



## OCO Wellness Works Representatives

### Penny Halstead of Health & Nutrition Services

Penny is the department assistant for Health & Nutrition Services and is a founding member of Wellness Works. Penny is also a certified Basic Life Saving (BLS) Instructor for OCO.



#### **WW: Why is wellness important to you?**

*PH: After being healthy most of my life and then experiencing a few serious health issues in the past 10 years, it has taken me awhile to come to terms with the fact that not only does staying physically healthy affect my body but also my mental health, and vice versa. It's easy sometimes to get caught up in the "poor me" attitude and feel sorry for yourself. I try to stay focused on the good things and keep a positive attitude, even when I don't feel like it. When I started doing this, over time I was amazed at how much better I felt physically when I stopped focusing on "poor me" and gave myself an attitude adjustment.*

#### **WW: Why did you join the Wellness Works committee?**

*PH: Initially, I joined Wellness Works at the suggestion of my supervisor because she knew I was interested in wellness activities and maintaining a healthy lifestyle. I like to be able to share with staff what we're doing, and also how OCO recognizes the importance of keeping employees healthy and is working to add new wellness components to our health insurance plan.*

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

*PH: I have always been very physically active and love to be outdoors. I'm always looking for ways to eat healthier and be a good example for my kids so they grow up knowing how and wanting to eat healthier.*

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

*PH: I'm not a very social person and have to really work on this area more. I have small children and like to be home with them, but I need to make more time for myself too, which can be hard to do sometimes.*