

MY wellness

MSJC Employee Wellness Newsletter

Nutrition Makeover

by Hal Edghill

Now that we are a couple of months into 2018, how are your New Year's resolutions going so far? Yeah. Me too.

If one of those resolutions was to eat better, I've found a real easy way to do that and not feel like I'm on a diet. Diets have the reputation for having to deprive oneself of foods that you like. It's a tough way to go. I like to think that the ways we eat, whether it's living in the drive thru or grabbing a favorite comfort food, as habits we have developed over time. It is always easier to develop a new habit instead of stopping an old one.

To start eating better, let's do just that. Since this is not a diet, let's use just one idea to guide our food buying and eating decisions. Eat more foods that don't have packaging labels. Raw fruits and vegetables come with a whole bunch of nutrition that your body will love, they have great flavors, and they fill you up. Add them to your meals and you won't leave the table hungry. Snacks too! (Candy doesn't count, by the way. Besides, it not really food.)

This may take a little courage to try something new, but that's the idea. There are lots of flavors and textures to explore in our local grocery stores. Check out internet recipes too!

Give your nutrition a makeover for a few months to see and feel the difference! For more healthy inspiration from our very own classified staff, Hal Edghill, visit drhalonline.com.



Prepare!

Do you like the convenience of grab-and-go food? Start a "**food ritual**" which involves preparing healthy food ahead of time so that it's ready when you need it. You can easily prep a lunch salad that won't go soggy. Just use a large jar, pour dressing first, add lots of cut veggies and top it off with fresh greens. Keep it upright and refrigerated. When it's lunch time, shake it up and eat right out of the jar.

Healthy Tip!

Sleep! Gradually change your sleep schedule before the time change on March 11.

March Events

- 5/9 Book Club Meeting
- 14 Wellness Wednesday Walk
- 27/28 Kaiser/Anthem REEP Participation

Wellness Book Club Meeting
March 5 @ MVC 851 / 12pm / March 9 @ SJC 1111

Wellness Wednesday Walk
March 14, 2018 / 10:30 am / SJC @ Eagle / MVC @ Café / THEC/TEC @ Ent. / SGP @ 100

Kaiser/Anthem REEP Participation
March 27, 2018 / 11:30 am / SJC Room 159
March 28, 2018 / 11:30 am / MVC Room 973



Inspiration - Patience

by Nicole Piña

When the clock is ticking, accreditation is looming, deadlines get confused, and things just aren't moving as quickly as you'd like - where do you turn? What are the tools you use to stay calm, focused, or friendly when the pressure heats up? Patience may be the answer.

According to ancient Greek philosopher **Aristotle**: "Patience is bitter, but its fruit is sweet". Imagine a world circa 335 B.C. with no internet, no microaggressions, nor sandwiches. It was a very different world, yet humans were reminded, over 2000 years ago, that patience pays off. How do we get to that sweet (patient) fruit today?

We could rely on our self-confidence. We can be confident that we checked and rechecked the website for content and compliance or that we, indeed, closed the garage door as we drove off to work. To minimize impatience, we may also recognize that our singular goal will not create the entirety of our happiness. When we move toward our goals in smaller steps, it allows us to focus. Preparing a healthy lunch for work ahead of time may add to your health goals. Each brown bag lunch will add up. Use the monetary savings to treat yourself to something special and use the time savings for a walk around campus.

Have **patience** with yourself when the pressure is on. Rely on your cool confidence. Be patient with others - they may be making their own small determined strides. These small steps in patience, even taken together, can be the sweetest of fruit.

Make Money Minding Your Wellness

with REEP Wellness Coordinators

The REEP Wellness Coordinators invite you to make healthy changes to your life and earn rewards in the process. As part of the REEP Wellness program, benefitted employees can earn up to \$150 in gift cards by completing wellness activities by May 31, 2018!

You may enroll in the REEP Wellness program through your designated healthcare plan. To get started, members of **Kaiser** may enroll in the program online or sign up with **Anthem/Blue Cross** if you are a member. Once you are signed up, there are a variety of wellness activities available to earn rewards. Some activities include: a health trails online challenge, wellness coaching via phone, physical activity trackers, community-based wellness events and health assessments. You get to choose your activities.

Join us at the REEP Wellness workshop on:
Tuesday, March 27th / 11:30 am / SJC Room 159
Wednesday, March 28th / 11:30 am / MVC Room 973

For more information, visit the **Benefits** website.

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 It is the mind that
 makes the body.
 -Sojourner Truth



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