

# MY wellness

## MSJC Employee Wellness Newsletter

### Love Your Heart

by Nicole Piña

Our hearts are what help keep us motivated, activated and oxygenated. We let our hearts guide us in important decisions and quietly depend on each day's heartbeats. With this, we should celebrate our hearts! Let's focus on caring for our hearts through healthy eating and more movement. We can create big heart health with small and consistent changes to our daily routine.

The American Heart Association recognizes February as American Heart Month as well as **National Wear Red Day** this **Friday, February 2nd**. Wear red to show your MSJC spirit for heart health awareness! Love your heart with these 4 easy ways to make healthy changes:

- **Eat Smart** - better snacking and meal planning
- **Add Color** - build through vibrant fruits and veggies
- **Move More** - add 10 minute bursts of activity
- **Be Well** - rest, reset and recharge

We encourage you attend the American Heart Association's workshop on February 20 (MVC) or February 22 (SJC). For more tips or to join the Healthy for Good™ movement for free, visit <https://healthyforgood.heart.org/> to get started.

#### Congratulations CTE!

CTE wins the Frozen Fruit Bar Party with the most survey participation!



### Find your Zen

How do you find your calm during a rough workday, family scenario, or even while waiting in line at the grocery store? Do you ever need time to just breathe? Interested in learning new tools for self-care? We have a workshop this month that could help. Attend Self-Care with EAP on February 7th for a boost of calm.

#### Healthy Tip!

Practice self-care.  
Unplug your electronic devices for one hour.  
Focus on you!

### February Events

- 2 National Wear Red Day
- 7 Self-Care with EAP
- 14 Wellness Wednesday Walk
- 20/22 American Heart Association

#### Self-Care with EAP

February 7, 2018 / 12:30 pm / SJC 200

#### Wellness Wednesday Walk

February 14, 2018 / 10:30 am / SJC @ Eagle  
MVC @ Café / THEC/TEC @ Ent. / SGP @ 100

#### American Heart Association Workshop

February 20, 2018 / 11:30 am / MVC 927  
February 22, 2018 / 12:30 pm / SJC 200



## Three Little Birds

by Veronica Jones

According to Johns Hopkins Medicine, optimistic people are 1/3 less likely to have a heart attack or other coronary risk factor than those that are pessimistic. Given this profound statistic, how may we stay positive? The answer could be that we simply need to make a conscious effort to redirect our way of thinking and take better control our inner thought process. When applicable, we may be able to squash negative thoughts and immediately convert them into positive ones.

Visualize you are sitting in a traffic jam. Generally it's not fun, but if you refocus and begin a mental note of all that you are grateful for, it could really make a difference. You can start to appreciate that you have a vehicle...you are able to drive...and you can keep listening to your favorite songs. Music in itself is so powerful and inspirational that certain song lyrics can even uplift your mood and energize your happy emotions.

One of the most famous songs, "Three Little Birds" by Bob Marley, promotes a positive vibe. Although the song is simple, the repeated choruses and verses emphasize his message:

*Don't worry, about a thing,  
'Cause every little thing gonna be alright  
Singin': "Don't worry, about a thing,  
'Cause every little thing gonna be alright!"*

*Rise up this mornin'  
Smiled with the risin' sun  
Three little birds  
Pitch by my doorstep  
Singin' sweet songs  
Of melodies pure and true,  
Sayin', ("This is my message to you-ou-ou")*

Use your love of music to stay positive and healthy!

<http://www.bobmarley.com/media/videos/music-videos/three-little-birds/>

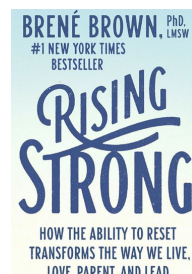
[www.hopkinsmedicine.org/health/healthy\\_aging/healthy\\_mind/the-power-of-positive-thinking](http://www.hopkinsmedicine.org/health/healthy_aging/healthy_mind/the-power-of-positive-thinking)

## Wellness Book Club

with Farah Firtha

We are happy to introduce the Wellness Book Club! Join us for group discussions and clarification of a variety of wellness topics through featured books. The first featured book is:

**Rising Strong**  
by Brené Brown, PhD. LMSW  
ISBN 978-0812985801



The Wellness Book Club will discuss the book and viewpoints from the 3-phase process to embrace setbacks, live a brave life, and rise stronger. The ebook is available for free via the Southern California Digital Library at <https://scdl.overdrive.com/media/2019995>. Simply sign up for your free account. You may also buy the book at local bookstores or online booksellers.

The Wellness Book Club will meet on:  
**Monday, March 5th / 12:00 pm / MVC Room 851**  
**Friday, March 9th / 12:00 pm / SJC Room 1111**

You may chose to attend either book club meeting. Sign up via <https://goo.gl/forms/kIWvOar8phH0zP1u1>.

We look forward to sharing perspectives and ideas. You do not need to read the book to participate in the discussion. Happy reading!

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**If you find it in your heart  
to care for somebody else,  
you will have succeeded.**

**-Maya Angelou**

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