## CyberBreak

October 5, 2007

Coming Up:



Thursday, October 18<sup>th</sup> 2:00 – 5:00 P.M. W336

Payable by Cash or Check to Southern California Medical Group.



## 17th Annal Radic Interest can week

OCTOBER 25 - NOVEMBER 2, 2007

Participants are needed for the



Entry fee: \$50 for a 3-person Team

Proceeds will provide funding for summer grants for current students working in the public interest sector.

Interested in participating? Contact Anne Cheung at anne\_grrrll@yahoo.com by October 8<sup>th</sup> or the Student Affairs Office (x6716) for more information.

## Attitude Builder #1:

## Schedule Time for Yourself on a Daily, Weekly and Monthly Basis

From *A Winning Attitude* by Michelle Fairfield Poley, available in the Personnel Library, W100 Conference Room.

Being healthy is more than just being physically fit. It includes your mental and emotional states as well, so it is just as important to nurture those states as well as your physical being in order to be your best. By simply reserving time for yourself each day, you'll feel renewed and energized. Use the time to deposit your thoughts, reflect on the day to come (morning) and the day that had passed (evening), or simply experience peace and quiet, which can be difficult with the hustle and bustle of the city life.

**PERSONAL TASK:** For the next 30 days, reserve at least 45-minutes throughout the day for yourself. In the morning, reflect on the day to come. Around midday, be sure to take a few minutes to step out of the busy work environment, even if it's for 5 minutes. Use the evening to contemplate the positive events of the day: What were you able to accomplish? What good things happened to you? What made you laugh? Try not to dwell or focus on what upset you, which is common for people to do. By focusing on the positive aspects, you'll discover that your life will get better. \*Continue to plan positive events in your life on a weekly, monthly, and yearly basis!

"What saves a man [or woman] is to take a step.
Then another step. It is always the same step, but you have to take it."
Antoine de Saint-Exupery (1900 - 1944)

If you have any comments, suggestions, or announcements for CyberBreak, please email them to Johanna by Wednesday to assure it will be included in the next edition.