



# MY wellness

## Employee Wellness Newsletter

### Fight Fall Allergies

by MSJC Benefits

Keep healthy this season with a good defense against fall allergies. Climate change is causing an earlier and longer fall season where many are experiencing itchy eyes, sneezing and runny nose starting in mid-August. Use the following tips to fight those fall allergies!

- **Plan Ahead** - If you rely on allergy medication, start taking it two weeks before your symptoms appear. Having over-the-counter allergy medicine on hand may help relieve your itchy throat or watery eyes.
- **Minimize Mold** - Mold can lurk inside and outside, in bathrooms, near sinks or in a pile of dead leaves. Try to minimize moisture to limit the growth of mold. Use fans in the bathroom and clean up standing water.
- **Avoid Pollen** - Ragweed and other pollens that trigger allergy symptoms should not be brought inside. Take shoes off outside the front door. Keep your home or car windows closed and use an air conditioner. Consider wearing gloves when doing yard work.
- **Seek Help** - If you think you may have allergies, contact your healthcare provider or allergist for an individualized treatment plan. The doctor may prescribe immunotherapy (allergy shots) that target your specific allergy triggers.
- **Limit Exposure** - Stay indoors, especially on dry, windy days when pollen counts are high. Use HEPA (high efficiency particulate air) filter to remove pollen from the air and help you breathe easier.



### Whole Grains

Did you know that September is National Whole Grains Month? Let's celebrate! Take your chance on a new whole grain this month - amaranth or teff, anyone? Whole grains are packed with fiber, vitamin B and essential minerals. They help lower blood pressure, cholesterol and heart disease. Get your whole grains with popcorn, quinoa, brown and wild rice, or buckwheat. Those with gluten sensitivities can share in the whole grain celebration too! All grains listed here are gluten-free.

### Healthy Tip!

**Practice kindness - hold a door open, offer to be helpful, or give a compliment**

### September Events

**3 Labor Day**

**19 Wednesday Wellness Walk**

#### Labor Day

September 3, 2018 / National Holiday - campus closure

#### Wellness Wednesday Walk

September 19, 2018 / 10:30 am / SJC @ Eagle MVC @ Café / THEC/TEC @ Ent. / SGP @ 100



## Inspiration - Yoga

by Farah Firtha

Yoga isn't something you do, it's something you live. Yoga can be many things to many people and it has so much to offer. It's been said to raise the level of physical vitality, cure emotional blockages from your heart, and awaken your joy and enthusiasm for life. It's more than a system of physical fitness. It's a science of balanced living. Yoga offers a practical and methodical guide to many aspects of life. It reminds us that we live life simultaneously on many levels - not just the physical. The essence of yoga is to find unity in the diversity among the multiple dimensionalities of life. The practice of yoga generates a healthy belief system through a flexible nervous system which reduces stress and increases happiness.

As an anthropologist/biochemist, I enjoy learning about the observations made by various cultures. Many cultures don't have the tools to test their hypothesis, but for Yoga, their tool was the body. Yoga was the culmination of many hundreds of years of observation with one goal: how to fully use your body to yoga (unite) your mind and spirit.

In India, I heard many a fanciful story about the abilities of the body. Yogis can walk on water and breathe through their skin. My own teacher claimed to stay under water for ten minutes, until his teacher scolded him for showing off (a very non-yogic practice)! Perhaps this is why one of my favorite petals of yoga was pranayama. I thought I knew how to breathe, but after five hours of breathing technique training, I realized there was more to this breathing thing. According to Yoga, breath is a life force.

Whether you are a beginner in yoga or you can breathe through your skin, yoga provides a multifaceted approach to your wellness. Sylvia Boorstein advises us: "Don't just do something, sit there" and of course, remember to breathe.

## September is National Preparedness Month

by Kara McGee

National Preparedness Month occurs every September and offers us an opportunity to prepare for any type of disaster. Preparing yourself at work, at home or your car are good places to start. Preparing for a disaster can look like restocking first aid kits, ensuring you have emergency supplies in case of a power outage, and being trained in CPR/First Aid. Since our phones are with us wherever we go, download the FEMA app and sign up for MSJC Alerts.

Did you know that during the Second World War, The Ministry of Information, formed by the British Government, came up with a catchy slogan? With its crisp font and crown, the motto "Keep Calm and Carry On" was motivational. Select a motto that reminds you to be prepared. While you can't control what is happening to you, you can control how you respond.

Planning takes communication, practice and preparation so in the event of a disaster, we are successful. Once the physical checklist is complete, prepare mentally and visualize how you will respond. Will you be calm or does the mere thought of planning for a disaster put you into a panic? Remember the power of a positive mindset can get us through life's greatest challenges.

<https://www.ready.gov/september>

“  
It is health that is  
real wealth and not  
pieces of gold and silver.  
-Mahatma Gandhi



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