

Congratulations to the winners of the "New Year, New You" wellness challenge!

After earning at least 223 points by tracking habits, taking classes, and completing sessions in Bernalong, five employees were randomly selected. The five winners will receive the choice of a \$50 voucher for either Collin College bookstores or cafés.

Winners

Nichole Boone
Amanda Caudill
Carl Kuhlman
Sydney Long
Tracy Warning

Fun Run for Founders Day

In recognition of Founders Day, April 6, Collin College is celebrating with a fun run at the Frisco, Plano, McKinney, and Wylie campuses. Grab your tennis shoes and walk, run, or stroll through the campus while viewing a few historical highlights. The route will be open from 10 a.m. to 1 p.m., so you can participate at your convenience.

Routes are approximately .75 miles in length. For route details and maps, please contact your campus Student Engagement Office.



How Friends Enrich the Workplace

People who have friends at work generally experience more success and are more engaged in their jobs. Ensure that your team has opportunities to bond, and keep in mind that it may be up to you to initiate friendships in the workplace.



Do you have a friendship story at Collin College to share? We want to know! Complete this brief form: <https://tinyurl.com/4fjwphf9>. Your story may appear in an upcoming Wellness Program newsletter.

Enrichment Pillar

Taking Care of Others? Don't Forget About You!

"With all of its rewards, there is a substantial cost to caregiving —financially, physically, and emotionally," says Dr. Richard J. Hodes, director of [NIH's National Institute on Aging](#).

Caring for yourself is one of the most important — and one of the most often forgotten —things you can do as a caregiver. The [Family Caregiver Alliance](#) provides practical tools to help you cope with the stress and strain of caregiving. Your health and well-being deserve it!

Contact the [North Central Texas Area Agency on Aging](#) for local resources.



Enrichment Pillar

More Wellness Resources

Visit <http://inside.collin.edu/wellness> for more content from the Wellness Committee, including a Wellness Book Club, recipes, on-campus fitness class schedules, ERS resources, and details about upcoming wellness events.

The Employees Retirement System of Texas and Blue Shield of Texas will be hosting free monthly webinars about nutrition. Register to attend at tinyurl.com/mr478zmz.

Enrich your knowledge with free access to LinkedIn Learning's 16,000 courses on everything from soft skills to software. Visit shorturl.at/cnBRX for instructions on accessing LinkedIn Learning.

TEXAS BIG STAR HALF MARATHON & 5K

Register Today!

The Collin College Frisco Campus will host the Texas Big Star Half Marathon and 5K on April 15 at 7 a.m. (half) and 7:15 (5K).

Learn more and register at runtexasbigstar.com. Use discount code **COLLIN10** at checkout for 10 percent off.



Physical Pillar

Financial Emergency Planning

Do you keep a first-aid kit at home for medical emergencies? Emergencies will happen. It's not a matter of if, but when. Unexpected medical bills for your family and pets, car repairs, and home repairs can hurt, especially when they happen at once. Many financial experts recommend saving three to six months' worth of living expenses for emergencies, but a cash reserve of \$1,000 over 12 months is a good start.

Track current spending to identify where you can cut until your savings goal is met. Restaurant meals are a common pitfall. Can you pass up a vacation or expensive entertainment? Can you buy gifts in resale shops for a while? If you know your spending habits, it's easier to find savings opportunities.

Setting up automatic deposits into a savings or money market account is a big help in budgeting. Once your fund is in place, leave it for a true emergency – not for a splurge. Your peace of mind is worth it!

Read more about how to build an emergency fund from the U.S. Consumer Financial Protection Bureau: www.consumerfinance.gov/an-essential-guide-to-building-an-emergency-fund.



Financial Pillar

Upcoming Financial Wellness Webinar on Retirement

In partnership with the nonprofit Society for Financial Awareness, Financial Advisor Richard Jordan will provide a free financial wellness webinar, "Exploring Your Options for a Quality Retirement," for all Collin employees on April 11 from 11:30 a.m.-12:30 p.m.

Advance registration is required. Please visit <https://tinyurl.com/yye7rkz6> to learn more and register.



Financial Pillar

Access Bernalong in April

Full-time employees, check out all that Bernalong has to offer this month!

Don't have an account? Use your Collin College email address to create your free account at join.bernalong.com/collincollege.

April Playlist: well.bernalong.com/playlist/2313

April Calendar: <https://tinyurl.com/mr3fjvrc>

April Events: <https://tinyurl.com/bddchnsr>

bernalong

The Science of Social Connection

One landmark study reveals that a lack of social connection is more detrimental to health than obesity, smoking, and high blood pressure.

On the other hand, strong social connection:

- leads to a 50% increased chance of longevity
- strengthens your immune system (research by Steve Cole shows that genes impacted by loneliness also code for immune function and inflammation)
- helps you recover from disease faster
- may even lengthen your life!

People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them. In other words, social connectedness generates a positive feedback loop of social, emotional, and physical well-being, according to the Center for Compassion and Altruism, Stanford Medicine.



Connection Pillar

Healthy Recipe: Grilled Sockeye Salmon with a Refreshing Salad

The U.S. pacific northwest, the west coast of Canada, and Alaska offer an abundance of wild salmon each summer. Alaska's Copper River salmon is said to be the finest in the world due to the fast-running water that causes the salmon to have high amounts of omega fatty acids.

Check out this month's healthy recommendation for grilled sockeye salmon with a refreshing salad. Visit <https://tinyurl.com/ae73z3pu> for this recipe and the "Healthy Recipes" area of <http://inside.collin.edu/wellness> for more cooking ideas!



It's Time to Tackle Stress Eating!

Welcome to April! Let's celebrate by reducing stress eating. The opposite of stress eating is *mindful* eating.

Next time your hand goes to grab that snack, mindfully deviate from it, drink a few sips of water first, and ask yourself, "Am I really hungry to eat these potato chips?" Most likely, you were stressed and thirsty. We often forget to drink water when we are under stress. A stressed mind cannot distinguish between the urges of thirst and hunger. Drinking water is powerful; it helps you to rightfully distinguish between thirst and hunger.

You can make a determination to eat one mindful meal every day in April.

Want to learn more about mindful eating? Here are some mindful eating exercises you can practice: [58 Science-Based Mindful Eating Exercises and Tips](#).

Emotional Pillar

Join Free Fitness Classes at a Campus Near You!

Discover what is being offered at Fitness Centers by navigating to "Physical Wellness Pillar" from inside.collin.edu/wellness.



2022-2023 Wellness Committee

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|----------------------|------------------------|
| Camale Allen | Joey King |
| Justin Atherton | Vidya Krishnaswamy |
| Beth Atkins | Meredith Martin |
| Meena Beri | Joan Mendez |
| John Brewer | Karrie Newby |
| Casey L. Carter | Genevieve Northup |
| Michele Culpepper | Daniel Patyrak |
| Dulce de Castro | Ron Reczek |
| Cathy Donald-Whitney | Shelley Sheldon |
| Brandy Fair | Karen Smart |
| Lisa Forrester | Kate (Ekaterina) Stowe |
| Carol Harber | Ling Sun |
| Michael Holtfrerich | Amy Throop |
| Deborah Ingoldby | Juli Westcott |