WELLNESS »

/ˈwelnes/ noun

....the state of being in good health, especially as an actively pursued goal.

Wellness is a millennial buzzword with some chops. At CVHS, where we're in the business of wellness, you might think it's empirical that we realize the need to practice self-care. Most of us want to, but emotional intelligence can often seem overwhelming, stressful, and time-consuming.

Let's look at the EI domain.

- Knowing one's emotions
- Managing emotions
- Self-motivation
- Recognizing emotions in others
- Handling relationships, colleagues, to name a few....

All that requires a humongous subset of not-so-passive skill.

You might think it sounds easy. But, is it?

- Have you had fluid intake today?
- Pondered existence?
- That gut punch from the mastodon. How's that doing?
- Have you seen your family lately?
- Did your dog get fed?
- The recyclables are overtaking your kitchen.
- You've been standing at that surgery table a long time.
- When's the last time you ate something?
- Did you sleep? Recently?

When your schedule is self-care slammed, it's tough to be accountable to yourself and 'um, stuff starts to happen.

So here are some de-stressing hacks, Cowboy-style.

- Do nothing for two tics. Listen to your boot heels hit the ground.
- Find your inner quiet place. Huntin', fishin' and lovin' every day. Go there.
- Swipe through some Instagram posts of the tall grass.
- Rope some steers on your phone.
- Hydrate. There's an app iDrated
- Lunch challenge - make it and pack your saddle bag.
- Catch some zzz's. Your phone has a bedtime function
- Schedule a meeting with yourself - call it the sloth visit. Get there. Slow-ly.

Self care is essential and well-being takes pro-active planning. Need help? It's a click away. CVHS has mentors and coaches at-the-ready.
Join the CVHS community as we celebrate "Herald Your Fame" at the Sea of Orange Parade, October 14! The veterinary center's 1953 Museum on Wheels leads us piloted by Robert Bahr, DVM ('70) followed by the 6th Annual Scottie Brigade and introducing the best Westie, Bridie!

Faculty, students, staff and friends with animals or without are welcome to participate. CVHS welcomes Pete's Pet Posse joining us again this year. Get your pet therapy at the parade!

All animals are welcome on a leash or halter and must be current on vaccinations. Watch the Friday Bit for parade staging information as it becomes available. To register your interest in participating please contact Sharon at 405-744-5630 or email.

Be well, family. Take us to the weekend FRIDAY.

GIVE & BE change for alumni programs.

Fancy a chat? sworrel@okstate.edu follow me @sworrelokstate #scot1