



# MY wellness

## Employee Wellness Newsletter

### Fresh Starts

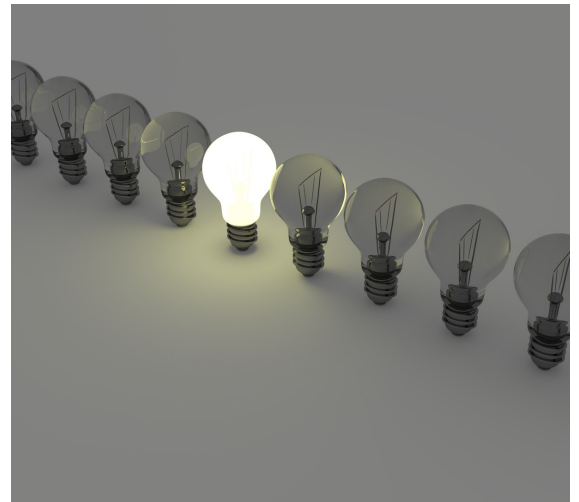
by Nicole Piña

A new academic year! It's time for fresh starts, reboots and resets. We have a clean slate to create a great year.

You may be a first year instructor or a seasoned veteran. Perhaps you decided to return to school or spent the last week or two preparing your family for their school year. Maybe you are the friendly face for our students as they begin their educational journey. Whatever your fresh start is, consider these tips to achieve that work/life balance:

- Routine - Create steady habits for sleeping and eating. Streamline meal prep for nutrition goals.
- What to prioritize/what to give up - Make a list of what needs to be done and how long each task will take. Eliminate the least important tasks from your list (like Netflix binge) and take a walk outside.
- Get organized - Use your time more efficiently to free up time for the things you want to do.
- Stay connected - Make an effort to maintain relationships or start new friendships to decrease isolation and learn more about others.
- Know when to ask for help - We all feel stress at one time or another. Don't let it define you. Reach out to people with available resources or information.

By balancing your life, you can reduce your stress levels which helps with your overall health. Here's to a fresh start to the academic year - Happy 2018-2019!



### Motivate

What motivates you when starting something new? Being passionate about what you enjoy is a great motivator. Motivate those around you by being a positive example or using positive reinforcement. When taking on a new task (diet, education, new home or routine), focus on your goals. Remember to reward yourself or others when attaining these goals. Ready, set, motivate!

### Healthy Tip!

Need a quick energy boost?  
Grab a peppermint - the  
aroma is a fatigue fighter  
for some.

### August Events

**1 - 2 MSJC Academy**

**13 Classes Begin**

**29 Wellness Wednesday Walk**

**MSJC Academy - Campus Walks w/ Colleagues**  
August 1 and 2, 2018 / 3:50 pm / MVC

**Wellness Wednesday Walk**  
August 29, 2018 / 10:30 am / SJC @ Eagle MVC  
@ Café / THEC/TEC @ Ent. / SGP @ 100



## Inspiration - Peaches

by Veronica Jones

Peach season is upon us – and it's official, August is National Peach Month. Peaches are healthy! A large peach has about 70 calories, 3 grams of fiber and a good source of both vitamin A and C. Hopefully you have been enjoying them all summer long.

Whether you serve this golden fruit in a pie, parfait or cobbler, the peach is as sweet as summer gets. They are packed with flavor and versatile enough to eat straight from your lunchbox.

Have you ever wondered how we have come to encounter this tasty treat? Historical evidence has revealed that peaches have been cultivated in China since Neolithic times. In 1973 an archaeological expedition discovered peach stones dating back to 6000-7000 BC at a Neolithic village in the Zhejiang province. Peaches are celebrated in the Chinese culture, as they represent everything good, symbolizing a family's prosperity, happiness, luck and long life.

Peaches are also known as stone fruits because they have a shell of hard wood surrounding their seed, called a stone or pit. Metaphorically, peaches are far from being stone-like, with its fuzzy skin and inner sweetness.

In honor of National Peach Month, add this scrumptious fruit to your recipe in August. Try out a healthy baked peach with brown sugar or even slice your peaches to add them to your grill this weekend. Take a moment to prep strawberry, peach and basil with orange vinaigrette for a fresh summer salad!

## Smartphone Safety

by Lanell Covington-James

Smartphones add to our experiences, but knowing how to make the world of technology in our hands a healthier, safer and more productive tool is key. Some of the pitfalls that go along with smartphones include:

- Disrupted sleeping patterns (blue light)
- Lack of physical exercise
- Poor posture and lack of movement
- Muscle pain, neck problems, thumb/wrist problems, dry eyes
- Reduced attention span
- Reduced connections with family and friends

Take the time this month to be aware of the pitfalls of smartphones through increasing your situational awareness:

- Observe and identify things going on around you - look out for that tree!
- Limit distractions
- Stay vigilant
- Prevent fatigue by varying work routines
- Continually assess situations (at home and work)
- Monitor changes in the performance of others

Make smartphone safety a priority. You could even turn your smartphone off! See how it feels to concentrate on the world around you instead the virtual world in your pocket.

“

**I slept and dreamt that  
life was joy. I awoke and  
saw that life was service.  
I acted and behold,  
service was joy.**  
**-Rabindranath Tagore**

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