



The Wellness Program's vision is to foster a balanced, holistic life through the connected and interactive combination of the five wellness pillars: Connection, Emotional, Enrichment, Financial, and Physical.

# New Year, New You

## Wellness Newsletter

January 2023

### Congratulations to the winners of the "Healthy Through the Holidays" wellness challenge!

After completing more than 120 minutes of classes in Burnalong, winners were randomly selected. The five winners will receive the choice of a \$50 voucher for either Collin bookstores or cafés.

### Winners

- Shannon Bates
- Henry Canfield
- Margaret Chavira
- Carie Dippel
- Mariam Kassim

### Join Collin College's "New Year, New You" winter wellness challenge!

Our next Burnalong wellness challenge for full-time employees is focused on tracking healthy habits, minutes spent in classes, and class completion.

Once logged in to Burnalong, go to your profile and select "Individual Challenges." Click "Accept" to join.

- Earn Points**
- 1 pt = per minute
  - 15 pts = completing a class
  - 5 pts = each wellness habit tracked
- 5 drawings winners will receive a \$50 voucher to Collin College bookstores and cafés. Winners must be full-time employees who have earned at least 223 points in Burnalong.

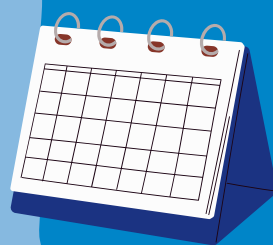
**burnalong** Visit [join.burnalong.com/collincollege](http://join.burnalong.com/collincollege) and create a free account with your Collin email.

### More Ways to Connect With Colleagues

This year, the Collin College Wellness Committee will sponsor a variety of initiatives and events that coincide with national celebratory days and seasons, providing opportunities for employees to connect with colleagues and have fun! Save the dates listed below and keep a lookout for details about upcoming employee celebrations.



- National Popcorn Day: Jan. 19
- National Compliment Day: Jan. 24
- National Fun at Work Day: Jan. 28, observed Jan. 26
- National Send a Card to a Friend Day: Feb. 7
- Super Bowl Pre-Game Celebration: Feb. 10



Connection Pillar

### Employees, Let's Celebrate National Popcorn Day!

Pop into a location near you to get your free bag\* of popcorn!

- Celina Campus – Room 001E – 10-11 a.m.
- CHEC – Room 227 – 10-11 a.m.
- Farmersville Campus – Room 119 – 10-11 a.m.
- Frisco Campus – Room L135 – 2:30-3:30 p.m.
- McKinney – Room B105 – 10-11 a.m.
- Plano Campus – Room D113 – 2:30-3:30 p.m.
- Technical Campus – Small Conference Room A101A – 10-11 a.m.
- Wylie Campus – CC 200A – 10-11 a.m.

While supplies last\*



Around 1.2 billion pounds of popcorn are consumed in the U.S. every year, making it the nation's most popular snack food by volume.

Popcorn is a whole grain that contains zinc, magnesium, B vitamins, and fiber.

### Take Care of Your Emotional Health

Collin College is committed to supporting your emotional well-being. Full-time employees can access free resources and learn more about the employee assistance program at [www.collin.edu/hr/benefits/eap.html](http://www.collin.edu/hr/benefits/eap.html). If you know a part-time/adjunct employee or student in need, please direct them to TimelyCare at [timelycare.com/collincollege](http://timelycare.com/collincollege).

Mental Health America of Greater Dallas is a nonprofit organization committed to supporting mental wellness. The organization's website has information, including webinars, podcasts, articles, screening tools, and contact information for resources. Learn more at [mhadallas.org](http://mhadallas.org).

Emotional Pillar

### Get Fit With the Texas State Agency Challenge

The 2023 Get Fit Texas State Agency Challenge provides an opportunity for state employees to get active in an agency-to-agency competition. By accepting the challenge, state employees strive to be physically active for 150 minutes per week for at least six of 10 weeks. Register today for free at [getfittexas.org](http://getfittexas.org) using your Collin email.



January 23-April 2

### Start the Year off With These Webinars

The Employees Retirement System of Texas and Blue Cross and Blue Shield of Texas will be hosting free monthly webinars about nutrition. Register to attend at [tinyurl.com/mr478zmz](http://tinyurl.com/mr478zmz).

Check out these free webinars from Burnalong that will help you develop healthier habits for 2023. Log in to Burnalong and visit [well.burnalong.com/playlist/1507](http://well.burnalong.com/playlist/1507).



All Collin College employees have free access to LinkedIn Learning's 16,000 courses on everything from soft skills to software. Visit [shorturl.at/cnBRX](http://shorturl.at/cnBRX) for instructions on accessing LinkedIn Learning.

Enrichment Pillar

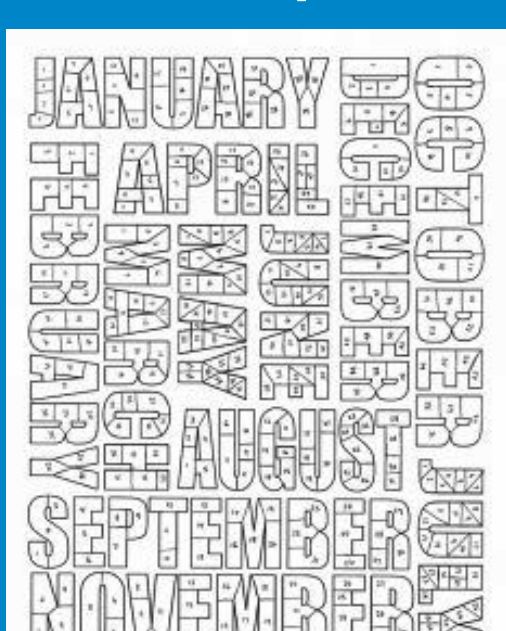
### Declutter Your Finances

Spring cleaning is the perfect chance for financial decluttering. It's time to reconsider all those TV streaming subscriptions, clear out your mobile payment apps, and, of course, clean that desk and figure out which paperwork piles you can either shred or scan. Log in to Burnalong and check out this brief series for peace of mind and increased financial freedom: [well.burnalong.com/class/34026/video](http://well.burnalong.com/class/34026/video).



Financial Pillar

### A Mile a Day Challenge



Track your movement this year! Complete at least a mile a day (walking, elliptical, cycling, or whatever activity you prefer) and color in the date block on those days using the Monthly Miles Calendar (see attachment in the email from the Wellness Team).

The Monthly Miles Calendar is a great visual can be completed in addition to classes/activities that are tracked in Burnalong. Visual reminders are the best way to make your goals happen, so let's get going together!

Need some encouragement? Invite your colleagues or friends to join in the challenge and compare your progress throughout the year.

Physical Pillar

### 2022-2023 Wellness Committee

- |                      |                        |
|----------------------|------------------------|
| 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          |
| Joey King            |                        |



Find in-person fitness classes across the district and learn more about the Wellness Program at [www.collin.edu/hr/wellness/index.html](http://www.collin.edu/hr/wellness/index.html).