



## Official Newsletter of the WIC Worksite Wellness

### FINDING SAFETY (AT WORK)

Edgar Doolan & Aneth Gonzalez

Psychological safety at work is important, but what is it? It is the shared sense, feeling, or belief that we are safe at work without worry or shame.<sup>1</sup> A safe work space provides numerous benefits to everyone, yet creating it takes time, effort, and practice.<sup>2</sup> Below are some tips for creating a safe work space.

- **Lead by example:** Help others when they need it. Also, don't forget to ask for help when you need it. This can make everyone feel included, supported, and safe to ask for help.<sup>1,3,4</sup>
- **Accept slip-ups:** Encourage each other to learn from our mistakes and share your hard-won lessons openly. This can inspire the sharing of new ideas.<sup>1,3,4</sup>
- **Actively invite input:** Be open-minded, compassionate, and willing to listen. Also, ask open-ended questions like, "What are your thoughts? Or, where do you stand on this idea?"<sup>1,3,4</sup>

### DEIA IN THE WORKPLACE



Karina Montes & Kacey Van Duzer

Part of creating a safe work space is making sure everyone feels seen, heard, and respected. One way to do this is to use "DEIA" in the workplace. DEIA stands for:

**Diversity:** is the inclusion of people from various backgrounds & beliefs.<sup>5</sup>

**Equity:** is the fair treatment of people when hiring and advancing in work & pay.<sup>5</sup>

**Inclusion:** is recognizing each other's skills & providing equal opportunities.<sup>5</sup>

**Accessibility:** means all services are easily accessible by everyone.<sup>5</sup>

Here are several ways DEIA can help you in the workplace:

- Learn about the [rights and laws](#) that protect you from discrimination as an employee.<sup>6</sup>
- Use [inclusive language](#) to communicate with coworkers from various backgrounds.<sup>7</sup>
- [Recognize biases](#) you may have towards others by becoming mindful of your thoughts & feelings.<sup>8</sup>

# SPICY SALMON BOWL

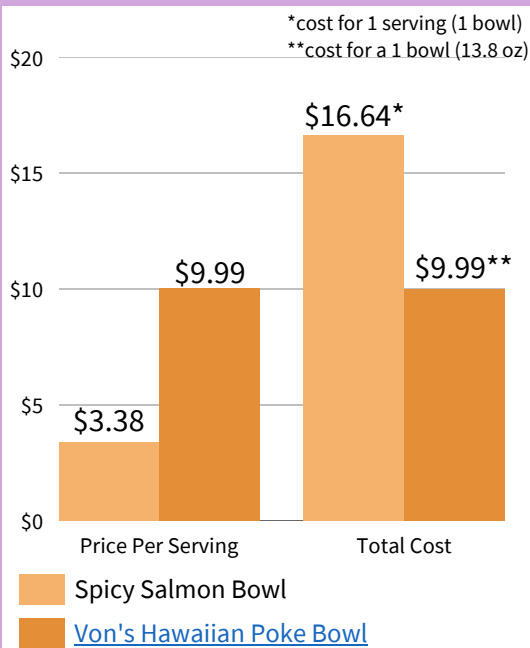
By Ashley Gubicza & Grace Klein



When it comes to busy schedules, there is often little time to prepare meals. But what if there was a dish that you could make in 15-minutes while also helping you to feel your best? Well, look no further! This salmon bowl is packed with protein, vitamin D, and [omega-3 fatty acids](#). With busy schedules comes stress, and the omega-3s in this meal can not only provide you with the energy to keep up, but also the strength to fight off stress. <sup>10,11</sup>

**Total time:** 15 minutes **Prep Time:** 10 minutes **Servings:** 1

## PRICE COMPARISON



## Ingredients:<sup>12</sup>

- 1 5-ounce can of pink salmon
- 1 tablespoon light mayonnaise
- 2 teaspoons sriracha
- $\frac{2}{3}$  cup cooked brown rice, heated
- $\frac{1}{2}$  of a medium avocado, sliced
- 2 scallions, thinly sliced
- $\frac{1}{2}$  cup cucumber, chopped

## Instructions:<sup>12</sup>

1. In a small bowl, mix the canned salmon, light mayonnaise, and sriracha. Continue to mix until the salmon is evenly coated. Place the mixture to the side.
2. In a separate bowl, add the cooked brown rice.
3. Top the salmon mixture with the avocado, scallions, and cucumber.
4. Enjoy!

**Cost savings tip:** Buy one more can of salmon to make two servings for \$18.63. This saves you \$1.35 for two servings compared to two servings of Von's Hawaiian Poke Bowl (\$19.98).

## NUTRITION FACTS

Serving size: 1 bowl<sup>13</sup>

- Calories: 547
- Total fat: 25 g
- Saturated fat: 6 g
- Cholesterol: 83 mg
- Sodium: 587 mg
- Carbohydrates: 45 g
- Fiber: 8 g
- Sugar: 6 g
- Protein: 34 g



# PROTECTION THROUGH EDUCATION

Meghen Bishop & Chelsie Miller



Prioritizing your well-being in the workplace can be challenging. Make sure “your” needs are being met. If you suspect your safety or security are not being respected, click this [link](#) to better inform yourself on how to take action.

If you find yourself in need of mental health or supportive services, CalHOPE can help. Use this [link](#) to be directed to a CalHOPE Connect live chat operator, or navigate [here](#) to get additional resources to help you. Taking action is only one click away.



American Red Cross  
San Diego and Imperial  
Counties



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