

From: [NDSU SAEM Global](#) on behalf of [Engler, Carin](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things - December Update
Date: Tuesday, January 3, 2023 12:08:23 PM
Attachments: [image001.png](#)

Hi everyone,

I hope you are enjoying a little change of pace with this semester break.

I'll keep the monthly gratitude email short and sweet with a reminder to take care of yourselves.

The following were recognized during the month of December:

McKay Brekke in Financial Aid & Scholarships.

Seinquis Leinen in Admission.

Chuck Johnson in Student Health Service.

Carolina Pettus in Admission.

Adam Lundquist in Admission.

Melissia Law in International Student & Study Abroad Services.

Laura Oster-Aaland plans to stop by briefly on Friday to reciprocate gratitude to those mentioned above.

30-Day Self Care Challenge

 Drink more water	 Practice Yoga	 Go to bed on time	 Go Outside	 Set a mini goal
 Explore a new city	 Learn a new skill	 Start a new hobby	 Take a walk	 Make some crafts
 Play with your pet	 Take a bath	 Finish a puzzle	 Listen to a podcast	 Watch the sunset
 Sit in nature	 Do 30 Sit Ups	 Spark some creativity	 Watch a movie	 Pamper yourself
 Be a volunteer	 Face massage	 Spark some creativity	 Turn your phone off	 Eat cupcakes
 Do a DIY project	 Order a takeout	 Practice gratitude	 Take a nap	 Write a journal

Here is a link to the [Our Good Things](#) site and form. To those new to a department in Student Affairs & Enrollment Management, the following statement appears in every staff member's position description:

SAEM Value: Express genuine gratitude and appreciation for our colleagues' daily efforts.

Thanks for all you do!

Carin Engler

Pronouns: She/Her/Hers

Assistant / Student Affairs and Enrollment Management

NORTH DAKOTA STATE UNIVERSITY

P: 701.231.7701 / www.ndsu.edu



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