



MY wellness

Employee Wellness Newsletter

Made with Love

by Veronica Jones

My mother-in-law, Joan, is a very strong-minded nurse with a heart of gold. She is retired now, but for several years she worked the night shift for a San Diego hospital's Oncology department. She worked tirelessly to make sure the patients were comfortable and content during their stay, but at the same time she knew that wasn't completely easy to do.

Many of the patients were not able to eat the food being served because their chemotherapy and/or radiation treatments were making them nauseous. This broke her heart, which caused her to take action. She huddled with the other nurses and came up with a solution. This was it... a tasty, soothing, and made-with-love soup, ideal for people on a bland diet. I'm sharing Joan's recipe with you in case you want to make a huge pot for your loved one, or for yourself. Enjoy it with each spoonful!

- 1 Whole Chicken
- 3 or 4 Cloves of Garlic
- 1 Onion (whole)
- Bok Choy
- Fresh Ginger (peeled and sliced thin)
- Chicken boullion

Cook chicken in a large pot with the onion, garlic, fresh ginger, and chicken boullion. Cook slowly until tender. Cool and refrigerate the chicken. The next day remove the chicken bones and fat from the top. Heat and add chopped bok choy. Simmer until tender. Serve plain or over white rice.



Wear Red / Heart Health

Wear red this Friday, February 1, 2019 to support heart health and raise awareness about cardiovascular disease with the [American Heart Association's](#) National Wear Red Day. It is easy - simply show your school spirit and wear your MSJC red!

Healthy Tip!

Have a cup of tea! Take the time to enjoy a cup of tea to relax and lower your risk of heart disease.

February Events

1 National Wear Red Day

20 Wednesday Wellness Walk

National Wear Red Day
February 1, 2019 / All Day

Wellness Wednesday Walk
February 20, 2019 / 10:30 am / SJC @ Eagle
MVC @ Café / THEC/TEC @ Ent. / SGP @ 100



Urban Hike

by Nicole Piña

There is something beautiful about the city landscape. Far different from the serene terrain of the rugged outdoors, the city has its own enchantment. From the historical context to the stunning architecture to the simplistic way of experiencing the city on foot, a walking tour should be on the list for your next adventure.

Take a walking tour of the city to truly experience an urban hike. Whether your tour is in Los Angeles for the Arts District, packed with visual interest, or in San Diego for the historic Gaslamp Quarter, complete with buildings from the late 1800s, you are sure to find treasures. A walking tour gives you a chance to see things in a new light.

Walking tours are great for inspiration and have wonderful health benefits. Wear your most comfortable shoes and sign up for a reputable walking tour. Some tours are free (visit the city's website) or may charge a small fee. You may even do-it-yourself (DIY) with your intrepidity and a good guide book. The walking tour is an eco-friendly way to experience a city with all of its grandeur.

Add a variety of heights and terrain to add a hiking element to your walking tour. Taking a hidden set of stairs, like the Music Box steps in Los Angeles, or an unknown suspension bridge, like the Spruce Street Suspension Bridge in San Diego. Make sure to bring your sunscreen (even in winter), lots of water, your sense of adventure, and a camera to take all the insta-worthy pictures of the new (old) sights!

3 Habits to Feel Your Best

by MSJC Benefits Office

Being mindful, practicing self-care and being present are easy concepts to grasp, but practicing these things may be difficult if you don't know where to start. With just a small effort, you can enjoy life more.

Here are 3 habits to begin practicing to feel your best in mind, body and spirit:

- Beat stress - take up meditation. Focus on your breathing; focus on being present. Although it may take some time to get used to the flow, even a few minutes of meditation can help calm your mind and recharge you.
- For optimal mental and physical capacity - sleep enough. Limit the distractions like texting, checking email or shopping online before bed to help you get to sleep easier.
- Connect with others - network face-to-face. When you connect with your friends and family in person, you can increase your emotional wellness. The quality time is what really helps relationships and people thrive.

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I think of life as a good book. The further you get into it, the more it begins to make sense.

-Harold Kushner

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