

MCSIG Livin' Well Newsletter

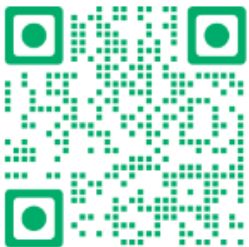


Monthly Wellness Focus

Well-being webinar

Setting healthy boundaries

At times, life can be overwhelming and chaotic. Lack of time and energy can create barriers to self-care and well-being and even lead to prolonged stress and burnout. Healthy boundaries allow you to communicate your wants and needs, while respecting the wants and needs of others. Join us to learn the what, why, and how of setting healthy boundaries, speaking your needs, and living a more peaceful life.



**Thursday, December 8
1 p.m. ET**

Scan the QR code and register
for the webinar today!

Anyone that registers for the webinar series will receive a copy of the recording and associated educational handouts (or contact [MCSIG Wellness](#) if you miss it).



*Have you gotten your
yearly health check?*



You are still on time!

Schedule your 1st appointment at *Altas* with *Everside Health* by 12/31/22 and get a \$15 gift card.

To get started:
Call 1-866-808-6005 or schedule an appointment [online](#).

Good News Zone

Spotlight On: Dr. Nancy Reyes

Counselor & Instructor, Hartnell College

Wellness Employee of the 4th Quarter

Exercise routine: I like to vary my exercise routines. On average, I exercise 5 days a week. On Mondays, I attend Zumba. The rest of the week, I vary my exercises between the staircase, elliptical and treadmill machines. I always try to incorporate about 20 minutes of weightlifting into my daily routine.

Favorite activities: My favorite activities include traveling and listening to music. I enjoy traveling with my husband because I am constantly reminded about human kindness. Music is a critical part of my everyday life. I listen to it on my way to work or at the gym and throughout the day. Music uplifts my spirit!

Favorite healthy snack: My favorite snack is jicama. I eat it on a daily basis with lemon and chili powder. It is very filling!

Stress buster tip: I exercise as a way to reduce my stress levels. I work out with my mother and father and our exercise time is very special because we catch up on our day and before we know it, we have been exercising for 90 minutes. I would encourage everyone to find an exercise buddy to keep you accountable and make exercise time fly by!

An accomplishment I feel very proud of is losing 50 pounds on Weight Watchers. I am very focused on my weight loss journey (now I am on maintenance) and I am proud to say that I am now a lifetime member!

My current wellness goal is to consistently walk during my lunch breaks.



Learn to Meditate *with Headspace*

Meditation is something anyone can do, anytime, anywhere! It's simple to learn and research shows that learning meditation through Headspace can reduce stress in 10 days. Headspace is available at Wellvolution at no cost for MCSIG members..

Stressed? Try a 1 minute Mini Meditation for a quick introduction to Headspace.



MONTHLY MINI CHALLENGE

Read. Relax.

The Book Worm Challenge *Read for 1,000 minutes*

You are invited to read for 1,000 minutes over 30 days. That is an average of about 30 minutes a day. Reading can protect your brain from Alzheimer's disease and dementia. Reading can also help you feel less stressed and more positive. It helps your whole body relax, giving your mind a break from daily pressures. Choose a good book, curl up in a comfy spot, relax your body, and exercise your mind!

Become the Best You

For this challenge:

You need to actually read, not listen. While audiobooks are convenient, the process of converting the symbols on a page into meaning increases your brain power - it's like a workout for your brain!

Source: 101 Challenges by Tad Mitchell

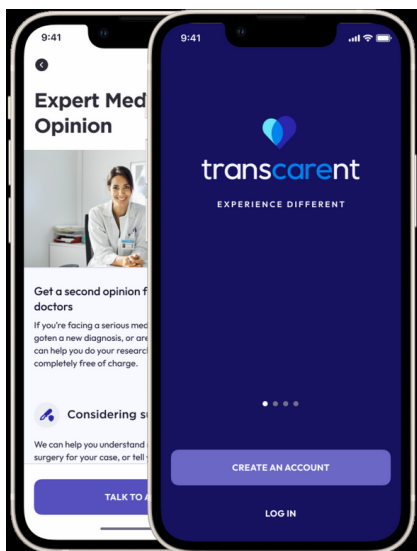
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Contact [Jessica Amezcua](#) for information about wellness benefits MCSIG offers.