



FEBRUARY 2017 GROUNDHOG DAY

In Punxsutawney, PA where winters are cold and long, as many as 40,000 people gather each February 2nd to celebrate Groundhog Day. While the celebration can go on for days, particularly if it occurs on the weekend, the groundhog's role lasts no more than 30 seconds. He simply wakes up and emerges from his burrow. If he sees his shadow, winter will persist for six more weeks. If he doesn't see his shadow, spring will arrive early. It is celebrated in both the US and Canada and stems from similar beliefs in England, Germany and Italy.



Whether it's because I live in Florida or because I actually saw the movie when it opened, Groundhog Day reminds me less of this traditional forecast of spring and more of the 1993 comedy classic starring Bill Murray. The movie follows Murray, a meteorologist stranded in Punxsutawney by his own unfortunate weather prediction, condemned to reliving the day over and over again. With each 6:00 AM alarm, Murray awakens to exactly the same day. He quickly learns that he can use his circumstances to live each recurrence differently. He starts by exploring life with no consequences. He smokes, overeats, jumps off of a building and robs an armored car. It isn't until he invests his energy in positive changes, by giving to charity and learning the piano, that he wins the heart of the leading lady and finally awakens on February 3rd. Murray's comic genius and the fairy tale ending aside, there are powerful lessons in the movie version of Groundhog Day.

THE SIX O'CLOCK ALARM

All of us could benefit from waking up and going to bed at the same time every day. Regardless of what hours you work, shoot for 7-8 hours of sleep over a 24 hour period. Your sleep need not be all at once, though that is ideal. Practice the habit faithfully during the work week and on days off to establish a predictable sleep schedule. In six weeks or less, your body will reward you with noticeably increased productivity, improved clarity, better mood and outlook, less risk of injury and illness, and better regulation of the hormones governing appetite.

THE BENEFITS OF 7 TO 8 HOURS OF SLEEP



Decrease your risk for cardiovascular disease



Support your immune system



Improve memory



Recognize hunger and satiety



the supplement
FACILITATING VITALITY

TRY DIFFERENTLY

Even with his forays into life without consequences, Murray learns to try things differently and in so doing demonstrates what educators call a growth mindset. A growth mindset is the belief that talents can be developed through hard work, good strategies, input from others and learning from setbacks. Contrast this with a fixed mindset where the belief is that talent is an innate gift. Carol Dweck, a Stanford University psychology professor and author of *Mindset: The New Psychology of Success*, has studied mindset for decades. She cautions that no one has a purely fixed or growth mindset, but a mixture of both. When we face challenges, receive criticism, or fare poorly when compared with others, we can easily experience fixed-mindset triggers. If you find yourself getting defensive or feeling insecure stop and pay attention. You have just stumbled onto one of your own fixed-mindset triggers. It isn't until you notice and name it that you can begin to develop an internal climate that accepts failure and mistakes as opportunities for personal growth.

DO BETTER

Regardless of what you are working toward, shoot for better not perfect. Every time I hear the word "perfect" I cringe a little. Making small positive changes can become life altering. Each small win builds on the one before it. Going after perfection almost always ends with unhappiness and dissatisfaction. Whether you spend Groundhog Day partying with your 40,000 groundhog-loving comrades or doing exactly the same thing as you did the day before, enjoy the day. And make sure you get a good night's sleep. Tomorrow is another chance to try differently and do better.

GROUNDHOG DAY TIP

How many times a day do you enter your password?

Turn it from annoyance to motivator.

Make your password something that reminds you of a current goal.

- 10000Steps!
- #Getup
- Eatto80%full
- Makethatcall!
- Earlytobed=\$\$\$

WELCOME

Please enter your credentials to log in



Punxsutawney Phil



Gobacktobed!!



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Patricia M. Fuller has dedicated the last 19 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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