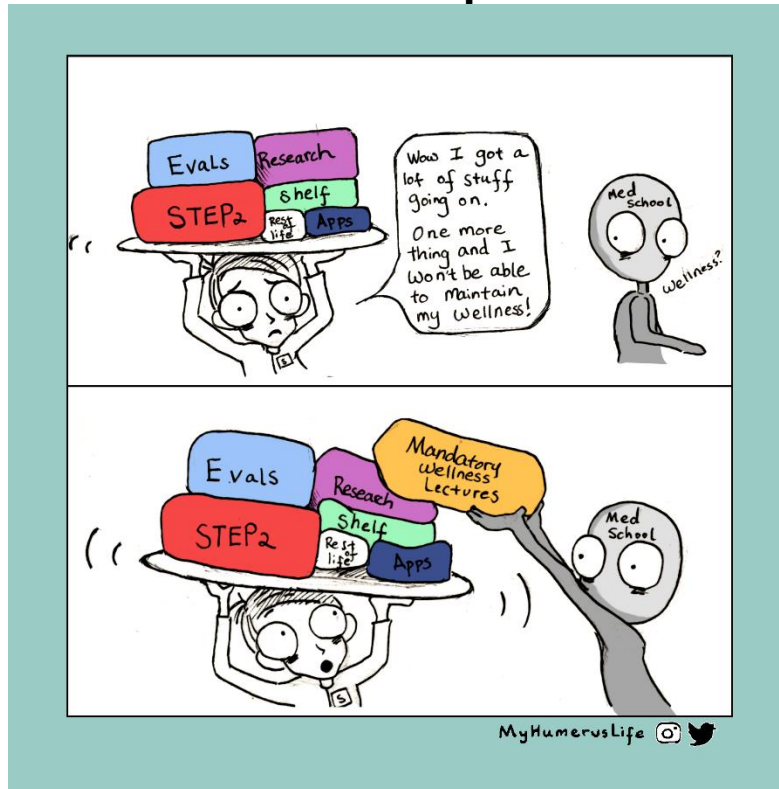




FRIDAY BIT - September 6



Wellness. Sigh-Swoon.

/ 'welnes / noun

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

We're in the business of wellness here at CVHS, and you might think it's empirical that we realize the need to practice self-care. Most of us want to, but emotional intelligence can be illusive, creating yet more stress markers.

EI informs us to

- Get familiar with our emotions
- Manage those beasts
- Self-motivate (that one, tho)
- Recognize emotions in others
- Navigate relationships respectfully

Sound easy-peasy? Is it? Let's look at a day-in-the-life of a veterinary professional or human, for that matter.

- Have you had fluid intake/exchange today?
- Pondered the value of life?

- That gut punch from out-of-nowhere. How are you doing with that?
- Seen home lately?
- Fed your chickens?
- You've been standing at that surgery a looong time!
- When's the last time you consumed sustenance?
- Wait. The recyclables are overtaking the kitchen.
- Have you had any shut-eye? Recently?

When your schedule is self-care challenged, it's tough to be accountable to yourself and, well, you'd sure hate to break down now.

Do some de-stressing with these Cowboy hacks.

- **Listen to your boot clicks hit the ground.**
- **Find your inner Nirvana. Talkin' music here.** Huntin', fishin', lovin' every day.
- **Get. Out.**
- **Hydrate.** Let me help. [iDrated](#)
- **Pack lunch in your saddle bag.** Or hey, [UberEats](#)
- **Catch some zzzz's.** Delete the alarm function.
- **Schedule a meeting with yo-self.** Tree stand.

Fancy a convo? [Jeremiah Grissett](#) is here for support as CVHS Counselor and Wellness Coordinator. Self-care is essential. You mean the world to someone.

Have a little mercy, F R I D A Y !

Prep the ice chest. #hotsummer is not cancelled y'all.



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OSU CVHS
308 McElroy Hall
Stillwater, OK 74078

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