



JCCC Employee 12 Days of Wellness



Instructions and Activities List

Thursday, Dec 3 – Monday, December 14, 2020

Wellness Coordinator Ruth Dey invites you to her last of 23 years of the Employee 12 days of Wellness due to retirement of 25 years on Dec 31st. As we move forward and continue to embrace this difficult time, we would love for you to join in.

Your mission is to complete at least one wellness activity each of the 12 days from Thursday, December 3 through Monday, December 14. See Activities List for all the different areas for ideas and of course due to COVID 19 adjust for safety and add your own activities. Return your completed log by Tuesday, Dec. 14, 2020, by 5 p.m. Email to Employee Wellness Coordinator Ruth Dey at rdey@jccc.edu



Join in the Zoom Celebration is Wed. Dec. 16th at 3 pm. Join Zoom Meeting <https://jccc.zoom.us/j/7319682854>, during this time your completed logs will be put in for drawings. Wear your holiday attire, relax with your favorite drink, have a healthy or unhealthy snack. Show off your holiday decorations and we would love to see your pets in their holiday attire too.



What is the JCCC Employee 12 Days of Wellness? Each of the 12 Days you will log on the form provided. Select an activity from a list of 4 well-being areas – Fitness, Nutrition, Stress Management/Sleep and Social Well-Being. Your goal is to complete activities from all these areas to build onto your 12 Days of Wellness. You may choose from the list or create your own and please adjust your activities due to COVID-19 for safety. The objective is to perform activities that are meaningful steps toward enhancing your wellness profile. You may want to concentrate on a certain wellness area such as stress management, and set challenging, yet realistic goals for the 12 days. But don't skip the other 3 – perform a simple, less time-consuming activity on those days to make sure you are benefiting in all areas. Try to reinforce the previous day's activity by repeating it or a related activity as you add new habits along the way. Record all days from Dec 3-14 on your log and email completed form to Wellness Coordinator Ruth Dey at rdey@jccc.edu by Monday, December 14 at 5 p.m. Celebration will be on Zoom Wednesday Dec. 16th at 3 pm. **GRAND PRIZE: \$100.00 CAV CARD**, there will be more Cav cards drawn that may be used in the bookstore (online) and throughout the college when we return.



Stress Management/Sleep Ideas

- ♣ Mail a Hug and have kids do it with you. go to: <https://www.rchsd.org/2020/08/fun-activities-for-kids-during-covid-19/>
- ♣ If you are worried or upset, contact family and friends, a crisis hotline, or our employee assistance program.
- ♣ Name 10 things for which you are grateful
- ♣ Organize your desk or your office space to save time
- ♣ Perform a least-favorite task first thing in the morning
- ♣ Watch a video clip on youtube.com that makes you laugh
- ♣ Give up news watching before you go to bed
- ♣ Arrive at work an hour early to get organized
- ♣ Breathing exercises – take 6 counts in, hold then release. Do at least 5 times.
- ♣ Plan to eliminate or scale back on traditions that cause stress
- ♣ Start a book you have wanted to read
- ♣ Laugh, giggle, grin and show everyone your zest for living!!!!
- ♣ Plan an activity after the holidays
- ♣ Be still for 15 minutes per day
- ♣ Make a family to-do list; discuss how to delegate activities and then let them do it.
- ♣ Try a new stress-relieving hobby like ceramics or gardening
- ♣ Set strict credit card spending limits – amounts you can pay in full within 30 days (or leave cards at home when you shop)
- ♣ Get 8 Hours of Sleep- go to bed earlier at least one night out
- ♣ Make your room dark and cooler to sleep in with no tv or blue light at least 1 hour before
- ♣ Start a new savings account for vacations or other special activities for during or after COVID
- ♣ Prepare holiday dishes early and freeze
- ♣ Write in your own _____



Social Health Ideas

- ♣ Do the 12 Days of Wellness with other coworkers use zoom, teams, social media and emails to connect
- ♣ Come to the 12 Days reception on zoom and join Ruth for her last since 1997(23 years).
Wed. Dec 16 starting at 3 pm ♣
- ♣ No phone checking/texting when with others. Instead be present with others.
- ♣ Introduce yourself to a neighbor you have never met call them to see how they are doing.
- ♣ See how many nice things you can say behind someone's back.
- ♣ Give 4 compliments in one day to one person and mean it.

Social Health Ideas Continued:

- ♣ Write a personal email to coworkers telling them how much you appreciate working with them
- ♣ Write “Good for 1 Hour” coupons – kids/grandkids can use
- ♣ Talk for an hour with someone you love
- ♣ Block out family time on your calendar each day
- ♣ Turn the TV off until after you’ve discussed the day’s events with family
- ♣ Send flowers to a friend or family member
- ♣ Do a nice thing for someone who won’t know who did it (leave the line allowing someone ahead of you that looks stressed out or rushed- pay for someone behind you at the toll booth/coffee/lunch line)
- ♣ Volunteer for a children’s activity (read to a child over facetime/zoom)
- ♣ Invite a neighbor for dinner or a drink (COVID in mind)
- ♣ Schedule 1 day a week family fitness outing
- ♣ Volunteer
- ♣ Brainstorm ways you can help family members or coworkers with a burden
- ♣ Go caroling with your family. Safety of course.
- ♣ Play with the children you are around
- ♣ Be a kid again yourself
- ♣ Donate time to your favorite charity
- ♣ Offer to shovel snow (or do yard work) for your neighbors
- ♣ Read Vitality!
- ♣ Celebrate the company of others safely.
- ♣ Write your own _____



Fitness Ideas

- ♣ Wear a device and put in 10,000 steps at least 5 times in a week. Challenge your coworkers or family to do the same
- ♣ Start your shopping trip with a brisk walk
- ♣ Dust off a stored piece of home exercise equipment and either use or sell it, then buy a good pair of walking shoes
- ♣ Set a goal to take the stairs instead of the elevator for 12 days
- ♣ Do 15 minutes of stretching at your desk – go to Google and search stretching videos
- ♣ Map out a new walking route in the neighborhood and view holiday decorations
- ♣ Walk as far and as fast as you comfortably can before you start working
- ♣ Perform yard or housework for 20 minutes or more
- ♣ Write in your own _____



Nutrition Ideas

- ♣ Eat healthy for the entire 12 Days of Wellness
- ♣ Start the holidays feeling good
- ♣ Eat less preservatives and chemicals and more whole real nutritious food
- ♣ Lower or pick one to lower: refined foods, hydrogenated oils, saturated fats, artificial sweetener, high fructose corn syrup, artificial flavoring and color, MSG
- ♣ If going to a party do not fast. Eat small, low-calorie meals and have a snack of fruit or yogurt before you leave.
- ♣ If giving a party, make certain to have healthy choices.
- ♣ Are you hungry when you walk in the door at night? Do the above listed and also have healthy snacks ready to eat.
- ♣ Plan the next holiday meal using healthy holiday recipes
- ♣ Make a meal with vegetables as the main dish and meat as a side dish ♣ Substitute applesauce for an equal amount of oil, margarine, or butter in baking recipes ♣ Include minimum 5 vegetables in a day's food choices (Recommendation is 7-13 fruits and veggies/day)
- ♣ Drink water throughout the day (till urine is a lemonade color or lighter)
- ♣ Add fresh fruit to whole grain cereal for breakfast or snack
- ♣ Pass on second helpings
- ♣ Try a new fruit
- ♣ Make healthy food choice when going out to eat
- ♣ Buy a healthy eating cookbook and try 2 new recipes
- ♣ Write in your own _____

Most Importantly MAKE IT FUN!!!!!!!!!!