CELEBRATE NATIONAL WELLNESS WEEK: SEPTEMBER 16–22, 2018

National Wellness Week this year is September 16–22. Consider doing something to mark the week, such as learn something new about wellness, turn over a new leaf, or just focus more on your overall health. Here are some suggestions to celebrate:

- Follow us on social media. During the week, we’ll be posting wellness tips on the Epilepsy Foundation Facebook and Twitter accounts.
- Explore techniques for stress management. Take a walk, meditate, or laugh out loud.
- Get a little more exercise this week. Go for an extra walk, lift weights, or take a class.

YOUR EMOTIONAL HEALTH: STRESS

The Epilepsy Wellness Wheel represents a holistic approach to wellness by highlighting eight life dimensions of wellness. A common thread throughout all eight dimensions is stress.

What is stress?
Stress is the body’s physical response to change and can result in wear and tear on our bodies. Stress has both physical and emotional effects. These effects can not only be negative but can also be positive. Stress can help induce us to action and result in awareness of a new perspective.

Here are four tips to help improve stress management:

- Recognize controllable and uncontrollable change
- Reduce the impact and intensity of your emotional reactions to stress.
- Learn to moderate your physical reactions to stress
- Build and maintain your emotional and physical reserves.

For more information, visit stress management.
In September of 2015, Athletes vs Epilepsy Ambassador, CrossFit athlete, and Wellness Program Manager Jenny LaBaw set a goal to raise awareness and funds for the Epilepsy Foundation through her Move Mountains campaign. On October 19, she accomplished her incredible feat by running 500 miles across Colorado, up and over the Rocky Mountains.

She raised over $52,000 for the Epilepsy Foundation. Jenny also set another goal for the campaign: to motivate individuals to take control and live life to the fullest. “I had kept my epilepsy diagnosis a secret for over 20 years because of fear and embarrassment. It was time to squash the stigma and educate people about epilepsy,” said Jenny.

This October 19, 2018, marks the 3-year anniversary of Move Mountains. To celebrate, Jenny and Athletes Vs Epilepsy ask you to join in the 3rd annual Move Mountains Workout of the Day. You can register your gym or do a modified Workout of the Day on your own even without gym equipment.

Help us to raise funds and awareness for those living with the challenges of epilepsy! Let’s harness our power together to Move Mountains, find a cure and save lives!

“Never in my wildest dreams did I think that speaking out about epilepsy would have the impact it did. Yes, my hope was to have an impact on others, but letting my secret out was the most freeing experience I’ve had. That trapped, scared little girl that lived inside me for so long is now able to soar and bring others with her on her wings until they can fly on their own. I’m grateful everyday,” said Jenny.

Please join Jenny and the 3rd Annual Move Mountains Workout of the Day. For more information, check out this year’s workout.
NON-TRADITIONAL EXERCISE: THINKING OUTSIDE THE BOX

The Centers for Disease Control and Prevention recommends adults get at least 150 minutes of moderate exercise or 75 minutes of vigorous aerobic physical activity each week. Each session of physical activity should be at least 10 minutes. The CDC also recommends that adults should do muscle-strengthening activities on two or more days each week.

Some people dread the thought of exercising, equating it to sweating at a gym or running around on a track. They may have a tough time motivating themselves to exercise or may not want to spend money on gym memberships or personal trainers.

When they think of exercising, they think of people sweating at the gym, running on a track or doing aerobics. However, many activities can provide similar benefits as formal exercise. Here are some activities to get your body moving and your heart pumping.

Moderate to Vigorous Activities

- Dancing
- Hiking
- Martial arts
- Skiing
- Riding a bike
- Playing sports
- Playing tag with your friends
- Heavy yardwork such as chopping wood
- Canoeing/kayaking/paddle boarding
- Ice or roller skating

Light to Moderate Activities

- Walking the dog
- Housework such as vacuuming, dusting and cleaning windows
- Shopping, as long as you’re moving constantly through the aisles
- Light gardening/yardwork

SHARE YOUR TIPS!

Share your wellness tips.
- Do you have a strategy or success story that you’d like to share?
- Have you made a change that has improved your health—physical or emotional?
- Want to share a photo of you and your healthy habit?

We’d love to share your success stories in an upcoming issue of our newsletter. Email us at wellness@efa.org. Photos would be great, too.
WALK TO END EPILEPSY® GOES BICOASTAL IN 2019

The Epilepsy Foundation is taking the Walk to End Epilepsy® bicoastal in both Los Angeles and Washington, D.C. and in approximately 20 other cities across the country in 2018 and 2019.

In 2019, The two largest Walks take place on the West and East Coast, with the Walk to End Epilepsy at the Rose Bowl in Los Angeles on February 2, 2019 and the Walk to End Epilepsy on The National Mall in Washington, D.C., on April 27, 2019. Additional Walks to End Epilepsy are planned in other parts of the country in 2018 and 2019.

Register for the Los Angeles event at walktoendepilepsy.org/losangeles.

Register for the Washington, DC event at walkforepilepsy.org by September 30 for Super Early Bird Registration.

START THE SCHOOL YEAR WELL

As the new school year begins, epilepsy can bring additional considerations and challenges for students and their families. Children tend do best when they help create routines and stick to them. Routines will help you and your child’s epilepsy care team assess how well a medication is working and whether or not side effects from the medication could be affecting their learning.

Check out these additional tips from Elaine T. Kiriakopoulos MD, MSc on how to work toward a healthy and positive start to the new school year.

Got college kids? Dr. Kiriakopoulos also has strategies for navigating college.