



MY wellness

Employee Wellness Newsletter

The Science of Habits

brought to you by REEP Wellness

The Science of Habits seminar is being offered to you through our REEP Wellness along with the Anthem Employee Assistance Program (EAP) to provide MSJC employees with wellness resources to start the new year off with support during these unique times.

A new year brings resolutions and the breaking of old habits. What is a habit? Most of us can see the benefits of positive habits in our personal and professional lives. But how do you develop and nurture them? The Science of Habits seminar dives into the basics of building good habits, as well as how to recognize and tear down bad ones.

What: The Science of Habits

When: Thursday, January 21st

Time: 3:30 pm - 4:30 pm

You may register for this offering [here](#). There is no cost for this seminar.

Our Employee Assistance Program (EAP) is a free service to MSJC employees and members of their household. Whatever life may throw at you, remember that you are not alone. If you or a member of your household are experiencing struggles with childcare, assisting an elderly parent, or coping with addiction or mental health challenges, just call (800)999-7222 or visit www.anthem.com and enter code REEP via phone or webpage.



Running

The breeze in your hair. The perfect playlist. Freedom. Exercise at no cost. The health benefits of running are plenty. Running can minimize your risk for heart disease, burns calories rapidly, and strengthens your joints. Running is beneficial not only to your physical health but your mental health. Running relieves stress, can get you outside in the fresh air and sunshine for a positive outlook and can boost your confidence.

Healthy Tip!

This month, visit blue or green spaces to lower depression and improve mental health. Blue spaces include areas such as lakes, oceans, or rivers. Green spaces include parks and hills.

January Events

19 Work from Home Comfort Check-In

21 The Science of Habits

Work from Home Comfort Check-In Webinar

January 19, 2021 / 10:00 am - 11:00 am

[Register Here](#)

The Science of Habits Seminar

January 21, 2021 / 3:30 pm - 4:30 pm

[Register Here](#)



Financial Wellness

Take the month of January to take stock of your financial wellness. When the calendar turns to a new year, take the time to assess your financial wellness for a fresh start on your finances with these ideas:

Spending

Track your spending for a specific time frame (for a month or a week) to determine what your spending habits are. Once you have a clear picture of your spending, you can create a budget that may help you save in the areas that are important to you.

Saving

Evaluate your retirement plans - are you on track to retire when planned? Check in to see what your short term spending plans are - is there a new car purchase or education goal in your plans? Do you have a sufficient emergency fund? Check in with yourself and your finances to get a good picture of your goals.

Investing

Employees at MSJC may be eligible to invest from their paycheck via a Salary Reduction Agreement. Please visit the [Benefits website](#) under **Retirement** for more information.

Documents

Take the time to gather all important documents in one central and secure location (i.e. legal, medical, or property documents). Record your property - take photos or videos. Update beneficiaries for life insurance policies or bank accounts.

New Year's Work from Home Comfort Check-In

brought to you by Keenan

Many of us might be working from home for the foreseeable future and the New Year is a great time to review the comfort of your work from home space. The new year is a great time to participate in the resources available to make your work space more comfortable to boost efficiency, foster collaboration and connection, and increase productivity.

This webinar, presented by Keenan's Kathy Espinoza, will look at how to use what you have at home to achieve more comfort. It will look at your physical comfort as well as your mental health.

The **New Year's Work-from-Home Comfort Check-In** webinar is scheduled for:

- Tuesday, January 19, 2021
- 10:00 am - 11:00 am

You may register for the webinar [here](#). The session will be recorded for those that are unable to attend.

“

It's harder to stay on top than it is to make the climb. Continue to seek new goals.
— Pat Summitt

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MSJC Employee Wellness