



Staff CometConnection

A monthly newsletter for Mayville State Staff
Provided by MaSU Staff Senate

December 2020

UPCOMING EVENTS:

DECEMBER 7

"Deck your Desk"
Picture Submission
Deadline (p.3)

DECEMBER 14-17

Finals Week

DECEMBER 24

Christmas Eve |
Campus closes at
noon

DECEMBER 25

Christmas!

DECEMBER 31

New Year's Eve



ANNOUNCEMENTS

- Alyson Beckman is now Staff Senate Vice President.
- We have an OPEN position on Staff Senate, if you are interested and would like to know more, please [email](#) us.
- We still have Comet Pride Buttons available at the Bookstore or Business Office!



TO THE MAYVILLE STATE FAMILY:

Ilene Odegard- Academic Advisor

WE SAY GOODBYE TO:

Joanna Nielson



DECEMBER BIRTHDAYS:

- 16 Ashley Hanson
- 28 Kati Nelson
- 30 Amy Fuglestad, Alex Herman, Jon Nygard



Self-Care Corner

Self-Care Tips During the Holidays

The 2020 holiday season is officially starting whether we are ready for it or not. What is coined as the “most joyous time of the year”, can often leave people feel emotionally, physically, and financially drained. With the chaos of the holiday season, it is important to remember self-care! Here are some ways to prioritize the “me” in merry:

- 1) **Acknowledge your emotions and do not judge them.** This time of the year is stressful and that is okay. Whatever you are feeling is okay. Give yourself time to acknowledge your emotions, try to understand why they showed up, and then manage them as healthy as you can.
- 2) **Practice gratitude.** Actively being grateful for the experiences, people, and things in your life is found to be extremely beneficial! Think of three things, people, or experiences you are grateful for.
- 3) **Move your body.** Whether it be dancing, walking, running, yoga, etc. Just move your body. It releases the “happy chemicals” in the brain!
- 4) **Remember your boundaries.** Boundaries are extremely helpful for us. It is okay to say no to another engagement, it is okay to put a limit on how much you will spend on presents, and it is okay to put the boundaries down around you that will ease the stress of the holiday season.
- 5) **Be mindful.** With the chaos of the season, it can be easy for it to just fly by. Before we know it, we are back at work and hardly remember what the break was like. Slow down. Use your senses to acknowledge what is happening around you. What do you see? What do you smell? What do you hear? What do you feel? What do you taste? Being intentional about using your senses will help you be in the moment and enjoy it more.
- 6) **Deep breathing.** Through the hustle and bustle, we often forget to take good nourishing breaths. You may find it helpful to do some deep breathing. Breathe in for four, hold for five, and breathe out for six. Counting while deep breathing helps focus the mind.
- 7) **Do something for YOU!** Take a minute to embrace yourself during this time. Listen to your favorite music, journal, meditate, watch a funny movie, etc. Find something to do for yourself during this holiday season. Remember to fill your own cup!

Happy Holidays to you and yours!
Jenise Wilson, LPCC
Staff and Faculty Counselor

Comet Comforts



Homemade Baileys Submitted by Lois Karlstad









1 can of sweetened condensed milk (fat-free is fine, but why?)
1 pint half & half cream

1 cup whiskey
1 tsp of instant coffee
3-4 TB of chocolate syrup

*Mix in a blender. Usually fills 2 empty wine bottles. Store any extra in the fridge. Shake before serving as the chocolate settles. Enjoy!

As the Holiday season approaches, may your home be filled with lots of Love, Laughter, and Yummy smells! And remember... calories consumed over the Holidays don't count!





Hang the lights! Deck your "desk"! Sprinkle the glitter!
*You can even use your favorite holiday song or movie
for inspiration!



2nd Annual Holiday Office Decorating Contest with a Twist

This year has been crummy enough, let's end it with some holiday cheer!
Whether you are working from home or in the office, submit a picture of your
decorated desk to alyson.beckman@mayvillestate.edu to be entered in the
Holiday Decorating Contest!

Judging will be done by the Staff Senate Event Planning committee.

*Participants must have their DESK decorated and picture submitted **BY December 7th**
to be eligible to win the Traveling Trophy.*

The winning DESK will be announced on December 21 via email.

Staff Strategies

encourages you to join the December Wellness Training on:

Emotional Intelligence

Two opportunities on Wednesday, December 16th
10 am & 2 pm

Presented by the Village Family Service Center

Be sure to check out the other Wellness Trainings offered in December by HR!

All are welcome to participate in trainings



Thank you for your nominations for November's Comet Kudos. Those nominated include:

Leslie Durkin	Kelsey Fitzner	Jeannie Northburg	Megan Vig	Katie Richards
Jim Morowski	Lindsey Hall	Marissa Blaufuss	Sarah Blumkin	Karen Poverud
Andrew Workin	Shay Thorsgard	Rachel Ochoa	Lois Karlstad	Ashley Kulland
IT Team	Alison Kaiser	Ashlyn Fossum	Remi Herman	Chris Gonnella
Rocky Larson	Misti Wuori	Elizabeth Hjelmstad	Courtney Peterson	

Congratulations to November's winner, Katie Richards!

As a friendly reminder, **staff** members can only win the award once per calendar year, however our calendar year has restarted. For the list of past winners, check out the [Comet Kudos page](#) on the Staff Senate website. To nominate a **staff** member that you feel should be recognized for December, use the following link: [Comet Kudos Nomination Form](#) ***For Faculty nominations, please contact your Faculty Senate for recognition.*

MEET YOUR STAFF SENATORS

Each month we will feature one of your Staff Senators so you can get to know who represents you!

Leah Larson

Leah has worked in the Mayville State Athletics Office since December 2018. Before coming to Mayville State, she worked in communications in the agriculture industry for 12 years and the construction equipment industry for 7 years. In the Athletics Office, she handles the eligibility for all of our student-athletes and supports the Athletics and HPER departments. On Staff Senate, she serves on the Event Planning committee. Leah lives in Mayville with her husband Scott, and their two children Maysa (14) and Jayd (10). Her favorite thing to do is watch her kids play sports and that keeps her very busy! In her spare time, she enjoys traveling with her family, playing softball, watching college basketball (especially the Kansas Jayhawks) and going to concerts with her friends (ask her what band she "hasn't" seen in concert – the list is short!). Outside of work she manages the May-Port CG JO volleyball and 14/18U summer softball programs. "My favorite part of my job is helping and getting to know our student-athletes, and watching them succeed both in the classroom and on the field/court."

