



## CENTER FOR VETERINARY HEALTH SCIENCES **Friday Bit for Alumni and Friends**

### **WELLNESS »**

/ 'welnes' / 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.**
- **Get. Outside. Count ants.**
- **Hydrate. There's an app [iDrated](#)**
- **Lunch challenge - make it and pack your saddle bag.**
- **Catch some zzzz'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.

## SNUGGLE SOMETHING »

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!

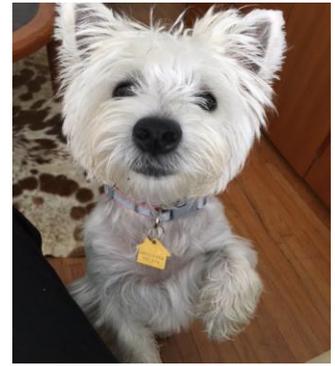
All animals are welcome on a leash or halter and must be current on vaccinations. Watch the **Friday Bit** for parade staging information as it becomes available. To register your interest in participating please contact Sharon at 405-744-5630 or [email](#)

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

**GIVE & BE** change for alumni programs.



Fancy a chat? [sworrel@okstate.edu](mailto:sworrel@okstate.edu) follow me @sworrelokstate #scot1



CENTER FOR VETERINARY HEALTH SCIENCES  
**Healthy Animals – Healthy People**



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