

>path FW: 2020

Over the years I've flown on hundreds of flights. As each of those flights approach take-off, there is generally an airline team member that makes an announcement which includes..

"If needed, oxygen masks will be released overhead. To start the flow of oxygen, reach up and pull the mask toward you, fully extending the plastic tubing. Place the mask over your nose and mouth and slip the elastic band over your head. To tighten the fit, pull the tab on each side of the mask. The plastic bag does not need to inflate when oxygen is flowing. Be sure to secure your own mask before assisting others."



That last line always catches me, **"Be sure to secure your own mask before assisting others"**.

It has so many good applications and our current environment is no exception. Too often, we are so busy taking care of those around us that we forget to take care of ourselves.

Stay Fit, Stay Well



As we adapt to our new surroundings, we need to make sure that we are taking the time to care for ourselves. This can include many dimensions of our personal health such as physical, mental, emotional, or spiritual. In light of our COVID landscape, many new online resources have popped up that lend helpful advice:

[CDC – Managing Stress & Coping](#)
[Mayo Clinic – Eating, moving, and meditating are key..](#)
[Time.com – How to Stay Physically and Mentally Healthy](#)

If you're like me, I find that many of these personal health dimensions are interconnected. For example, when I'm physically active, I feel better mentally and emotionally. A number of years ago I started a workout challenge with some close college friends of mine, and it's made a big improvement in my overall health and wellbeing. Recently, we did something similar when we partnered with CSU Online and TILT on a "Stay Fit" challenge. Organized by Jennifer Todd of

TILT, this competition helps to encourage participants to be physically active as well as spend time on their body/mind connections.

If you're interested in joining or learning more, you can see our progress here: [Stay Fit Challenge](#)

Your Outlook Matters

In a conversation with a colleague the other day, we were talking about the need and importance of staying positive during these interesting times. It reminded me of one of my favorite Ted talks by Shawn Achor called "[The Happy Secret To Better Work](#)". It's a very funny talk about positive psychology and how we can bring that into our perspectives in our work. In his research, Shawn Achor finds that "engaging in one brief positive exercise every day for as little as three weeks can have a lasting impact". If you're interested in learning more, his Harvard Business article ([Positive Intelligence](#)) talks about "developing new habits", how to "help your coworkers", and "change your relationship with stress". I hope you'll agree that these all seem pretty relevant given our current environment.



This Week

As you look at the rest of your week, ask yourself what's one thing you'll do to help yourself stay fit? What's one thing you'll do to help yourself stay well? How will you put your oxygen mask on before assisting others? Remember, if we do a good job taking care of ourselves, we'll be better prepared to take care of our coworkers, campus community, families, and loved ones.

Take care,
Brandon

A handwritten signature in black ink, appearing to be the name 'Brandon'.