



FIT 4 WORK * FIT 4 LIFE

Stay healthy, reduce stress, be safe

The "ALL ABOUT YOU" Issue



In this issue I want to focus on you! What do you like? What do you think? I have gotten to know a bunch of you better during our ZOOM time and over the past few weeks we have played some games and had some chats. I want to take the time this issue to share what we talked about, how we feel, and motivate you to take this time at home to do some soul searching and discover the most important person there is- YOU!

How To Get To Know Yourself

It can be hard to get to the know the real you when you're always doing what other people want or expect of you. This week, take some time to find out who you really are. Here are some questions to ask yourself:

What Do You Like?

We all have fun doing different things. You have to try many things at least once to find out what you like. Think about what makes you smile or brings you excitement when you think about doing it. It can be food, exercising, reading, working, traveling, spending time with people or at a certain place. Hobbies are a great way to showcase who we are. Make a list of what you love to do in your spare time and remind yourself to always make time for your happiness and well-being.

What Don't You Like?

Be open to try new things, but if you know you don't like something, be confident to say that you don't like it and accept that some things just aren't for you. You are not less likeable or less fun to be around just because you don't enjoy everything. Be okay with who you are, dislikes and all!

1

STRESS LESS

2

EAT BETTER

3

LEARN SOMETHING NEW

QUESTIONS TO ASK INSTEAD OF HOW ARE YOU?



Conversation Starters

WHAT'S YOUR SUPERPOWER?



Skills For On The Job

PUMPKIN FLUFF DIP



Its an any time of the year treat!

What Matters To You?

We all grow up learning our beliefs and values, or what matters to us, from the people we share our time with like friends and family. Learn to question your own opinions. For example, if growing up your family always had a dog because that's what your parents liked, you may feel that you are a dog person. But after spending time with a cat, you may realize that you prefer cats! Ask yourself what really matters to you. Make a list of things you value and think about why they are so important to you.

What Are You Good At?

What you are good at is a big part of who you are and how you think of yourself. Think about what people compliment you on or admire about you. Being good at your job, or being a good listener and friend could be some of the things that people think of first. Reflect on your personality and how you act around others. If you are stuck on this just ask a close friend or family for some help.

What Do You Admire In Others?

Do you wish you were like someone else? Or that you had the things that other people have? It is ok to like the qualities that someone else may have but you don't have to try to be just like them. Sometimes the way we see other people can change how we see ourselves in a not so great way. Part of getting to know yourself is letting go of wanting to be what other people are and just celebrating the way that you are. Boost your self-esteem by reminding yourself why you're perfect just as you are.

What Moves You?

What makes you get up in the morning?



If You Were A Superhero What Would Your Superpower Be?

In our July 28 Fit 4 Work we talked about how everyone has a superpower that makes them a great employee. For fun we each picked a superpower we would want to have and described how we would use it on the job. Here is what we came up with:

Vita says she would like to have super math and spelling skills and she would take over doing payroll.

Dean wants to be Bionic Woman so that she could use her bionic ears to be a good listener and her bionic legs to run super fast to get jobs done quick and use her bionic strength to lift heavy items.

Chris He. would like to have Iron man qualities such as being a super helper who is always smiling, likes everyone, and is always happy. What a great quality to have in an employee.

Danielle likes hospitality as her superpower and wants to use her ability to talk to make others feel welcomed. She would make sure that people are respectful to others.

Chris H. would want his superpower to be a mastery of language skills so everyone would understand him and he could understand others no matter what the language.

Staff present at our discussion seemed to agree that we want super speed to get work done quick like The Flash!

Now it's your turn- What is YOUR superpower?

The way we act shapes who we are as people. Think about what moves you to start your day, and then value it. Or if you are getting up in the morning without looking forward to something think about ways to help your outlook. Working out what motivates you in life (work, friendships, or activities) can have a huge affect on your well-being, so it's worth thinking about it.

If you do not already write in a journal, this is a great time to start. Ask yourself the questions I have laid out for you and see what you can come up with to write down in your journal. Part of knowing yourself is feeling happy and satisfied with the choices you make. By questioning yourself and thinking through the choices you make, you can decide if there are things you want to change or if you are happy with change.

Here is what it looks like when I answer these questions...

I love volunteering with Girl Scouts and in my community. I know I am afraid of participating in high risk sports like sky diving and black diamond ski slopes and that it is ok to just support my friends when they do these activities. Doing the right thing matters to me and I will always go out of my way to right a wrong. I am good at organizing events which I know because people often ask me to help them run events. I can get hung up over what other people say about me and sometimes wish I was more like my friends who are not easily bothered by what other people say or do. I know that it is ok that I am sensitive and I accept that. I should not change who I am just because someone else thinks I should or because I think someone is better than me. I get up every day to care for those in need and to show people that they matter which brings me joy and moments from which to learn and grow as a human being. That's how I practiced getting to know myself. Now you try!

