



# MY wellness

## Employee Wellness Newsletter

### Eating Light for the Holidays

by Nicole Piña

Have you already gorged yourself on pumpkin shaped candies? Had one too many pumpkin spiced lattes? Consumed enough pumpkin bread slices to make a loaf? I know I have. Perhaps it is time to switch gears and refocus on eating light this holiday season.

When you find yourself faced with a beautiful, bountiful feast, or you are the creator of rich homemade goodies, or maybe just too stressed out from the hustle and bustle, take a moment to consider these alternatives to keep your healthy eating on track:

- When baking, use applesauce or bananas instead of butter
- Add color to your plate with vegetables - red tomatoes, green beans, yellow squash, or purple eggplant
- Try new spices to add flavor
- Before you snack, drink a glass of water
- Spend time talking with a friend over cinnamon tea
- Use moderation - enjoy holiday favorites but focus on one serving of your favorite and pass on other high calorie treats
- Load up on lentils - get fiber and protein in no-meat dishes
- Move more - offer to take the trash out (more steps), laugh hysterically with your siblings (burns calories), walk and talk with a generation older or younger than you (insight), or dance with toddlers (cardio!)
- Focus on what the holidays mean besides noshing

Get a jump start on your 2019 with goals set in place today. Every small change toward your health adds up to great rewards.



### Honor

This November 11th, let us **honor** and thank our veterans and their families for the service and sacrifice they make year round. Take the time out to recognize our fellow veteran coworkers. Organize a care package party in your neighborhood this season. Wear a red poppy to show support or send a card with words of gratitude.

### Healthy Tip!

Get your **Nature Fix** - spending just 5 minutes in nature can have a positive effect on your brain.

### November Events

**12 Veterans Day Observed**

**22-23 Thanksgiving Holiday**

**28 Wellness Wednesday Walk**

#### Veterans Day (observed)

November 12, 2018 / National Holiday - campus closure

#### Thanksgiving Holiday

November 22 and 23, 2018 / National Holiday - campus closure

#### Wellness Wednesday Walk

November 28, 2018 / 10:30 am / SJC @ Eagle MVC @ Café / THEC/TEC @ Ent. / SGP @ 100



## Inspiration - Meet the Author

by Lanell Covington-James

On September 28<sup>th</sup>, the Wellness Taskforce was given the privilege to present at the 2018 REEP Annual Benefits Conference in sunny Riverside, CA. We were asked to provide an overview of the MSJC Employee Wellness Program and what is working here to enrich the wellness of MSJC employees. We gave a shout out for our supportive faculty and staff who have provided us with stories, recipes, a book club, and championed the rolling out of our wellness walks. A big thank you to all of you!

We also had the pleasure of meeting the renowned "thought leader" and author of *Change Your Day, Not Your Life*, Andy Core. He highlights that it's the little things in our day that can make big changes. Some of the takeaways are:

- What you do first, matters. The first ideas, thoughts and feelings that a person sets in motion first thing in the morning tend to not only stay in motion, but gain momentum throughout the day.
- Nothing in your life gets better until your daily pattern does. When your daily patterns get better, everything gets better.
- Take time to reflect how your daily behaviors produce attitudes, feelings and ideas so you can proactively design your daily life to fuel the person you want to be.

Mr. Core was kind enough to donate a copy of his book to our new wellness book library. If you are interested in checking it out, please contact Nicole Piña or myself.

## Honoring Family Caregivers

by Veronica Jones

November is **National Family Caregivers Month**. In honor of all the caregivers in our lives and across the country, we would like to recognize and thank you for the invaluable service you provide for our loved ones. Caregivers support those in need who have illnesses, injuries or disabilities. They care for children, elders, disabled, or chronically ill people. We would like to celebrate their commitment and raise awareness for the day-to-day sacrifices they make by putting others first.

Caregivers need to be attentive around the clock, which can be exhausting, overwhelming and stressful. To protect their dignity, they have to be able to manage a balance between caregiving and their own lives. Without the proper self-care and support, caregivers can undergo depression, anxiety and burnout. It is important that they make their physical and mental needs a priority, which includes getting regular health checkups. Also, understanding that free time can be limited, caregivers should always take advantage of their respite time to do what they love and to not lose sight of their individuality. Caregivers are saintly superheroes that perform quiet acts of selflessness. They are courageous and empathetic people that deserve recognition today and always.

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If you always give,  
you will always have.  
- Chinese Proverb

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