)
- Dash garlic powder
- 1/2 tsp freshly ground black pepper
- Baked tortilla chips

Preheat broiler. Rub chili with oil; broil 5 minutes, turning with tongs so all sides get charred. Transfer to a plastic bag, seal and set aside to steam 10 minutes. Remove stem, skin and seeds from chili and dice. Set aside. Fill medium sauté pan halfway with water and bring to a boil. Prepare a medium-sized bowl of ice water. Place asparagus spears into boiling water 3 to 4 minutes or until just tender. Remove and plunge spears into ice water to halt cooking and preserve color. When cool, remove, dry thoroughly and chop into 1-inch pieces. Transfer to a blender or food processor, add yogurt and avocado and process until smooth. Move to a mixing bowl and stir in remaining ingredients (except chips). Serve with baked tortilla chips.

Source: CDC

Make the decision to quit for good!
Tobacco Cessation classes are FREE at IPFW and are open to the community.
Wednesdays, April 4—May 16
5:30—7 PM
IPFW Athletics Center, Room 264

The first three classes offer tips and techniques to help you prepare to quit and the last three classes offer quit support. Quit week is week 4.

Register by emailing tillapau@ipfw.edu

American Lung Association
Freedom from Smoking®

American Lung Association
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In 2009, 10,839 people were killed in alcohol-impaired driving crashes, accounting for nearly one-third (32%) of all traffic-related deaths in the United States.

In 2009, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. That's less than one percent of the 147 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

Among drivers with BAC levels of 0.08 % or higher involved in fatal crashes in 2009, more than one out of every 3 were between 21 and 24 years of age (35%). The next two largest groups were ages 25 to 34 (32%) and 35 to 44 (26%).

Whenever your social plans involve alcohol, make plans so that you don’t have to drive after drinking. For example:

- Prior to any drinking, designate a non-drinking driver when with a group.
- Don’t let your friends drive impaired. Take their keys away.
- If you have been drinking, get a ride home or call a taxi.
- If you’re hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver.

Source: CDC

IPFW Smoking Debate
April 12, 12-1 PM
Walb Union, 114/116

Sponsored by IPFW Department of Athletics, Recreation, and Intramural Sports & the IPFW/Parkview Health & Wellness Clinic. Visit www.ipfw.edu/health & www.ipfw.edu/clinic

Judy Tillapaugh, R.D.
Fitness/Wellness Coordinator
481-6647 tillapau@ipfw.edu

Jen Roherty, ACSM HFS
Wellness Specialist
481-6746 rohertyj@ipfw.edu