Questions We Asked During a Pandemic

What is the easiest part of quarantine? Sleeping in. No scheduled time.

What is the hardest part of quarantine? Nothing to do and being bored. Annoying housemates.

What did you take for granted before that you now appreciate? Seeing people especially loved ones. Expecting things to be available at stores. Being healthy. Touching. Eating in a restaurant.

What are some things you have realized that you don't really need? Junk food. Stress/anxiety.

What habit have you started, or broken, during the quarantine? Eating too much. Staying up late. Painting. Exercising more.

What place are you most looking forward to visiting once this is all over? SJOG. Wildwood. Movies. Out to dinner. Going to friend's houses.

What surprising thing have you been stocking up on (that isn't toilet paper)? Clorox wipes. Diet Coke. Tea. Snack foods.

What brings you comfort? Food. Talking to friends. Doing Zoom sessions. Pets. Games. Star Wars. Stuffed animals. Videos/music.

Conversation Starters

It can be hard to find things to talk about with a co-worker that you haven't already said before, especially during a quarantine. So at one of our Fit 4 Work sessions we asked some unique questions to get us to think a little deeper and learn about each other. Here is what we came up with during our time together.

1. **If you could change your name would you want to and what name would you want.** Everyone was happy with their name, but Dean said she liked the name Victoria.
2. **What is one thing you can't live without?** Nick has to have his dog, Daniell needs her heat and air conditioning, Dean needs water, and Danny has to have his toy car.
3. **What are you thankful for?** Everyone agreed on mom, and God.
4. **What is your favorite comfort food?** Nick said cheeseburgers, for Danielle it was pepperoni pizza and tacos, Dean loves spaghetti and meat balls, Danny has to have cheeseburgers, and Jerry chose hot dogs
5. **What is your favorite place?** Nick chose his home, Danielle chose St. John of God, Dean and Danny chose Wildwood, and Gerry is happy in front of the T.V.
6. **What is your favorite dessert?** Danny chose ice cream, Nick loves fudge, Danielle is a cupcake fan, and Dean loves minced meat pie.
7. **Do you have a favorite letter?** Nick chose "N" for his name & Danielle chose "L" for love.
8. **What is your favorite word?** Danny and Nick chose HAPPY, Danielle picked GOODNIGHT, and Dean's favorite word is LOVE.
9. **If you could find out what your future holds, would you want to know?** Nick and Dean said YES and Danny, Danielle, and Gerry were happy to be surprised.
10. **What concerts have you attended, or if you had a band what would you be called?** Danny saw Toby Keith, Nick likes rap music and would be called The Rapster, Dean saw Neil Diamond in concert, and Danielle raised her hands to Ed Shearan.
11. **Describe your perfect day.** Danny would get a hoagie from Sal and Pats and play with his cars. Dean would go to Wildwood with her boyfriend Brian, have Sam's Pizza and go on the Moby Dick ride and the "It" ride. They would then talk to the cops, pretend to cut off the tram cars, and end the day with Polish water ice. Gerry would watch E.T. Come Home on T.V. and play games. Nick would go on the boardwalk in Ocean City, have Boardwalk Fries and go on rides. Danielle would go to the movies and get lots of popcorn and ice-cream.

What kind of things would you like to know about your friends or co-workers the next time you get together? Try some of our questions and see how your conversation goes.

Vita recently shared with me one of her favorite comfort food treats that is easy to make and fun to eat. She explained that pumpkin does not have to be saved just for Thanksgiving, but rather can be enjoyed year round. So try making this recipe and see for yourself!

Pumpkin Fluff Dip

- 1 - 15oz can of puree pumpkin
- 1 - 8oz tub of cool whip
- 1 - small package of instant vanilla pudding

Combine the pumpkin puree with the pudding mix. Fold in the cool whip, then chill. Vita does not add any spices to her dip, but you can add cinnamon, nutmeg, or pumpkin pie spice as well as a splash of pure vanilla extract if you want. Serve with ginger snap cookies.



Joke Of The Week courtesy of Dean
How does the stadium keep cool?

Answer: With all the fans!

Hello. My name is Joanne Mintzas and I am the Care Manager, RN for St. John of God. Consider me a resource if you need support in completing your annual paperwork, have a medical question, or are seeking services with a health aspect.

A little about me: I have a BS in Foods and Nutrition, a BS in Nursing, and a MS in management. I have previous experience as a dementia nurse, a mental health nurse, and I worked at ADS as a part time school nurse prior to taking on this role. I instituted the Fit 4 Work program here at SJOG where I provide weekly educational lessons regarding work place safety, ergonomics, health and

nutrition, and stress management for clients in the VR program. Look for my webinars!

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