



MY wellness

Feel Better Session

by Veronica Jones

Can you believe that it is already October 1st and more than six months working from home? Since March 16th, we have collaboratively created a close-knit MSJC support system. Parallel to that, as individuals, we sought the determination and made personal commitments to learn how to effectively navigate the virtual working environment. For me, the new learning was a positive limbering exercise for my brain. As a whole, we rapidly made the appropriate workspace adjustments to not disrupt our common goal - student success. It's why we are here, and that's dedication.

We can all use that same determined mindset at work to start a personal fitness routine. The beginning of the fall season means cooler weather and longer nights. If you know someone who works in sales, you might be familiar with the term OND (October, November, December). For me however, OND signifies everything from pumpkin spice to comfort foods and decadent sweets. Today, I've made a personal commitment to stay fit during this season of endless culinary temptations. I don't have a gym membership, so I will make time each day to incorporate machine-free exercises to stay healthy. Here are some simple strategies to consider:

- Remember why you are doing it will keep you motivated. Is it to feel better, more energy, be more productive, etc.?
- Start small and be realistic with your goals.
- Make it mandatory. Add "Feel Better Session" to your calendar.
- Track your progress. Celebrate your successes.
- Stay accountable and focused.

In the words of the great Olympic legend Jackie Joyner-Kersey, "the only person who can stop you from reaching your goals is you."



REEP Wellness is offering a new wellness program for benefitted employees called Omada. The Omada program is a whole new way to get healthy and is being offered at no cost to eligible employees. 1 out of 3 Americans are prediabetic; 90% of them don't know it. 100% should. Please visit [REEP Omada](#) with passcode: SW38C%1g to view the recorded Program Overview.

Visit [REEP Wellness](#) to apply for Omada.

Healthy Tip!

Upgrade your snack to include more fiber - pop a bag of air popped popcorn. It's easy - add garlic powder and cayenne for a twist!

October Events

- 2 Community Event (various dates)
Cruz-In at the College Cinema
- 17 Community Event
Fall Family Health Fair - Drive Thru
- 21 Wellness Wednesday Walk

Community Event
MSJC Foundation and the City of Menifee
various dates / 6 pm / [Menifee Valley Campus](#)

Community Event
Southwest Healthcare System - Fall Family Health Fair - Drive Thru Experience
October 17, 2020 / 4 pm - 7 pm / [Inland Valley Medical Center Parking Lot](#)

Wellness Wednesday Walk
October 21, 2020 / 10:30 am / Work From Home locations



Inspiration - Stop Stress Fast

brought to you by the American Heart Association

Try these tips from the American Heart Association to Stop Stress Fast:

1. Count to 10 before you speak or react. Counting gives you time to make a clear decision.
2. Take a few slow, deep breaths until you feel your body unclench a bit. Take these moments to bring calm.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through. Walking brings both mental wellness as well as physical wellness.
4. Try a quick meditation or prayer to get some perspective. A moment of quiet calm can bring peace.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls. Give yourself time to process.
6. Walk away from the situation for a while, and handle it later once things have calmed down. Sometimes we need a change of scenery to gain perspective.
7. Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once. Complete small tasks to create and build on successes.
8. Chill out with music or an inspiration podcast to help you rage less on the road. Choose the music genre that brings you happiness and calm.
9. Take a break to pet a dog, hug a loved one (virtually or in social distance bubble) or help someone out.
10. Work out or do something active. Exercise is one of the best antidotes for stress.

Get more wellness tips at [Heart.org/HealthyForGood](https://www.heart.org/HealthyForGood)

Stay Healthy While WFH

brought to you by the American Cancer Society

The American Cancer Society recommends adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. Try these tips to [stay healthy while working from home](#):

- During conference calls, stand up and pace, or stay seated and do leg lifts, knee lifts, and toe curls. Keep a weight under your desk for bicep curls. Do standing push-ups against a wall.
- Set an alarm on your computer or phone to remind you to take an activity break. For example, take a one- or two-minute standing or walking break every hour.
- Take a walk outside, on break or lunch, if it's a nice day or walk inside around the house if it isn't. Walk fast enough to speed up your heart rate and break a sweat.

Tips for eating healthy at home:

- Search for healthy recipes that use ingredients you already have. You can try some recipes from the American Cancer Society.
- Resist the urge to snack during the day. If you're working from home, work in a room that's not close to the kitchen.
- When you do shop, stock your kitchen with ingredients for easy-to-prepare meals.

“I’m so glad I live
in a world where
there are Octobers.”
-L.M. Montgomery



MSJC Employee Wellness