



MY wellness

Employee Wellness Newsletter

21 Days of Gratefulness Project

by Veronica Jones

Studies conducted by psychology experts at Harvard Medical School have proven that “gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

Practicing gratitude on a daily basis can actually boost your overall wellness and inspire others to do the same. It's a win, win. So, for the next 21 days, I encourage you to share anything that you are grateful for! Think about what makes you smile, what keeps you motivated, what helps you to stay active, what keeps you positive, what improves your mental and physical health, or what inspires you. You can submit a word, a short statement, a quote, or whatever you feel will make a positive impact to your colleagues in the [Gratefulness Project](#).

Take a few moments to self-reflect. You are not limited to the number of submissions – so if you'd like to share daily, please do so. We know that your unique qualities and life experiences will produce a beautiful assortment of gratitude messages.

We'd love to share them in the November issue (no names attached) as a method for inspiration. We hope this project will spark a gratefulness movement at work and at home. You may remain anonymous when sending your words of gratefulness, or if you include your name, classification, department and location, you will be entered into a random opportunity drawing!

I appreciate all that will take a few moments to participate!



More Than Pink Walk

Everyone is welcome to join [MSJC PTK TEAM OF LEADERS](#). This is a family-friendly event, so invite your friends and family to join our team on **Sunday, October 13th at Town Square Park in Murrieta, CA**. The mission of Susan G. Komen is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.

Healthy Tip!

Get more protein without meat!
Add peanut butter, beans, eggs, cheeses, and even quinoa, to your day to build muscle strength.

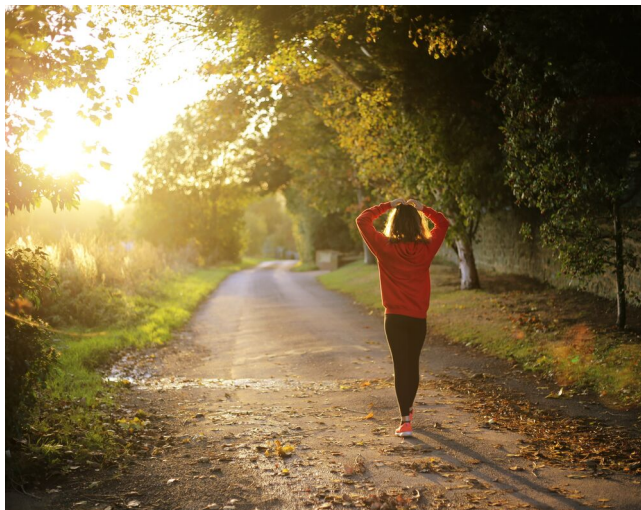
October Events

13 More Than Pink Walk

23 Wellness Wednesday Walk

Susan G. Komen More Than Pink Walk
Sunday, October 13, 2019 / 8:30 am
Town Square Park -1 Town Square
Murrieta, CA 92562

Wellness Wednesday Walk
October 23, 2019 / 10:30 am / SJC @ Eagle
MVC @ Café / THEC @ Ent. / SGP @ 100



Inspiration - Make the Time

by Debbie Perez-Flores

For many of us, our days at the computer are anywhere from 9-10 hours in a day. The nature of our work can sometimes be stressful and exhausting. I know that all too well and I wanted to share my personal tip for staying sane in this crazy thing we call life.

Taking and making time for exercise is the most important function to staying healthy. Often times, we feel challenged, and, by the end of the day, we are mentally exhausted from the high volume of daily tasks from sitting and working on the computer all day.

I challenge myself to walk during my break and I make the time to work out before and sometimes after work, depending on my stress level. I can honestly say from my own experience that exercise promotes health. It gives you more energy and releases stress.

Here are a few tips to make time for your exercise:

- Make a Plan - add exercise to your calendar
- Find 5 Minutes - start walking at just 5 minutes per day
- Limit Screen Time - put that phone down and lift some weights
- Think Positive - "I do have time to be healthy"
- Socialize on the Move - meet with friends for a walk, hike, or game of tennis
- Create Micro-workouts - walk around the block after grabbing that cup of coffee or walk the campus

Curb the Sugar Rush

Processed sugars can be detrimental to your health by creating addictive sugar response, causing weight gain, draining your energy and may increase your risk for depression.

If you are looking for ways to cut down on your sugar intake for your health, we have a few ideas. You could quit sugar "cold turkey" and eliminate any sweeteners or sugar from your pantry. You may want to consider removing artificial sweeteners too. Instead of reaching for the sugary sweet treats, you could reach for low sugar fruit such as berries (but be cautious of pineapple and grapes with high sugar content).

If you need an easier transition from sugar, you may choose to replace all processed sugars with natural ones. Natural sweeteners such as maple syrup, fruit, or raw honey are a few ideas. Baking and cooking foods from scratch with natural ingredients may enable you to cut down your sugar intake. You may also opt to cut down on sugar by cutting back the amount of sugar items you consume each day. For example, if you reach for that candy dish 4 times a day, try grabbing a sweet treat just once a day. Curbing your sugar intake is a healthy move!

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The shoe that fits one person pinches another; there is no recipe for living that suits all cases.

-Carl Jung

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