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NEWSLETTER

inside.collin.edu/wellness

What is a Meaningful Connection?

Psychology Today describes **meaningful connections** as finding people with whom you share life's challenges and triumphs.

Let's strive to make meaningful connections in our college community. Go for a walk, take a **Zumba or yoga class**, meet for coffee, or attend a **Burnalong class** with a colleague. You'll be grateful for the connection, the support it generates, and the creativity it may inspire!

Emotional Pillar



Spotlight on Employee Friendships

Jacqueline Grayczyk and Susan Karlsen

Enrichment Pillar

Do you have a Collin College friendship story?

Please share at <https://collin.libwizard.com/f/enrichfriendships>.

Your story may appear in a future newsletter.

Nurture Connections

The word "nurture" brings to mind words like grow, cultivate, support, sustain, care for, encourage, and develop. Finding time for relationship building can be challenging. Wake Counseling and Mediation lists **10 easy steps to improve relationships**.

Learn about **meaningful connections** and **how to nurture them**.

Connection Pillar

Susan is a financial aid advisor and the foster care liaison for the district. She just celebrated her 10th anniversary at Collin College. She met Jacqueline at the Plano Campus when Jacqueline moved to the area from Chicago in spring 2015. Jacqueline now works at the Wylie Campus, heading up the Wylie financial aid office and the district's veteran services programs. Even though they are no longer on the same campus, they have remained close friends.

Throughout the years, they have traveled to Chicago, gone camping, gone to movies, helped paint each other's houses, and had many pool days and card games with laughter and an outlet of support unlike any other. Their friendship has enriched their lives, personally and professionally, which has helped maintain mental wellness.

Build a Healthy Relationship with Money

The **Institute for Financial Literacy** offers forms and worksheets covering budgeting resources and financial goal planning.

The **Council for Economic Education** focuses on equipping K-12 families with personal finance tools.

The **Consumer Financial Protection Bureau** is another valuable financial resource offering guides and educational materials.

Financial wellness plays a vital role in our personal and work lives. Let's build a healthy and nurturing relationship with our finances.





Did you know? Collin College offers wellness time for eligible full-time employees. Learn more about [wellness time](#) today!



Find unabridged articles and more wellness resources at inside.collin.edu/wellness.

Upcoming Observances

Here are a few national days to celebrate in February.

Feb. 16 is **National Caregivers Day**, a day to thank healthcare professionals nationwide who provide long-term and hospice care.

Feb. 17 is **Random Acts of Kindness Day**. Help spread compassion and positivity through small, unexpected kind acts.

Feb. 26 is **National Letter to an Elder Day**. The day is a reminder that loved ones enjoy hearing from us, and a simple letter brightens their day.

[Connection Pillar](#)

Collin College New Year, New You Challenge

Full-time employees who earn at least 230 points in the Bernalong platform between January 22 and March 22 will be entered in a drawing for one of three prizes!

Once **logged in to your Bernalong account**, go to your profile and select "Individual Challenges." Click "Accept" to join the challenge and learn more about how to earn points for taking classes and tracking wellness habits.

Need a Bernalong account? [Register today with your Collin email address](#).

Campus Events During Black History Month

Celebrate Black History Month by participating in a **series of events** hosted by the Collin College Black American Awareness Committee. This year's national theme is "African Americans and the Arts."

The Heart & Soul Food Luncheon will be hosted at the Plano Campus Conference Center from noon to 1:30 p.m. on March 1. Lunch will be provided while supplies last.

Take Care of Your Heart

February is American Heart Month, a time to raises awareness of heart disease, the top cause of death in Americans.

Learn more about [American Heart Month](#) and [heart health](#).



[Physical Pillar](#)

Virtual Scavenger Hunt

Which two employees are featured in this newsletter's friendship spotlight?

Send your response to TrainingAndDevelopment@Collin.edu.

One drawing winner will be randomly selected from all full-time employee participants who email the correct answer by midnight on Feb. 11, 2024. The winner will receive two complimentary seats for lunch at the Frisco Campus Red Room on April 19.

BLACK HISTORY MONTH

Enrich Work with Meaningful Relationships

We spend about a third of our life at work, so nurturing meaningful connections in the workplace is crucial to our well-being. How can we develop the skills needed to cultivate **authentic connections**? These **tips** and **exercises** are an excellent way to start. They promote **trust**, gratitude, reciprocity, boundaries, rupture repairing, and conflict resolution. **Practicing flourishing** helps us connect to a sense of purpose in our personal and professional lives.

[Enrichment Pillar](#)

2023-2024 Wellness Committee

Camale Allen
Lt. Justin Atherton
Dr. Meena Beri
Nadia Bilal
Nichole Boone
Michele Culpepper
John Daniels
Dulce de Castro
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Michael Holtfrerich
Deborah Ingoldby
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Meredith Martin
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Genevieve Northup
Daniel Patyrak
Karen Peterson

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