



MY wellness

Employee Wellness Newsletter

Stay Flexible - Bend with Ease

by Veronica Jones

When you think of a flexible person, do you visualize a gymnast or a yoga practitioner? What about if you ever had to go through physical therapy? You may recall that no matter how much joint and muscle pain you would endure, your goal at each session was to become more flexible than the last. Eventually, you would regain full range of motion to the once-stiffened area.

Flexibility is the quality of bending easily without breaking. This not only pertains to the physical body, it is also a state of mind. We can agree that being mentally flexible requires the ability to adapt to new, different, or changing situations. In a time when it might feel like things are changing faster than we can keep up (whether it's technology breakthroughs, modern day news events, or unexpected life events) we have to remain open to adapt to emerging situations, otherwise, we may get left behind or lose our emotional grip.

Mental flexibility is the ability to rapidly adjust your mindset to keep up with the constant changes and the information overload that we face today. Be mindful of your own emotional flexibility. Here are some ways to embrace this:

- Accept when things don't go your way
- Be open-minded to other people's opinions and ideas
- Be someone that is easy to work with
- Avoid sticking to a routine and try new experiences – be spontaneous

Strive to find that balance and live a more free-flowing life by adopting more flexibility and less rigidity. The goal is to bend, not break.



Time Management

If we only had more time. More time to get all to-do lists completed; more time to spend with those we love. We may not be able to stop or slow the clock down, but we can manage our time. Keep a calendar to prioritize work, ask for assistance for minor tasks, celebrate your successes, and make sure to step away from work during lunchtime for the much needed mental break.

Healthy Tip!

Focus on movement this month! Multitask by walking to get the office mail or stand and stretch while making that phone call.

September Events

2 Labor Day Holiday

18 Wellness Wednesday Walk

Labor Day Holiday
September 2, 2019 - offices closed

Wellness Wednesday Walk
September 18, 2019 / 10:30 am / SJC @ Eagle
MVC @ Café / THEC @ Ent. / SGP @ 100



Managing Stress

by MSJC Benefits Office

Effects of stress can include fatigue, negative thinking, anxiety and a range of potential physical issues. There are certainly several medical approaches to dealing with stress such as counseling and medication. But are there ways we can learn to how to reduce stress on our own? The answer is, yes.

Take Stock and Reflect - First of all, it can be very helpful to be aware of how you're feeling. To track your state of mind, keep a journal to see patterns in stress as well as to record positive thoughts about what you're doing to relieve it.

Back Off the Gas - You may simply be taking on way too much at a given point in time. Being constantly "on" can be a major drain on your body, your mind and your feelings. Learn to say "no" or "later" and set boundaries.

Get Outta Town - Sometimes, there's nothing better than simply removing yourself from the situation to relax. Picture an environment that makes you feel peaceful and in control, then pick a spot on the map and make your getaway.

Exercise, Exercise - Regular exercise is one of the best things you can do for your body and mind. The effect on mood can be almost immediate, and the physical benefits are long-term.

Spend Time in Nature - Being in the natural world can have a wonderful effect, whether it's a walk in the woods or simply relaxing at the local park. When you return, you'll likely feel more relaxed and peaceful.

Managing stress doesn't mean you're ignoring your obligations. When you manage stress, you may find that you are actually more responsive and effective with others in your life.

More than Pink

by Beth Bowles

Save the date and join the MSJC Team as we walk for breast cancer research, care, community and action!

Join the **MSJC PTK Team of Leaders** for the 2019 Komen More Than Pink Inland Empire Walk on Sunday, October 13, 2019, 8:00am.

The event is free but join the MSJC team to walk for only \$25.00 or to donate, visit **Susan G. Komen Inland Empire**. If you can't walk with us make a difference by registering as a virtual participant!

Event Day Information

2019 Komen Inland Empire MORE THAN PINK Walk™
Sunday, October 13, 2019
Town Square Park
1 Town Square
Murrieta, CA 92562

For other questions please contact Team Captains Jennifer Borton or Beth Bowles at:

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See you on Walk Day, Sunday, October 13, 2019!

“

I have come to believe that
caring for myself is not self
indulgent. Caring for myself
is an act of survival.

-Audre Lorde

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