



MY wellness

Employee Wellness Newsletter

When is a Headache NOT Just a Headache?

by Lisa McAllister

Headaches can sometimes be difficult to discern between serious or not serious. There are many different types of headaches and it is important for us all to recognize when a headache may be more serious than “just” a headache. Underlying medical issues, such as high blood pressure or heart disease may further complicate matters.

There are [different types of headaches](#). Here are some questions to ask yourself when trying to distinguish between headache types:

- Where is your pain located?
- Are you having any other symptoms such as nausea or vomiting with your pain
- Have you had a recent head injury?
- Do you feel tired and want to just go to sleep?
- Does your pain feel like the most excruciating pain you have ever felt?

Most times, people suffer from tension (stress) headaches or migraines but if you experience any of the following symptoms, [or danger signs](#), you should seek immediate medical attention:

- pain that is very sudden and severe (less than 5 min onset)
- confusion
- slurring, or loss of consciousness
- weakness,
- blurry vision
- nausea or vomiting
- high fever

Most headaches can be treated at home with rest, and over-the-counter medications such as Tylenol or Advil.



Stress Management

Our insurance provider, Keenan & Associates, along with our Employee Assistance Program (EAP), are providing the webinar "Stress Management for High Burnout Professionals" on **November 19, 2020 from 3:30 pm - 4:30 pm.**

[Register](#) for this webinar to gain insight to deal with stressors that occur when caring for others.

Healthy Tip!

Spend time outdoors! The weather is a little bit cooler, so take time to get much needed Vitamin D on a hike with the family or eat your WFH lunch outside.

November Events

11 Veterans Day Holiday

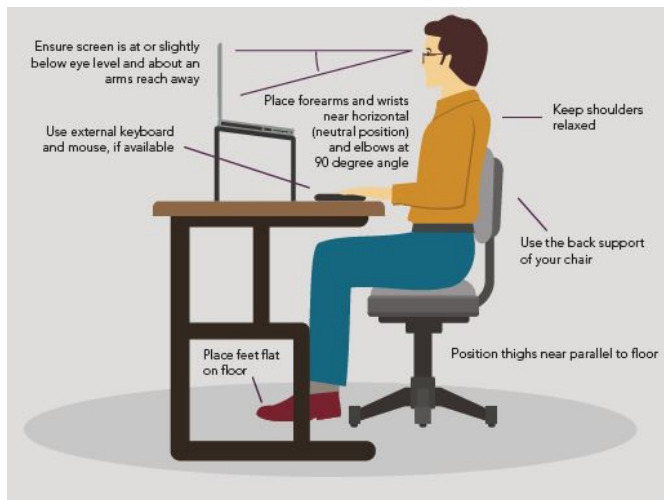
26-27 Thanksgiving Holiday

Veterans Day Holiday

November 11, 2020 / National Holiday - campus closure

Thanksgiving Holiday

November 26 - November 27, 2020 / National Holiday - campus closure



Inspiration - Laptop Ergonomics

brought to you by Keenan & Associates

Moving into the world of remote working has been a unique situation both physically and mentally, but it is important to continue to work safely while working from home (WFH). If you are on a laptop, here are a few tips to keep you safe and comfortable while working remotely:

- Ensure screen is at or slightly below eye level and about an arms reach away
- Use external keyboard and mouse, if available
- Place forearms and wrists near horizontal (neutral position) and elbows at 90 degree angle
- Keep shoulders relaxed
- Use the back support of your chair. You can also roll a bath towel or small blanket to provide additional support
- Position thighs near parallel to the floor
- Place feet flat on the floor. You can also add books, boxes or other stable item as a foot rest
- Take frequent eye breaks - look away from your computer screen at least every 20 minutes

If you do not have an external keyboard and mouse, position your laptop so that you have the most neutral wrist and forearm posture you can. Angle the screen so that you can see it with the least amount of neck deviation as possible. You can also place the laptop on a binder with a wide edge away from you which will raise the screen; but remember to keep your wrists in a neutral position.

Gratitude Challenge

by Nicole Piña

I was chatting with a coworker last week (via MS Teams - thank you IT) and we discussed the upcoming holidays. I was explaining that I was bummed that so many holidays are going to be distanced this year. My coworker agreed. Then it dawned on me, maybe we can do things differently this year. Instead of a specific day, why don't we practice gratitude for the entire month of November? Let's try the [Gratitude Challenge](#). 30 days. Each day. Gratitude.

Practicing gratitude has significant health benefits, including:

- Healthier relationships
- Decreased stress levels
- Improved mental health
- Longer, uninterrupted sleep
- Lower blood pressure
- Positive changes to the brain
- Protection against chronic illness

Take the Gratitude Challenge this month of November. Each day, journal your gratitude for the day, or quietly confirm your gratitude to yourself, or post on your social media, or let your family, friends or pets know your gratitude for the day. Have your friends and family join you. Start a gratitude team!

“
You can accomplish
by kindness what
you cannot by force.
– *Publilius Syrus*



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