

Positive Affirmations: A New Year, A New You

Facing challenges and setbacks with a positive twist helps us disrupt negative thinking habits and build new routes in our brains to deal with threats to our self-worth. Research shows that **self-affirmation alters the brain's response to health messages and subsequent behavior change.**

To incorporate healthy behaviors into your life this new year, think or write about your values. Be kind to yourself by using positive affirmations. For ideas on positive affirmations, check out **Stay Positive: Encouraging Quotes and Messages to Fuel Your Life with Positive Energy.**

For more on positivity, check out the Wellness Book Club's January reading selection.

Enrichment Pillar

friendship

Dr. Amira Albalancy and Dr. Tracey McKenzie

We come from very different backgrounds and different fields of study – anatomy/physiology and sociology. These differences have enriched us both personally and professionally.

Our friendship started from being suitemates in a multidisciplinary office complex that nurtures "out of our comfort zone" collaborations. We work together on planning campus events for students. We share our areas of expertise that can enrich the other's discipline, and together, we brainstorm new approaches to teaching and learning. After almost two decades of working together, we still have much more to do and learn from each other!

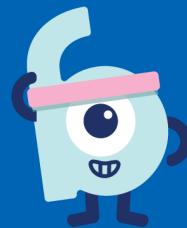
Do you have a friendship story at Collin College? Please share at <https://collin.libwizard.com/f/enrichfriendships>. Your story may appear in a future newsletter.

Enrichment Pillar

Join the Burnalong New Year, New You Challenge

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

- Once logged in to your **Burnalong 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 Burnalong account? **Register today** with your Collin email address.

New Year, New You: Goal-Setting Strategies for Success

The start of the year brings a chance to reset goals and priorities. Here are a few tips to help set goals:

- Define success first. Try completing this sentence: "I will consider this goal a success when _____."
- Consider motivations. Example: "I want to set a healthy example for my kids, so I will walk two miles six days a week."
- Reframe as positive habits. Example: "I'm going to cook five meals a week at home," rather than "No fast food."
- Keep changes small and realistic.
- Create measurable goals and use an app to track them. **Burnalong** is a great tool!
- Find an accountability buddy. Teamwork makes the dream work!
- Identify obstacles and prioritize yourself.
- Make goals and resolutions about fun.
- Celebrate each small achievement, and reward yourself for consistency!

Emotional Pillar

\$tart With a New Budget

Are you making significant changes to your financial habits for the upcoming year? The Texas Office of Consumer Credit Commissioner provides financial education for consumers and the tools and skills to make informed financial decisions. Per the TOCCC site, consumers who understand their choices and obligations are more likely to reach their financial goals. The TOCCC built a [budgeting worksheet](#) to help get you on track.

Financial Pillar

Connection Pillar

Connect With Colleagues

Connect with colleagues over lunch to enrich your spring semester.

The **Red Room** offers “a higher degree of dining” for guests. The Red Room, an AAS degree capstone course and working educational lab, is serviced by Collin College’s Culinary and Pastry Arts students.

The Frisco Campus Red Room lunch service starts on Friday, Jan. 26 with seating reservations from 11 a.m.-12:45 p.m. The price for a three-course meal is \$15 (+tax). **Reservations are needed.**

New Year, New Vision

Spending extended periods on digital devices can lead to eye discomfort and headaches, often called digital eye strain or computer vision syndrome. Here are some tips to help detox your eyes from digital devices:

- Follow the 20-20-20 rule: Every 20 minutes, take a 20-second break. Look at something 20 feet away.
- Adjust screen brightness, contrast, and font size to reduce eye strain.
- Position your screen to reduce glare. Consider using a desk lamp to illuminate your workspace.
- Schedule short breaks during your work or screen time to give your eyes a rest.
- Practice eye exercises to help relax your eye muscles. For example, focus on an object up close, then shift your gaze to something in the distance. Repeat several times.
- Use lubricating eye drops to combat dryness and irritation.
- Position your computer screen at eye level and about an arm's length away.
- Consider using blue light filters on your devices, especially in the evening.
- Consult an eye care professional for regular check-ups and advice on the right products for your needs.
- Drink plenty of water to keep your body and eyes hydrated.

Physical Pillar

Stick With Your Resolutions

Below is an excerpt from “**Are Your New Year’s Resolutions Fading? Try a Different Approach**” by Carla Canton.

Donald Edmondson, associate professor of behavioral medicine at Columbia’s Irving Medical Center, pointed to how behavioral scientists are discovering that personal goals may be more easily achieved if they are linked to rewards that go beyond self-interest, producing what he called “co-benefits.”

Let’s say, you decide this year you want to start biking to lose weight. Cycling helps with weight loss, lowers stress, and has a positive impact on your heart’s health, which are all great goals. But instead of signing up for a spin class a 15-minute drive away, why not use your bike (in place of your car) to regularly run errands to reduce your carbon footprint?

“Now, pursuing your goal to lose weight is not just about you and your willpower,” Edmondson said. “It’s also tackling a bigger problem in accordance with higher values.”

At Collin College, there are many ways to combine your resolution to enrich your life while producing co-benefits for others by volunteering for committees and events across the district.

Connection Pillar

Questions about the Wellness Program? Contact TrainingAndDevelopment@Collin.edu.

2023-2024 Wellness Committee

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|--------------------------|---------------------|----------------------|
| Camale Allen | Dr. Lisa Forrester | Ron Reczek |
| Lt. Justin Atherton | Michael Holtfrerich | Kate Stowe |
| Dr. Meena Beri | Deborah Ingoldby | Ling Sun |
| Nadia Bilal | Jeanine Jones | J.C. Terrazas |
| Nichole Boone | Courtney Kelley | Amy Throop |
| Michele Culpepper | Meredith Martin | Dr. Michele Valencia |
| John Daniels | Joan Mendez | Dr. Allison Venuto |
| Dulce de Castro | Genevieve Northup | Dr. Juli Westcott |
| Dr. Cathy Donald-Whitney | Daniel Patyrak | |
| Dr. Brandy Fair | Karen Peterson | |

Weekly wellness classes are offered across the district.

Add some fun to your fitness routine today!

[InsideCollin.edu/Wellness](https://www.collin.edu/Wellness)