

JUNE 2020



SF STATE

HumanResources

HEALTH
AND
WELLNESS

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Dear Colleagues,

I hope you are having a good summer so far! By the time you read this, I will probably be on a plane or traveling around Europe... Well that was the hope anyway pre-COVID-19. This is a special introductory issue of a quarterly newsletter for faculty and staff.

This issue is dedicated towards wellness and preventive care with a goal of improving your quality of life. We had many contributors including SAEM and the Institute for Holistic Health Studies.

We need some advice. Some help with new topics to feature for upcoming issues. Please email your suggestions to hrwww@sfsu.edu with the subject: Newsletter Suggestion. Oh, and we want your help with naming this newsletter. We are running a naming contest (you'll win bragging rights)! On our next issue, we will announce the contest winner and the newsletter name. Submissions for the naming contest are accepted until Aug. 7, 2020 via [Pollev](#).

I hope you find this information in this e-publication useful and look forward to working with the SF State community strengthening our partnership.

Best,
Patrick Wachira



By SAEM Professional Development Committee

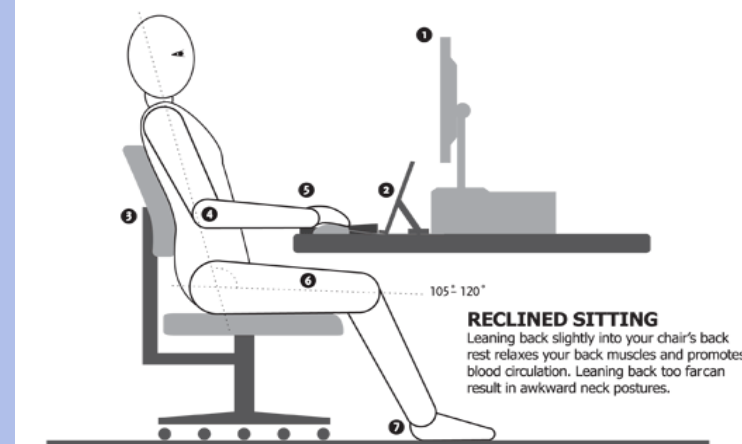
Marciana Flores, Isabel Chou, Brooke Vance, Jennia Delos Reyes, Kim Nguyen, Lorraine Diaz, Sam Jones

MEDITATE WELL

- [How to Meditate for Beginners](#)
- [Walking Meditation](#)
- [Benefits of walking](#)
- [Breathing Exercises for meditation](#)



A USER FRIENDLY WORKSTATION



SIT WELL

- Click here easy and quick for [at-your-desk exercises](#).
- Click here for ergonomic resources details.

EAT WELL

- [Healthy eating on a budget](#)
- [Learn how to buy, store, and cook any food](#)
- [Learn what's in season](#)
- Do you know students who are struggling with their food budget? The CalFresh Help Clinic is SF State's food access hub that provides qualified applicants with free money for groceries.
- Click here for additional [free food resources](#) & [nutrition resources](#) for you and your students!

SLEEP WELL

Help students catch some Zzz's by telling them about Zen Den! [Zen Den](#) is the one stop shop to nap while on campus with dim lighting, blankets, pillows and sleep kits. Fall Operations TBD.

Click [here](#) for additional sleep resources for you and your students!

Please let us know if you have any questions and we look forward to seeing you!

Do you have any suggestions for SAEM professional development opportunities or activities? Click on the link to fill out our [SAEM Professional Development Suggestions survey](#)!

I've tried picking up a few hobbies I never thought I'd be doing. I bought plants and they're still alive! I also planted seeds behind the house in hopes of seeing new life because it makes me happy and it gets me out of my bed to care for them. I often look up new recipes that I've always wanted to learn. With a lot of patience, I've slowly but surely made some of my best dishes to date. I guess what I mean to say is, don't be afraid to learn and try whatever it is you've always been curious about.

But I love/hate my roommate Lana's new hobby: baking. Yasss, you go girl! Do your thing! But every single day there's a new pile of cookies, brownies or cheese cake bites on the counter. I am losing the definition between my chin and my neck. Lana, please stop. Give them to the neighbors or something, I beg of you.



Number one rule – always make time for yourself, even if it's just for 30 minutes. You can do whatever you want with that time: working out, stretching, meditating or taking a walk around your neighborhood. That's what's helping me with my physical & mental state. I enrolled in an online fitness class that helps me stay motivated, check it out! <https://www.thenetworkvirtualgym.com/>

I love their classes because they make me leave on my camera. I know what you're thinking, I didn't want anyone to see me struggling with my workouts either! But it's grown on me. I would be in the middle of a plank and my instructor would say, "You got this Bernie, only ten more seconds!"

