

# NEWSLETTER

## What's on in BURNALONG

May is Mental Health Awareness Month, raising awareness about the importance of mental health and well-being.

Are you a member yet? [Join BURNALONG for free today!](#)

### Monthly Challenge

May 1-31: Take steps to improve your brain and mental health by completing a mental-health-focused program before May 31 in BURNALONG, and celebrate your commitment to mental wellness at the Winner's Circle live event!

### May Playlist

Take time for your mind with the May Playlist.

### Live Event: May 4

May 4 at 11 a.m.: Finding the right therapist can seem daunting. The right therapist is key to making progress, so taking the time to find a good match is essential. Join us for guidance on finding the right therapist for you.

### Live Event: May 25

May 25 at 11 a.m.: Brain health is crucial for overall well-being and quality of life. Join us to discover tools to promote brain health and reduce the risk of cognitive decline.

## Mental Health Awareness Month

**Did You Know?** In 2020,

- One in five American adults experienced a mental health issue.
- One in six young people experienced a major depressive episode.
- One in 20 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

Knowledge is power. Education and awareness about mental health challenges make a huge difference. We can navigate the symptoms only when we are aware of the illness.

The Emotional pillar of the Wellness Committee joins the national mental health awareness movement in May. A significant challenge in mental health is fighting our own internalized stigma. Join the National Alliance on Mental Illness (NAMI)'s **"Stigma Free Me"** campaign for mental health awareness. We can serve our community by becoming a stigma-free version of ourselves in how we think about mental health challenges and illnesses. Change starts with changing ourselves first. Join us in signing the **Stigma Free Pledge**.

For more on this topic, including resources and contact information, [read the full article here](#) or visit [inside.collin.edu/wellness](https://inside.collin.edu/wellness).

*Emotional Pillar*

### NAMI Walks 2023

Join the upcoming walk for mental health awareness on **May 6 at Riders Field, 7300 Roughriders Trail, Frisco**. Register today at [NAMIWalks.org](https://NAMIWalks.org).





## A little levity goes a long way!

*In university, my psych professor asked if we had heard of Pavlov. My reply was, "It rings a bell." No one laughed; I'm too witty for this class.* We hear laughter is good medicine for the soul, and it certainly is. Laughter enriches individuals in many ways. Firstly, laughter increases oxygen intake and blood circulation, vital to energizing our hearts and muscles.

Secondly, it allows a person to release stress, breathe, and realize things aren't as bad as they seem. Last but not least, laughing regularly will enable people to live longer. No worries; little stress. Laugh today; your health will appreciate it. **Learn more about the benefits of laughter** and **how to harness the power of humor.**

*Enrichment Pillar*

### Why be mindful?

Practicing mindfulness can help us to decrease stress, anxiety, and depression while increasing our ability to focus our attention, as well as to observe our thoughts and feelings without judgment. As we become more present in our lives and in relation to others, it can help us to make better decisions, manage our emotions, and be more fully engaged in life.



Sign up for the [Canvas course](#) created by the [Mindfulness Committee](#) for everyone at Collin College.

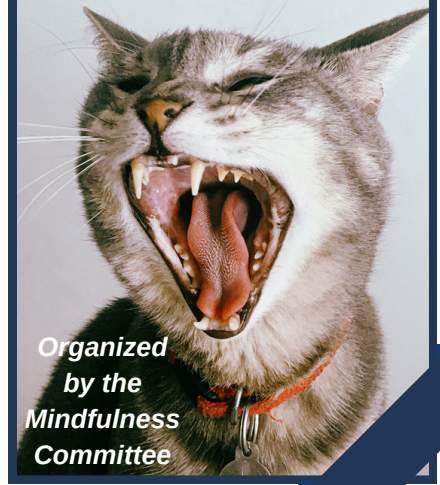
### Healthy Recipe

Grilled Pork Tenderloin with Texas Peach and Wheatberry Salad

*Connection Pillar*

### Need a release?

Join the **Scream Fest** at the Plano Campus every first Wednesday of the month, rain or shine.



