

MY wellness

Employee Wellness Newsletter

Managing Stress and Anxiety

brought to you by Keenan & Associates

The Wellness Taskforce is sharing resources through our insurance provider, Keenan & Associates, to support our employees during these times. MSJC employees have access to a variety of safety training through Keenan SafeColleges, including the course on Managing Stress and Anxiety.

Stress is a normal reaction to physical, emotional or mental demands. Your body responds to these stressors in a physical way. You may encounter fears and worries about your own health and the health of your loved ones. Changes in sleep and eating patterns are also common responses, along with difficulty in concentrating. Some may see a worsening of chronic health problems, or increase use of alcohol, tobacco or other drugs.

Positive ways to care for yourself, and others during COVID-19 can help you cope more effectively with the stress you experience. Examples include:

- Finding and sharing fact-based information from authoritative sources about the disease, your actual risks, and ways to manage the risks and stresses.
- Connecting with others safely, especially those who've helped you through tough times in the past.
- Caring for your body with healthy eating, regular exercise and plenty of sleep.
- Taking breaks from work and media coverage. Stay informed, but don't let news become an obsession.
- Engaging in activities you enjoy – hobbies, reading, home improvement, etc.

If you find your stress levels overwhelming and persistent, talk to a mental health professional for assistance. If you don't have a clergy member, counselor or physician, contact the Substance Abuse Mental Health Services Administration (SAMHSA) Helpline at 1-800-985-5990.



Avocados

Add this delicious fruit to your dishes in September. Avocados are high in potassium - they have more potassium than a banana to reduce blood pressure. They are loaded with fiber - eat to assist with weight loss and friendly gut bacteria. Avocados contain powerful antioxidants which helps with eye health - we can all use that during these days behind the Zoom screen!

Healthy Tip!

Feel stronger and more balanced with a **5-minute balance workout!** Build muscle strength and core stability in between meetings!

September Events

7 Labor Day Holiday

23 Wellness Wednesday Walk

Labor Day

September 7, 2020 / National Holiday - campus closure

Wellness Wednesday Walk

September 23, 2020 / 10:30 am / Work From Home (WFH) locations



Inspiration - Labor Day

by Nicole Piña

Originated in the 1800s, Labor Day started because workers were putting in 70-hour work weeks. Sound familiar? Our modern times have blurred the workday lines and we are constantly connected.

Let us honor the work that we do and the contributions we add to society through education. This [Labor Day](#), take a moment to relax and refresh for your physical and mental health. Build the relationships with your pandemic partners with laughter and memories. Take time out for yourself. Try something new this weekend:

- Create an [Outdoor Movie Night](#) - set up an outdoor theater for a serious change of pace. Watching a funny movie outdoors has health benefits such as bonding with your family and friends (socially distanced of course), releasing stress, and provides encouragement with certain genres (my weekend recommendation documentaries: [Crip Camp](#) on Netflix or the kid-friendly [If you Build It](#) on Amazon).
- Grill [Unusual Foods](#) - try grilling an avocado to make a small dip bowl. Fill with fresh salsa, a sprinkle of queso and scoop with tortilla chips. Watermelon wedges are good on the grill. For spice, add cayenne pepper, or try it with feta and mint. Try healthy foods on the grill to switch up your BBQ game.
- [Unplug](#) - it is a radical concept, but has great health benefits. Use the long Labor Day weekend to unplug from your electronic devices to reduce screen time. Be purposeful in your digital detox and substitute screen time for a walk on the beach, hike in local parks, or set up an outdoor picnic.

Vegan Sushi Buddha Bowl

When you can't get to your favorite sushi restaurant, or the long days of summer have you less-than motivated to cook, try a deconstructed vegan sushi bowl.

Deconstructed Vegan Sushi Bowl

- 1 cup brown rice (or other rice or quinoa)
- 1 cup vegetables (broccoli, carrots or asparagus)
- 1/2 cup kale (or lettuce)
- 1/4 cup Sesame Soy Ginger Vinaigrette
- 1 cucumber, chopped
- 1/3 avocado, cubed
- 1/2 package dried seaweed snacks
- 1/2 cup edamame
- 4 oz tempeh or tofu (optional)

Cook rice according to instructions. Steam or microwave vegetables and edamame until tender. In a bowl, layer the rice, kale (or lettuce), veggies, cucumber, edamame, and avocado. Drizzle vinaigrette on layered bowl and enjoy!



“
Not everything that is
faced can be changed, but
nothing can be changed
until it is faced.
- James Baldwin

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MT. SAN JACINTO COLLEGE

MSJC Employee Wellness