



Newsletter

November 2023



<http://inside.collin.edu/wellness>

Start With Your Credit Score to Get Financially Fit

How do you feel about your current financial situation? Are you stressed out? Are you on track but worried about retirement? Are you buried in credit card debt?

One way to prevent or relieve that stress is by setting financial goals and planning to meet them. An excellent way to start your journey is checking your credit score. During the Credit 101 presentation from the Texas Office of Consumer Credit Commissioner, ERS covers credit basics, fraud, freezes, building your credit, and disputing false information. Check out a recording of **Credit 101** to learn more about your credit report.

Financial Pillar

Gratitude Can Change Your Attitude

Before we get too caught up in the business of the upcoming holiday season, let's take a moment to reflect on the things for which we are grateful. Expressing gratefulness has been shown to increase inner peace and contentment as well as improve overall health and well-being.

Making a list of things to be thankful for is one place to start. The Berkeley Well-Being Institute has created a list of **90 things to be thankful for** to help you create yours.

Expressing gratitude is also shown by serving others. Concrete Cowboy at the Star is hosting Feed the City: Frisco on Saturday, Nov. 18, from 8-10 a.m. Volunteers will help assemble brown bag meals for people in need. Volunteers must sign up through Tango Charities at **Feed The City: Frisco**. All ages are welcome to volunteer.

If a turkey trot is more your style, consider one of these in Collin County:

- **North Texas (Frisco) Turkey Trot**, benefitting **Miracle League of Texas**
- **Plano Turkey Trot**, benefitting **Source of Hope**
- **Celina Turkey Trot**, benefitting **Lovepacs PCG**

Connection Pillar

Men's Health in "Movember"

"Movember" is a time to bring awareness to men's health issues, including mental health challenges, prostate cancer, and testicular cancer. Check out the **Men's Health Playlist** available on Bernalong.

Join a **free fitness class** at a campus near you!

Be Well With Burnalong

- Learn how to **Keep Your Sanity During the Holidays** on Nov. 15 at 11 a.m. CST.
- Complete a **Yoga and Meditation Program**.
- Review the **Mental Health Holiday Guide** for support tools during the holidays.
- Check out the **November 2023 Playlist**.

Full-time employees can join Burnalong for free at [Join.burnalong.com/collincollege](https://www.burnalong.com/collincollege).

Practice Gratitude Everywhere

During our daily hustle and bustle, we find time to complain. We are often guilty of using a significant amount of time to express displeasure. Focusing on life's many gifts can enhance and enrich us and others beyond measure. Take a moment to reflect on how much better your day would be if you intentionally navigated with positive gratitude rather than a negative attitude.

The Science of Gratitude, published in Mindful (mindful.org), highlights how gratitude "has measurable benefits for just about every area of our lives." The 2020 book **The Gratitude Project: How the Science of Thankfulness Can Rewire Our Brains for Resilience, Optimism, and the Greater Good** describes dozens of studies. Learn how thankfulness and gratitude can improve your health and workday with these **helpful tips!**

Enrichment Pillar



Fill Your Jar With Gratitude

An attitude of gratitude enables us to experience more beauty in life by reducing stress, burnout, and fatigue. Gratitude improves quality of life and relationships. Cultivating an "attitude of gratitude" serves to release our anxiety, frustration, and disappointment, expanding the frame of our perspective on life from moment to moment. With that vantage, we can more easily discern what matters more versus less. And if we're not so happy right now, then we have an idea of where to begin.

Burnalong is here to help us foster an attitude of gratitude with a **November Gratitude Challenge**. In Burnalong, **join 25 days of gratitude**, **show gratitude to your body by eating right**, or **take a class on holistic wellness**. You can also download a **gratitude app**, **read a gratitude story**, **write your gratitude journey with 101 gratitude prompts**, or **print a gratitude journal**. One way or another, let us fill our jars with gratitude.

More resources:

- **32 Things You Should Be Grateful For**
- **40 Simple Ways To Practice Gratitude**
- **60 Things To Be Thankful For In Life**
- **Giving Thanks at Work: An HBR Guide**
- **Use Gratitude to Counter Stress and Uncertainty**
- **True Happiness and Gratitude**



Emotional Pillar



Camale Allen
Lt. Justin Atherton
Dr. Meena Beri
Nadia Bilal
Nichole Boone
Michele Culpepper
John Daniels
Dulce de Castro
Dr. Cathy Donald-Whitney
Dr. Brandy Fair

Dr. Lisa Forrester
Michael Holtfrerich
Deborah Ingoldby
Jeanine Jones
Courtney Kelley
Meredith Martin
Joan Mendez
Genevieve Northup
Daniel Patyrak
Karen Peterson

Karen PRon Reczek
Kate Stowe
Ling Sun
J.C. Terrazas
Amy Throop
Dr. Michele Valencia
Dr. Allison Venuto
Dr. Juli Westcott

welnessteam@collin.edu