Organized by the Mindfulness Committee

## Additional Resources

- **Self-Care Resources for Faculty and Staff**
- **Deer Oaks Employee Assistance Program**: Full-time employees can access information and support related to parenting, aging, mental health, and financial planning from the Deer Oaks Employee Assistance Program by calling 866.381.2400 or via the [website](#). Access handouts, articles, and on-demand and scheduled webinars via the [Deer Oaks website](#).
- **ERS/Blue Cross Blue Shield**: Benefits to enrolled employees include mental health coverage, weight management resources, gym memberships, and health-related discounts via the website. Additional information regarding webinars and classes is available to full-time employees via email and upon logging in.
- **National Institutes of Health - Emotional Wellness Toolkit**: Read about six strategies for improving your emotional health
- **Fitness Centers and Wellness Classes**: Collin's Fitness Centers provide on-campus exercise and wellness opportunities, which can boost mood, improve sleep, and help you deal with depression, anxiety, stress, and more. Visit the [Wellness website](#) for details on wellness classes being offered.
- **Cougar Connect events**: Connect with others! Many events are open to employees.





## Bike to Work Week is May 15-21

If you live close to campus, why not get out that bicycle that's been dormant all winter and cycle to work? For bicycle safety tips and more, read this [article](#).



## Cycling not your scene? Try slow jogging.

What is slow jogging? It depends on the person, but typically it means that your speed is slow enough that you can easily chat with your jogging partner.

Slow jogging:

1. Strengthens muscles
2. Teaches patience, discipline, and how to handle discomfort
3. Trains the cardiopulmonary systems more effectively
4. Improves oxygen use and glycogen stores

Resources: [Slow Running Benefits](#)  
[Born to Run \(book\)](#)

*Physical Pillar*

## Free Educational Webinar for Employees

**From a Financial Planning Expert:  
What you don't know but should know!**

Kris Keush brings his expertise as a financial planner and author to Collin College. As the founder and CFO of an independent financial services firm, he has been providing comprehensive financial planning advice for more than 10 years. Join us to find out what you don't know -- but should!



**Tuesday, May 16  
12 p.m.-12:45 p.m.  
Zoom**



**Advance registration is required.  
Use this QR code to book your seat.**

*Zoom details will be sent to registered attendees.*

Contact [wellnessteam@collin.edu](mailto:wellnessteam@collin.edu) with questions.



Sixty-three employees participated in the March Bracket Challenge.

This was a new initiative for the Wellness Committee utilizing our program's Connection and Physical pillars.

## Money by Decree

**A Summary of Today's Financial System**

by Paul Holtfrerich, Economist

This article aims to equip people with simple principles and some history to aid in the interpretation of financial news happening today.

### **The Fundamentals: Scarcity, Trade, and Work**

Everything in this universe has a limited quantity, which means that everything is scarce. As a result, we humans cannot have all that we desire. At any point in time, there is a fixed supply of every physical item in the universe, and each of us owns a subset of that supply. The way we get access to items we desire but don't own is either through trade or work. For example, if I have apples but want shoes, I can either trade my apples with someone else who has shoes or work to make my own shoes, thus increasing the total supply of shoes in the universe. This illustrates an important point: trade simply reallocates resources, but work actually reduces scarcity. The road to abundance for humanity is through increasing work/production, not trade by itself.

To read the rest of this article, go to [inside.collin.edu/wellness](https://inside.collin.edu/wellness). Navigate to the **Financial** page to find the article and read it in its entirety. The rest of the article covers the following topics: money, debt, corruption of the gold standard, the financial system today, conclusion, and appendix.

*Financial Pillar*

# Activities and Events



Interested in free lunchtime yoga classes at your campus this summer?



Let us know by completing a brief survey.



| Sun.                            | Mon. | Tues. | Wed. | Thur. | Fri. | Sat. |
|---------------------------------|------|-------|------|-------|------|------|
| <b>Burnalong Class Calendar</b> |      |       |      |       |      |      |
| 5                               | 6    | 7     | 8    | 9     | 10   | 11   |
| 12                              | 13   | 14    | 15   | 16    | 17   | 18   |
| 19                              | 20   | 21    | 22   | 23    | 24   | 25   |
| 26                              | 27   | 28    | 29   | 30    | 31   |      |



Each month, Burnalong puts together a calendar with suggested classes from more than 60 health and wellness categories, including physical, mental and financial wellness.

You don't have to be great to start, but you have to start to be great.



McKinney Campus  
Dance Studio C109  
Thursdays @ 4:30 p.m.

Dress in workout attire.  
Bring water and your  
Collin ID.



**NO RHYTHM REQUIRED,  
JUST MOVE TO THE MUSIC!**

## 2022-2023 Wellness Committee

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



**Are you stressed out?**

**Navigate Emotions**

June 21, 9:00-10:30 a.m.  
Frisco Campus Conference Center

Join the Wellness Committee for a workshop to reduce stress by effectively navigating emotions.

Advance online registration is required.  
Register today by scanning the QR code.



This free workshop is open to all Collin College employees.



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).