

# MY wellness

Employee Wellness Newsletter

## Mental Health Awareness

brought to you by Keenan

Mental Health Awareness is a very important topic and affects all of us in one way or another. With the ongoing pandemic, it has become that much more important.

### Stress

It is such an ugly word! It doesn't have to be. After all, stress is like beauty... it's in the eye of the beholder. Sometimes we feel like we are never 'out from under a rock... always putting out fires... never getting anything done'. After work, we get to start all over again at home with the family!

### Managing Your Emotions

At work, we've all been faced with difficult challenges like unexpected deadlines, tense relationships, managing your to do list and emotions can easily fare up. Do you have the tools needed to maintain steady self-control in the face of confrontation, conflict and change? It can be hard to step back and take a few minutes to assess the situation.

### Finding Balance Between Work and Home

For working adults, striking a balance between work and home is always a challenge. Find a balance point at the end of each work day, so you can fully focus on life after-work... no more 'technology orphans' and neglected spouses.

For mental health support for these, and more, our [Employee Assistance Program \(EAP\)](#) or your healthcare provider can help to provide you the tools to be calm and positive, and tame the "stress beast".



## Barbeque

Try these 4 tips to keep your BBQ plate full of flavor and nutrients:

- Stick with lean proteins - steak, skinless chicken breast or salmon.
- Load up on sides like collard greens, beans and salad, all of which are full of fiber.
- Go lighter on the BBQ sauce. It's usually sweetened with sugar, molasses or both.
- Swap the lemonade for an unsweetened iced tea. Try keeping the sugar for dessert.

## Healthy Tip!

Stay healthy this summer - make sure you stay hydrated, wear sunscreen, move your body, make time to rest and connect with friends and family.

## July Events

5 Independence Day Holiday

Independence Day Holiday  
July 5, 2021 / Campuses closed



## Summer Wellness Hacks

Welcome Summer - with ample sunshine to enjoy spending time with friends and family outdoors! Try these summer wellness hacks to keep you and your family safe and healthy this season:

- **Sun Safe** - summer is great for spending time outdoors. Take precautions to protect your skin against sunburn and long-term damage like skin cancer. Use sunscreen with an SPF of 30 or higher and apply every few hours or more if swimming or sweating. Wear loose fitting, light colored clothing and hats with large brims to minimize sun exposure. Sunglasses with a high UV rating (50+) are great to protect your eyes from the sun.
- **Eat Fresh** - summer fruits and veggies are packed with healthy benefits. Try fresh options like fresh corn for healthy eye benefits, tomatoes for lycopene that may protect your skin from sunburn, watermelon for hydration, and raspberries for fiber to help lower cholesterol.
- **Bug Safe** - outdoor activity is fun, but beware of pesky bugs or poisonous plants. Outdoor activities such as camping, hiking, gardening, or backyard soirees can be a host for bugs or exposure to poisonous plants. Decrease your risk by wearing protective clothing, like long pants and shirts. Try lotion, creams, or sprays that protect you against bugs. Educate yourself on the different types of poisonous plants before you camp or hike so you know what to look out for. Enjoy your summer...safely!

## Changes

by Nicole Piña

The MY Wellness Newsletter was built from the ground up with an idea and a need for inspiration, support, and encouragement of wellness. With just two of us, myself and Veronica Jones, we mapped out a plan to inspire wellness in YOUR way.

I have had the honor of editing the MY Wellness Newsletter since our first issue in January of 2018. In the last few years, we shared wellness tips and tricks to keep your busy life motivated towards your health. There were low cost options, high tech ideas, and reminders to welcome each day with gratitude for general health.

However, nothing, I mean nothing, could have prepared us for the need for employee wellness during the last 15 months. We have been through some stuff, haven't we?! The MY Wellness Newsletter continued to be the constant in an ever changing world. I can only hope that the messages of wellness supported you, even in the smallest way. I can assure you that the positive feedback supported me during some of the darkest days in the pandemic.

As editor, I am signing off and on to a new adventure in Business Services. Please keep your wellness at the forefront and I look forward to the new voices in the MY Wellness Newsletter. Be well!

“

When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome.

— Wilma Rudolph

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