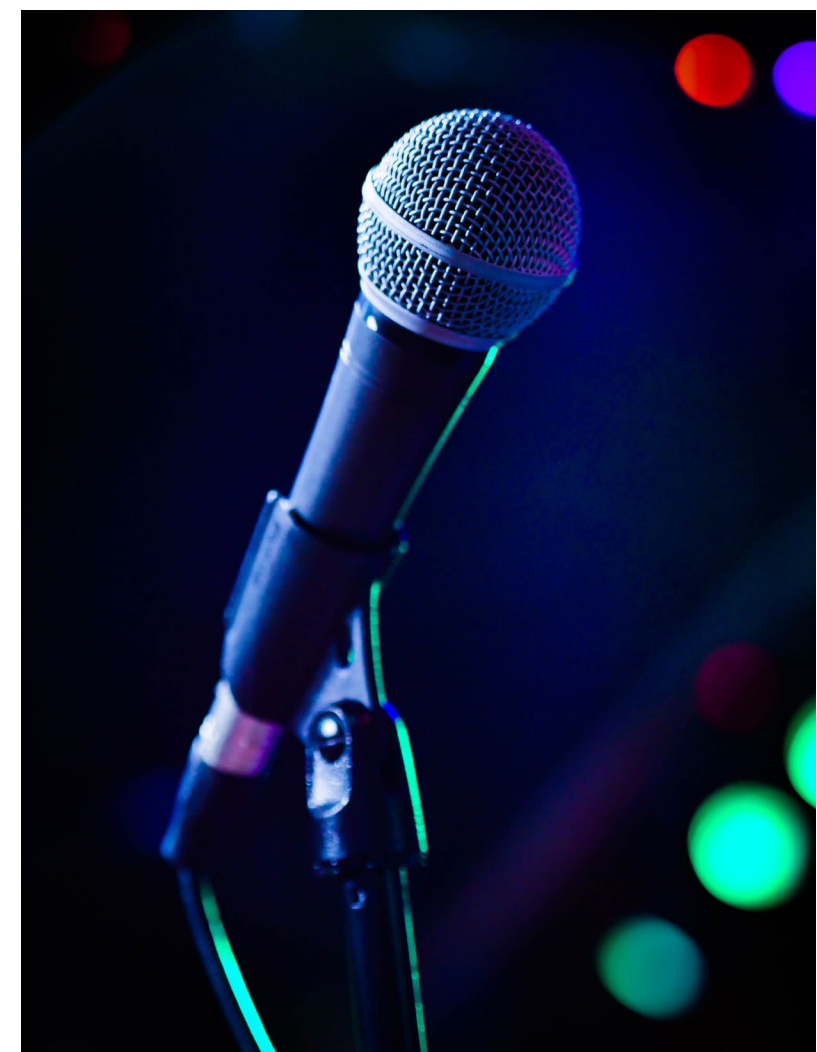
That might not seem like a big deal, but I thrive off of motivation and surrounding myself with others. They keep me accountable. Pre-pandemic, I took so many group fitness classes for this reason and it's my grasp to normalcy. When I work out by myself, I feel like staring at the stair master is enough to lose weight.



Tips from HR Staff

The outbreak of coronavirus is stressful. Fear and anxiety can be overwhelming. Everyone reacts differently to stress. Some ways I cope with the stress during this time is to exercise. With gyms being closed, a new way to get some cardio done is running. I put my earphones on and listen to music that helps me remember the good times. I run different routes around my neighborhood to change up the scenery.

Another thing that helps is laughing, whether it's a funny movie, a stand up show on Netflix or a funny meme. Laughter is medicine. And lastly, check up on people every now and then. Knowing that your loved ones are safe can put your mind at ease.



Spending quality time with my loved ones has become my favorite pastime. My daughters' and I have been playing board games, cooking together and even redecorating the house. Just a couple of weeks ago our balcony had sat empty and collecting dust for years. whatever she asked for. And... WOW! The rustic vibe, the playfulness of colors, the warm and welcoming energy. Tita turned something that we used to sigh at when glancing toward its direction to a space where we want to spend more time creating new memories. Every day I learn something new about my girls and every day I find my love for them growing more than I knew was possible.

One day Tita took the initiative. She started wiping everything down, moving around the outdoor furniture and bought decorations. From vases to hanging lights, it was all her vision and keen eye for design. Her sister and I just went along with it, we let her lead and helped with

Oh, pro tip: if you start a puzzle with someone, finish it with them. We didn't talk to each other for days.



Mexican-Style Shrimp Ceviche

By Braulio Alcaraz, HR Operations Analyst

I grew up eating shrimp ceviche watching my mother delicately cut the fresh vegetables and cooking the shrimp with nothing but lime juice, I always thought of it as something I could never do myself but living on my own and missing those dishes has turned me into a less-polished version of my mother.

