

MY wellness

MSJC Employee Wellness Newsletter

Happy New Year!

by MSJC Wellness Taskforce

The MSJC Employee Wellness taskforce would like to welcome you to 2018 with employee wellness initiatives to enrich, support and encourage you to create a healthier and happier lifestyle!

MSJC Employee Wellness Mission Statement:

To enhance employees' overall health and well-being through a sustainable workplace culture that encourages everyone through healthy and balanced lifestyle choices that promote quality services and increases value and contribution to the community.

Join us for the kick off event on Wednesday, January 24th at 10:30 am for our Wellness Wednesday Walks. The Walks will be scheduled each month at all locations. All employees are welcome! Meet at the designated area to walk for just 15 minutes or 1500 steps to get started. Walk and talk with your coworkers to create those enriching relationships and get your circulation flowing!

In an effort to learn what wellness topics you - our MSJC employees - are interested in, please complete the MSJC Employee Wellness Interest Survey via <https://www.surveymonkey.com/r/SWRKX9Z>. The department with the most survey responses could receive a Frozen Fruit Bar Party! Get those surveys in by January 29 - the winning department will be announced on January 31!



GOALS!

What are **your** health goals for 2018? Looking to find balance between your work and home life? Want to learn ways to add healthy snacks into your diet? Have a wellness goal but are unsure of where to begin? MSJC Employee Wellness is here to help! Take the MSJC Employee Wellness Interest Survey to let us know!

Healthy Tip!

Bring an extra pair of comfortable shoes to work for impromptu walks around campus!

January Events

- 24 Wellness Wednesday Walk
- 29 Employee Wellness Interest Survey

Wellness Wednesday Walk
January 24, 2018 / 10:30 am / All locations
SJC @ Bronze Eagle / MVC @ Café
THEC/TEC @ Front Entrance / SGP @ 100 Bldg.

Employee Wellness Interest Survey
Complete by January 29, 2018



Inspiration - An Ode to Apples

by Nicole Piña

Apples may be the most delightful of fruit - crisp and sweet. Grab an apple on your way out the door and you have a quick snack for the day. Slice your Gala apple into wedges and top with extra sharp cheddar cheese for something new. Bake sliced apples in the oven to make apple chips for a nutritious addition to your lunch. There are so many apple possibilities!

Apples may lower cholesterol in middle aged adults, may reduce the event of a stroke and are a good source of Vitamin C. Eating apples may also protect you against diabetes. The nutritional value is multifaceted, but the simplicity of the apple inspires.

Spanish Poet, Pablo Neruda, inspires us with his poem "Oda a la manzana" (Ode to the Apple). An excerpt from his poem combines the classic apple with global harmony:

"...y en sus orillas
quiero ver
a toda
la población
del mundo
unida, reunida,
en el acto más simple de la tierra:
mordiéndola una manzana."

"I want to see
The whole
population
of the World
united, reunited
in the simplest act of the land:
biting an apple."

With so many ways to serve apples and health benefits, we hope you are inspired to add one of these crisp goodies to your diet!

<http://paleogrubs.com/apple-recipes>

<https://www.poets.org/poetsorg/poet/pablo-Neruda>

Need a Change of Scene? Take Fifteen

by Veronica Jones

Each work day comes with rewarding and motivational experiences, but what about those days you are faced with overwhelming work demands or challenges? What are your normal feelings...anxiety, stress, worry? It could be time to slow down and take a break.

Did you know that taking a 15-minute walk actually decreases stress? Here are some ways:

- Pumps up your brain's endorphins, or "feel good" receptors
- Lowers symptoms of mild depression & anxiety
- Boosts your confidence
- Raises your ability to handle problems
- Gives you a feeling of body & mind control
- Helps you calm down & serves as a form of meditation

Ready to clear your mind? Take a break, get some fresh air, and go for a walk. Always be prepared and keep a pair of comfortable walking shoes under your desk. When you have a meeting across campus, or need to take a quick stroll, you'll be ready to roll.

Visit <https://www.developgoodhabits.com/dealing-with-stress/> for more stress-busting ideas.

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We need to do a
better job of putting
ourselves higher on
our own 'to do' list.
- Michelle Obama

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