



MY wellness

Employee Wellness Newsletter

Get Started - Summer Goals

by Nicole Piña

Summer is a great time to set your goals. July 1st marks the beginning of our fiscal year, and several weeks later, we begin a new semester. Use this summer to take charge of the changes you want to make. Decide if your summer goals are related to fitness, healthy eating, financial wellness, emotional well-being, professional, or educational. Get started this July.

Get active this summer with sunshine motivation and longer days. Perhaps your garden needs tending in the warm weather - pulling weeds is a good workout. Maybe your grandkids are out of school - treat them to an outing and get those steps in. It could be that your dog is just begging to get outside after their pet parent was at work for 10 hours - toss that ball to Fido! Creating exercise while doing typical tasks is a great way to increase your movement.

Eating healthy may also be easier in summer months. There are so many delicious, fresh foods available this season. Many of us tend to gravitate towards no-cook meals in warm weather such as crisp salads, flavorful sandwiches, or even chilled soups. Grilling lean meats outdoors is another way to cut the fat in your meals and possibly minimize your air conditioning bill.

Use the extra time during the 4/10 schedule or summer break to plan financial, professional, or educational goals. If you don't know where to start, take a day to relax and daydream for changes you want to make. Visit the library or websites to gather information to make informed decisions about the goals you want to set. Some educational program applications are due in July - do that research! Create any goal this summer, no matter how large or small, and get started!



Sun-Safe Summer

The number one cause of skin cancer is exposure to UV rays from the sun and other sources. Take steps to stay sun-safe this summer. Limit your exposure and stay out of the sun between 10 am and 4 pm or seek shade as much as possible. Cover up with clothing, wide-brimmed hats, and sunglasses that block UV rays. Use sunscreen with at least an SPF of 30 and apply every two hours or after sweating or after a swim.

Healthy Tip!

Be mindful of those that may have fragrance sensitivities and minimize your chemical-based scents for a healthy workplace.

July Events

17 Wellness Wednesday Walk

Wellness Wednesday Walk

July 17, 2019 / 10:30 am / SJC @ Eagle MVC @ Café / THEC @ Ent. / SGP @ 100



Healthy Grilling

by Jeannine Stokes

During the summer months, grilling can be a great option to bring flavor to your dishes without heavy oil or sauces. Beat the heat of the oven and try grilling your next meal!

A fresh, seasoned halibut fillet can provide health benefits with a high content of Omega 3 fatty acids which prevents high blood pressure, inflammation, and stroke. It may lower heart ailments and stress. However, pregnant women, patients with gout, uric acid or kidney problems, or those allergic to halibut should avoid it. Here's a tasty recipe to try on the grill:

Grilled Seasoned Halibut

4 skinless halibut fillets, each about 6 oz and 1 inch thick
 ¼ cup olive oil
 1 tablespoon chopped fresh chervil
 1 teaspoon fennel seeds, crushed
 Grated zest of ½ orange
 1 teaspoon kosher salt
 ½ teaspoon freshly ground pepper

Brush the halibut with the olive oil to coat completely. In a small bowl, stir together the chervil, fennel seeds, orange zest and pepper. Sprinkle the mixture over the halibut covering all sides. Cover and refrigerate for up to 4 hours, bring to room temperature 15 minutes before grilling.

Prepare a charcoal or gas grill for direct grilling over medium-high heat. Spray the rack and season the halibut with salt. Grill fillets, turning once, until opaque throughout, 3-4 minutes on each side.

Emotional Wellness

Emotional wellness is resilience, self-awareness, and being positive. With emotional wellness, we can navigate some of life's hurdles and be present during the moments of joy.

When one has a positive outlook, both their mental and physical health reap the benefits. A positive outlook can lower blood pressure, create healthier relationships, and may reduce your risk of heart disease and maintain healthier blood sugar levels.

Here are some tips to manage your emotional wellness:

- Manage Stress - find a hobby, workout, or practice t'ai chi to meditate and manage
- Focus - give yourself credit and focus on the good things you do for others
- Forgive - mistakes happen, forgiveness for yourself and others is beneficial
- Learn - learn from your errors, don't dwell on them
- Seek Balance - be realistic with goals and reserve time for yourself
- Sleep - sleep deprivation makes one react more impulsively - manage your emotions by getting enough sleep
- Get Support - sometimes we need to call in for backup. Get support from family, friends or call the Employee Assistance Program (EAP) for resources at (888) 327-0020 (code: REEP).

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**Keep your eyes
on the stars and your
feet on the ground.
-Theodore Roosevelt**

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MSJC Employee Wellness