



MY wellness

Employee Wellness Newsletter

Shake It!

by Karin Marriott

Let's face it, some days at work can be grueling. No matter how much we love our jobs and colleagues, deadline pressures and workload increases can make tensions rise. In the Public Information & Marketing Office (PIMO), we have a few tricks to help put smiles back on our faces, keep creativity flowing and rekindle our appreciation for each other.

First, we've implemented a new saying: "Shake it!" If you are like us, you might find some little gremlins creeping into your mind. You know, negative thoughts. To snap out of it and stop the negative train from a-rollin', we blurt "Shake it!" And you gotta MOVE when you say it. It's an instantaneous and infectious smile-maker. See if you can one-up each other on dance moves for some friendly competitive motivation.

The next PIMO technique to blow off steam: Kazoos! You probably remember them from childhood. You might see us walking across campus tootin' a tune to bring joy to the campus! It's a surefire, team-building exercise.

Finally, get out of the office. Schedule a team meeting in the fresh air or at a nearby restaurant for lunch. Breaking the routine helps jump-start the creativity needed to find innovative solutions, spark fresh ideas or complete projects. This strategy allows for free-form conversation that helps you get to know each other outside of a work persona. And you'll all be more likely to get through the agenda with a happier attitude.

Join Team PIMO to find out how we can help you promote your events and programs. There just might be a little surprise in store!



REBOOT

We are human. Sometimes we miss the mark. Other times we make mistakes. Perhaps we served ourselves a large slice of humble pie. To be kind to ourselves, and others, let us embrace our humanity and humility and welcome each new day with a fresh start! Use this reboot to redirect your day or help change the path of another human's day for the greater good!

Healthy Tip!

Meal prep a Burrito Bowl.
Add black beans, precooked chicken, lettuce, corn, avocado and salsa to a bowl for a no-cook healthy summer meal!

August Events

12 Classes Begin

28 Wellness Wednesday Walk

Classes Begin
Monday, August 12, 2019

Wellness Wednesday Walk
August 28, 2019 / 10:30 am / SJC @ Eagle MVC
@ Café / THEC @ Ent. / SGP @ 100



Marissa Jones & Beth Bowles

Inspiration - Giving Back

by Beth Bowles

It is important to participate in the causes that you believe in. Giving back is so enriching and really does a lot for your physical and mental health. Walking at a wellness event with your colleagues increases your cardiovascular health and develops a sense of unity and purpose. Being active, together, helps create camaraderie and brings a positive outlook to your day. Save the date and join the MSJC Team as we walk for breast cancer research, care, community and action!

Join the **MSJC PTK Team of Leaders** for the 2019 Komen More Than Pink Inland Empire Walk on Sunday, October 13, 2019 at 8:00am. The event is free but join the MSJC team to walk for only \$25.00 or to donate, visit komenie.org.

We encourage you to participate to give back and promote wellness. If you can't walk with us make a difference by registering as a virtual participant!

2019 Komen Inland Empire MORE THAN PINK Walk™
 Save the Date: Sunday, October 13, 2019 at 8:00 am
 Location: Town Square Park
 1 Town Square
 Murrieta, CA 92562

For other questions please contact Team Captain, Jennifer Borton via email at jborton@msjc.edu or Beth Bowles via phone at 951-639-5313 or via email at bbowles@msjc.edu.

See you on Walk Day, Sunday, October 13, 2019!

It's NEAT

by Nicole Piña

It's summer and the best time to explore new exercise ideas to refresh your activity. Recently, I came across a not-so-new concept called non-exercise activity thermogenesis (NEAT).

The NEAT plan is simple. You use your current activity, such as browsing the internet, and beef it up with exercise by expending energy such as standing instead of sitting. When you tidy your office space or your home, alternate tasks so that you use a wider range of motion to get more movement to your day.

NEAT is great because you can use this idea while at work. If you are printing multiple copies at the copy machine, try toe lifts while you wait. If you have mail at your desk, take a eye-break from your computer screen and walk to the mail room for extra steps.

Choose the stairs instead of an elevator or escalator. Park in the furthest parking spot from your destination to get additional activity at no-cost. Schedule walking meetings with colleagues or friends and track your activity on an app together - friendly competition anyone? Any extra activity you can add to your regular routine is a step in the right direction!

“

Be true to your work,
 your word,
 and your friend.
-Henry David Thoreau

”



MSJC Employee Wellness