



MY wellness

Employee Wellness Newsletter

Preparing to Return to Campus

by Nicole Piña

The transition from working from home (WFH) to on-site campus workplaces is inevitable. We, at the Wellness Taskforce, want to provide you with ideas to prepare for this transition with your wellness in mind. Consider the following tips to prepare you for the return to the workplace:

- **Make the Mental Move** - To start, shift your mindset. Whether you loved or loathed working from home, use this time to mentally prepare for a more structured environment. Sure, there will be less pajama work wear or pet cuddles, but your coworkers and supervisors will be available and more accessible. Plus, all the equipment needed will be there.
- **Bring a Little Slice of Home** - Bring a houseplant, personal pictures, or your favorite coffee creamer to your work area to make the transition from WFH a little more comfortable. A few small appropriate items can go a long way to ease the move.
- **Don't Let Your Guard Down** - The return to work on campus doesn't mean that we go back to "normal". Continue to take precautions - wash your hands frequently with soap and water, for more than 20 seconds, use hand sanitizer where available, clean surfaces frequently and wear your mask.
- **Be Mindful** - Practice mindfulness to reduce pandemic stress through mindfulness apps, self-care, and calm breathing. Make a plan for you and your family for the transition back to the workplace to build resilience and help you feel better about returning.



Strawberries

It's almost strawberry season! This glorious fruit boasts healthy benefits with loads of Vitamin C (about 8 strawberries include more Vitamin C than an orange), fiber, manganese, potassium and antioxidants. For a fresh take on this yummy fruit, try baking these [Chia, Lemon & Strawberry Zucchini Muffins](#) with no refined sugars and they're only about 100 calories each!

Healthy Tip!

When wearing a reusable or fabric face mask, remember to wash your mask regularly to keep it clean between uses. Some helpful tips are available via the [CDC website](#).

March Events

- 10 **Wednesday Wellness Walk**
- 18 **Increasing Mental Toughness**

Wellness Wednesday Walk

March 10, 2021 / 10:30 am / Work from Home (WFH) locations

EAP Webinar - Increasing Mental Toughness

March 18, 2021 / 3:30 pm - 4:30 pm

[Register Here](#)

or via [Professional Development SharePoint](#)



Spring Back into Your Exercise Routine

by Wellness Taskforce

Spring brings warmer weather and a fresh start. If you put off being active in favor of sitting on the couch with a cozy blanket this winter, use the beginning of spring to get back into your exercise routine. If you are just getting started, here are a few ideas to keep you motivated and safe:

- **Create an achievable plan** - try small changes such as stepping away from your WFH workstation at least once every 20 minutes, add leafy vegetables to your meals, or make a goal of creating time in your schedule for your exercise goals.
- **Take it day by day** - declare "I will walk one mile today" or "I will avoid sugar today" to create small goals for success in the short term. Build on these small goals to create good habits.
- **Warm up and stretch** - begin each exercise session with a good stretch and warm up to avoid injuries. For a warm up, try jumping jacks, jogging, or running in place for 5 minutes. If you have health concerns, consult with your doctor for an exercise plan that will work for you.
- **Slow and steady wins** - get exercise 3-4 times per week on alternating days to avoid "weekend warrior" syndrome to minimize injury and set up regular healthy habits. Track your progress each week to see what you can adjust to create a routine that you will stick to.

Increasing Mental Toughness

brought to you by Keenan & Associates

Along with our Employee Assistance Program (EAP), our insurance provider is offering the **Increasing Mental Toughness** webinar for March 2021:

Increasing Mental Toughness

Thursday, March 18, 2021

3:30 pm - 4:30 pm

Challenging times can be an opportunity to increase our mental toughness and a positive way to look at negative events. In this webinar, the presenters will discuss what it means to be mentally tough, and dive into the topic of grit.

Register for this webinar [here](#) or via the [Professional Development SharePoint](#). Please note that those attending the live webinar are entered into an opportunity drawing for a chance at a \$50 Amazon gift card. Drawing winners are notified within 2 weeks of the webinar date.

The [Employee Assistance Program \(EAP\)](#) is a free service to MSJC employees and members of their household. Call (800)999-7222 or visit www.anthem.com and enter code REEP.

“

If you're always trying
to be normal, you will
never know how
amazing you can be.
— Maya Angelou

”



MSJC Employee Wellness