“Pause to consider what you are harvesting this fall — a renewed sense of purpose in your work, the deepening of a new friendship, or putting into practice good nutrition, exercise, and sleeping regimes that prepare you for the crisper days of autumn and the upcoming holiday season.”

— Jane Maksoud, Chief Human Resources Officer (read the full article on page 2)
Fall is surrendering to the end of summer, back-to-school for students, and an intense focus on fourth quarter deliverables. As sunset comes early, it may feel as though we have less time to get things done. This seasonal shift affects us all, but for farmers in the field, fall is a race against the clock. For them, fall means bringing in the harvest.

Harvest brings an abundance of pumpkins and apples to greenmarkets and grocery bins, hayrides, apple picking, and pumpkin patch treasure hunts. The cornstalks really are “high as an elephant’s eye” and the whir of the combine means fresh corn-on-the-cob next summer and feed to nourish livestock.

Fall is all about reaping the benefits of the waning sun’s warmth, preparing for winter extremes, and anticipating the promises this cycle of nature provides.

Pause to consider what you will harvest this fall—a renewed sense of purpose in your work, perhaps the deepening of a new friendship, or putting into practice good nutrition, exercise, and sleep regimes that prepare you for the crisper days of autumn and the upcoming holiday season.

Jane

This year, 4,000 Mount Sinai Health System faculty members and employees participated in the Reach Your Peak (RYP) 3.0 Walking Wellness Challenge designed to inspire personal health and well-being by walking and tracking 10,000 steps per day.

More Activity and Improved Nutrition
In addition to increasing their teams’ activity, captains of the 11 winning teams shared stories about how RYP changed how they approached nutrition and their eating habits, as they became more health conscious and active.

Many teams got together and walked during of their lunch breaks. Others started enjoying both old and new activities, as they felt increasingly fit.

Enjoying Each Other
Many team members are feeling happier and healthier; some lost weight; and others lowered their blood pressure by increasing the number of steps they took each day.

One of the surprising benefits of RYP is feeling close to other team members as they took on the challenge together.

Winning Results of the Reach Your Peak Walking Challenge
This year, 4,000 Mount Sinai Health System faculty members and employees participated in the Reach Your Peak (RYP) 3.0 Walking Wellness Challenge designed to inspire personal health and well-being by walking and tracking 10,000 steps per day.

More Activity and Improved Nutrition
In addition to increasing their teams’ activity, captains of the 11 winning teams shared stories about how RYP changed how they approached nutrition and their eating habits, as they became more health conscious and active.

Many teams got together and walked during of their lunch breaks. Others started enjoying both old and new activities, as they felt increasingly fit.

Enjoying Each Other
Many team members are feeling happier and healthier; some lost weight; and others lowered their blood pressure by increasing the number of steps they took each day.

One of the surprising benefits of RYP is feeling close to other team members as they took on the challenge together.

Seasonal Shift
Fall is all about reaping the benefits of the waning sun’s warmth, preparing for winter extremes, and anticipating the promises this cycle of nature provides.

Pause to consider what you will harvest this fall—a renewed sense of purpose in your work, perhaps the deepening of a new friendship, or putting into practice good nutrition, exercise, and sleep regimes that prepare you for the crisper days of autumn and the upcoming holiday season.

The Warmth and Calm of Tea
Busy, chilly fall months are a great time to practice self-care by drinking your favorite tea. Tea is a perfect way to enhance your physical and mental health. Spending just a few moments a day preparing and holding a warm cup of tea, especially in the late afternoon, can help you reset, refocus, and reduce stress while maximizing relaxation and joy.

Sipping tea is a long-standing tradition in many cultures. Centuries ago, tea was only available in teahouses and elegant salons for those in the highest social classes and in the most respected professions. Today, drinking tea can take you out of the humdrum to make you feel special. Some even use the rituals of preparing and drinking tea as a meditative practice. When sipping your tea, embrace a spirit of gentleness and tranquility and fully experience these moments of calm.

For your added pleasure, you may want to read more about the history of tea online at http://www.coffeeteawarehouse.com/tea-history.html.

In addition, if your team is interested in experiencing the calming effects of tea, you may want to arrange a special Chi Cart staff visit. Learn more about the Mount Sinai Chi Time™ Program online at https://www.mountsinai.org/patient-care/spiritual-care-and-education/staff-support-chi-time.

Enjoy.

A Message from the Chief Human Resources Officer

Jane

The Warmth and Calm of Tea

Busy, chilly fall months are a great time to practice self-care by drinking your favorite tea. Tea is a perfect way to enhance your physical and mental health. Spending just a few moments a day preparing and holding a warm cup of tea, especially in the late afternoon, can help you reset, refocus, and reduce stress while maximizing relaxation and joy.

Sipping tea is a long-standing tradition in many cultures. Centuries ago, tea was only available in teahouses and elegant salons for those in the highest social classes and in the most respected professions. Today, drinking tea can take you out of the humdrum to make you feel special. Some even use the rituals of preparing and drinking tea as a meditative practice. When sipping your tea, embrace a spirit of gentleness and tranquility and fully experience these moments of calm.

For your added pleasure, you may want to read more about the history of tea online at http://www.coffeeteawarehouse.com/tea-history.html.

In addition, if your team is interested in experiencing the calming effects of tea, you may want to arrange a special Chi Cart staff visit. Learn more about the Mount Sinai Chi Time™ Program online at https://www.mountsinai.org/patient-care/spiritual-care-and-education/staff-support-chi-time.

Enjoy.