



OCO Wellness Works Representatives

Laura Schidtmann of Corporate Services

Laura is a founding member of Wellness Works. She works as an HR Specialist in the Human Resources department. Laura was OCO's CROP Walk Team Leader for the Phoenix CROP Walk for Hunger, this past October.



WW: Why is wellness important to you?

LS: Wellness has given me a higher quality of life. When your wellness is heightened, your ability to be productive in all phases of your life is increased. Wellness has given me a sense of peace that I've never had. I'm finding out who I really am!

WW: Why did you join the Wellness Works committee?

LS: I was hoping to motivate others as I worked with the committee. I also hoped to communicate to others that if I can achieve wellness, anyone can. You just need to give it a chance and I think you will be surprised at what you can do. I would like to know that I have made a difference in someone's life.

WW: What areas of wellness are easy for you to work on?

LS: Physical wellness – I was shocked to realize that I actually enjoy exercising, and have made it a part of my daily routine. Social wellness – I love to interact with others and feel more comfortable doing so, now that I'm not self conscious about how I look. Emotional wellness – I find it easy to share my feelings and believe that I do so in a productive manner. My wonderful husband is a great sounding board and we have some excellent discussions.

WW: What areas of wellness do you tend to neglect?

LS: Environmental wellness – I try to "be green" but often, while I'm focused on other areas of wellness, I might not be so conscientious about nurturing the environment. For example, I took a cruise for a recent vacation. That was wonderful for my emotional and social wellness; but cruise ships are not so great for the environment, when you consider the amount of fuel that they burn through.