



MY wellness

Employee Wellness Newsletter

Words Matter

written on behalf of Jeannine Stokes

There has been much discussion in the past couple of decades about emotional intelligence. Commonly referred to as EQ, emotional intelligence is about one's ability to self-regulate, empathize, and work well with others. Our EQs are important to not only our personal lives but to our professional lives as well. With emotional intelligence, we can relate to ourselves to motivate and create healthy habits for wellness.

Self-awareness and self-regulation create wellness both in the workplace and in our home lives. If you get stressed, do you take it out on a colleague? If you get angry, do you create negative comments to yourself or others or eat a box of donuts? When we are able to recognize our emotions, we make better choices.

Emotional intelligence is important for workplace wellness. On a professional level, we can use self-regulation when we get upset or disappointed. Taking a walk around campus or closing your door to interruptions is more beneficial to your workplace wellness rather than making an inappropriate comment or unwelcome joke that may negatively impact those around you. Each person has different needs or practices that may work for them. The key is to consider your emotional intelligence when working with others.

You can build on your emotional intelligence. Recognize the things that make you feel stressed or angry. Practice mindfulness and implement strategies to keep your balance.



Buddy Up!

There are health benefits to having a workout buddy. Exercising with a friend can create more accountability to your exercise schedule. Both of you can encourage one another and celebrate milestones or achievements. Working out with a friend can be fun - have a laugh or some friendly competition to create those positive emotions.

Healthy Tip!

Try the 20-20-20 rule at work. Every 20 minutes, get up and walk 20 feet away for 20 seconds for movement!

March Events

11 Wellness Wednesday Walk

27 Spring Holiday

Wellness Wednesday Walk

March 11, 2020 / 10:30 am / SJC @ Eagle MVC
@ Café / THEC @ Ent. / SGP @ 100

Spring Holiday

Friday, March 27, 2020 - campus closure



Inspiration - Why I Walk...

by Marisa Mendoza Jones

Everyone has a reason to fight heart disease and stroke. "Dad" is my Why. In 2017, my dad was a victim of this killer called Heart Disease and Stroke at age 79. This killer did not just affect me, but my whole family, relatives, and friends were affected by it. One year later, he became my personal angel.

In a hectic world full of challenges to our health and well-being, it can be difficult to find the time and resources to take care of ourselves and those we care about. It was with these challenges that I decided to learn more about Heart Disease & Stroke by participating in the HEART WALK event each year since 2017.

The ultimate reason why I joined a million Heart Walk Heroes from across the nation was to raise funds for lifesaving science that can teach us all how to live longer and be healthier. With each step I take to help find cure for heart disease and stroke, I am able to embrace camaraderie, community, friendship, teamwork. I have hope.

This year, I am picking up the baton for the MSJC Student Services Team, as Captain. Join our 15-minute campus walks at the San Jacinto campus Eagle at 10 am each Wednesday beginning March 4 through April 29, 2020.

Please support our team as we participate in the American Heart Association and the American Stroke Association Heart Walk by joining us or donating to the cause on **Saturday, April 18, 2020 at 9:00 am at Lake Skinner**. You'll help millions of people celebrate more birthdays, fulfill more dreams, and share more hugs. Dad is my Why. What's yours?

Keep Safe During Lockdown

by Campus Safety

What to do when a lockdown is ordered:

- Lock all doors and windows immediately. If your room has a lock block, please use it. If a door can't be locked, attempt to quickly block the door with heavy items.
- Never open doors or windows unless ordered to do so by a safety or school official.
- Always ask for documentation from an official to confirm their identity.
- Turn off all lights, and close the blinds or curtains.
- Instruct all students to stay low and away from the windows and doors.
- Keep students inside of the classroom.
- Silence televisions, cell phones and other electronics. Keep an eye out for text alerts via cell phone.
- Account for every student in the room.
- Assist those with special needs.
- Stay locked down and await additional instructions, including the eventual "all clear" message.

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All truly great thoughts
are conceived
while walking.
-Friedrich Nietzsche

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