



MY wellness

Employee Wellness Newsletter

Work From Home (WFH) Stretch

by Wellness Taskforce

While working from home (WFH), it is a good idea to make sure you are moving throughout the day to keep your body happy and to minimize the effects of sitting at the computer all day. Try to work a microbreak into your routine every 40 minutes. A microbreak can be something as simple as walking to the kitchen to get a glass of water or getting up to stretch.

Take advantage of your WFH situation to try these [stretches](#):

Wrist Flexor and Extensor Stretches

- Stand with one arm out in front of you with your palm facing the ground.
- With your other hand, gently pull your fingers of the outstretched arm back. You should feel the stretch in the underside of your wrist. Hold for a moment, then release.
- Next, keeping your arm straight, use your other hand to push your fingers and palm down and toward your body.
- Hold a few seconds, then release. Repeat with your other arm.

Shoulder Shrug

- Shrug your shoulders by bringing them up toward your ears and holding for 3-5 seconds.
- Release and repeat 3-5 times.

Back and Chest Stretch

- Clasp your hands behind your head, squeeze your shoulder blades together.
- Hold this squeeze for 5-6 seconds. Take a breath, then repeat one more time.



Be Kind

It is a simple practice, but kindness can be difficult when we feel frustrated, run-down, or just plain grumpy. Take a moment to practice kindness on the good days and even on a bummer of a day. Be kind to your fellow quarantine humans and animals. Practice kindness towards the person with different beliefs or ideas. Most importantly, be kind to yourself. Believe. Accept. Respect.

Healthy Tip!

Eat cool foods when the weather gets hot for an added "cooling" boost. Try a Berry Cantaloupe Salad with cantaloupe, blueberries, and strawberries doused in lime juice.

August Events

17 MSJC Fall Semester Begins

26 Wellness Wednesday Walk

MSJC Fall Semester Begins
August 17, 2020

Wellness Wednesday Walk
August 26, 2020 / 10:30 am / Work From Home locations



Inspiration - Mental Health

by Lanell Covington-James

The first step to take in the route of breaking out of every form of threat to our psychological and physical well-being is to break down the walls of negativity. Having a positive mental health is imperative in every stage in life from our childhood through adulthood. It helps us realize our full potential and be productive. In order to reach a positive mental state, we must exert what is called mental motivation. That is our willingness to exert a mental effort in order to complete a goal.

There are a number of ways to lift our spirits and helps us reach this positive mental state.

- We must continue look at the positives in our life and count our blessings
- Relax and breathe
- Smile
- Create something
- Help someone/volunteer/donate
- Appreciate someone

As we work our way through the current pandemic and ongoing social distancing, it may become harder and harder to take care of ourselves and to reach our goals. However, we are not alone, there are a number of resources to assist us throughout this journey. Below are a few resources:

Anthem EAP:

(800) 999-7222 or visit [anthemEAP.com](https://www.anthemEAP.com) and enter REEP

County of Riverside:

CARES Line: (800) 706-7500

Crisis & Suicide Intervention Helpline (951) 686-HELP (4357)

Israeli Salad

by Nicole Piña

Looking for a dish that will break up to monotony of cooking at home? Need a change of pace from your typical salad? Try this tangy [Israeli Salad](#) packed with hydration veggies, Vitamin A & C, and antioxidants!

- 2 cups diced cherry tomatoes
- 2 cups diced English cucumber
- ½ cup diced red bell pepper (optional)
- ¼ cup red onion, diced
- ¼ cup finely chopped mint
- ¼ cup finely chopped parsley
- 2 Tablespoons fresh lemon juice
- 1-2 Tablespoons extra virgin olive oil
- Sea salt, to taste

Combine all ingredients together in a large bowl. Season with salt to taste. Refrigerate until ready to serve.



“
The level of our success
is limited only by our
imagination and no act of
kindness, however small,
is ever wasted.

-Aesop

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