This a quick and easy version of shrimp ceviche for anyone trying to make it for the first time. I hope you enjoy this dish and make it with love and patience because those are the two main ingredients.



INGREDIENTS

- 1lbs bag of shrimp (raw or cooked)
- ½ diced red onion (any onions will work)
- 1 diced cucumber
- 2 tomatoes diced
- 1 diced jalapeño
- ½ bunch of finely chopped cilantro
- 1 ½ cups of fresh lime juice
- Salt and pepper to taste
- 1 avocado (optional topping)
- Tostadas (you can also use tortilla chips)
- Hot sauce (I use Tapatio or Valentina)



INSTRUCTIONS

1. Cut the shrimp into half-inch pieces and combine in a bowl with 1 cup of lime juice(reserving the 1/2 cup for later) or more until it is all covered. Cover the bowl and let it rest in the refrigerator for at least one hour and occasionally stir to make sure it cooks evenly. The lime juice will turn the shrimp from gray to pink when it's fully cooked. You can skip the hour wait if you are using precooked shrimp.
2. In a separate larger bowl, combine the tomatoes, onion, jalapeño, cucumber and cilantro. I recommend dicing all of your veggies around the same size, makes it easier to mix.
3. Add the lime-cooked shrimp to the diced veggies and mix well (you can include the lime juice it cooked in).
4. Season with salt and pepper to taste and add the rest of your lime juice.
5. Mix well and let it sit for about 30 minutes for everything to absorb the lime and salt.
6. Enjoy with tortilla chips or on a tostada (I like to put a little mayonnaise on my tostada) and add some avocado slices on top. Top it all off with hot sauce if you're up for the challenge and enjoy the explosion of flavors!

Sheltering together in health

Come join us as we share ways to stay healthy at home. Open to students, staff, faculty and friends of the university.

Time: Fridays at 12:00-13:00 pm

Zoom: <https://sfsu.zoom.us/j/893500173?pwd=RnVyczNoM2dEenFHk5KRndrbUZrZz09>

Password: 923108; Meeting ID: 893 500 173; Dial in: +1 669 900 6833 US (San Jose)

June 26th – Soaking in the benefits of nature during the pandemic Aiko Yoshino, PhD, Department of Recreation, Parks, Tourism and Holistic Health

July 10th – Body Awareness and Mindful Movement for Stress Cliff Smyth, PhD, Guild Certified Feldenkrais Teacher (GCFT)

July 24th – Reclaiming and Nurturing the Power of Play Erik Rosegard, PhD, Department of Recreation, Parks, Tourism and Holistic Health

August 14th – Tech Stress: Reclaim health and sanity in a plugged-in-world Erik Peper, PhD, BCB, Holistic Health Faculty

August 28th – Nourish the Ecosystem: Foods, Herbs, and Spices, for Health and Healing Uma Bhatnager, DAOM, L.Ac., Holistic Health Faculty

September 11th – Working Through Interpersonal Conflict in the Age of Covid-19 Marc Martin, PhD, International expert in Mediation and Conflict Resolution

September 25th – Teaching Content Online-Community Building and Engagement Amber Yang, Educator, advocate, and mentor for youth

The Holistic Health Series Sheltering Together in Health is sponsored by the Institute for Holistic Health Studies and Department of Recreation, Parks, Tourism and Holistic Health and is open to members of the University Community.

Contact: Erik Peper, PhD email: epeper@sfsu.edu

Institute for Holistic Health Studies: www.sfsu.edu/~ihhs

Department of Recreation, Parks, Tourism and Holistic Health: <https://rpt.sfsu.edu/>

Soaking in the benefits of nature during the pandemic

Hosted by Aiko Yoshino, PHD, Department of Recreation, Parks and Tourism and Holistic Health

It's summer! Yet, are you feeling anxious or sluggish during the time of shelter in place? Do you want to know where to go out safely? Are you curious about how our health associated with nature, and how often is enough to spend time in nature? Come join us for a webinar where you will virtually experience nature and explore how nature benefits our minds and bodies.

Dr. Yoshino is an Assistant Professor in the Department of Recreation, Parks, Tourism and Holistic Health at San Francisco State University. Her scholarly agenda is rooted in the health impacts of exposure to nature. Her research includes the psychological resilience gained through extended wilderness-based

programs as well as nature-based interventions for marginalized communities to prevent chronic illnesses. Dr. Yoshino is originally from Japan, an enthusiastic educator, a collaborative scholar, and a mother.

Date: Friday, June 26, 2020

Time: 12 p.m. - 1 p.m.

Zoom: <https://sfsu.zoom.us/j/893500173?pwd=RnVyczNoM2dEenFHYk5KRndrbUZrZz09>

Password: 923108; **Meeting ID:** 893 500 173;

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