



Leading With Gratitude: Tools to Build Your Emotional Strength

By Elisa Salazar, LMSW



I recently went through a situation with my son where I had to think of a creative consequence. Part of his consequence was to write a letter to apologize, but also to say a few things he was thankful for in order to show gratitude and have him reframe the situation. It inspired me to take a look at the things that are upsetting me in my life and try to lead with gratitude. I pulled out my journal, wrote a person's name, and began to think of things that I appreciate about them. I immediately noticed my attitude and feelings about the person change. I began to let go of the hard feelings and instead cultivated a more holistic perspective about the situation, which ultimately eased my soul.

Try it! Write down a person, place or thing that is troubling you, then write up all that you are thankful for - past, present or future - related to the situation. It is easy to get caught up in the day-to-day. We can get caught up in walking around wounded about people, places, or things that are hurting us. Taking a moment to let gratitude lead is like giving yourself the gift of peace.

HR Team Member Feature: John Steeno

HR Administration Assistant



How long have you worked in HR at Grand Valley? Seven months; I started June 2019!

How do you help support faculty and staff at GVSU in your role? I do my best to ensure all GVSU faculty and staff are quickly and accurately compensated for the great effort they put forth on behalf of the university.

What is your favorite quote? Three things in human life are important: the first is to be kind, the second is to be kind, and the third is to be kind.

If there was only one food you could eat for the rest of your life, what would it be and why? Turducken, because then I would be able to eat Turkey and Duck and Chicken on a rotational basis whenever I got sick of one of them.

What energizes you? Improvisation and creative writing.

What is your favorite pastime? Video gaming.

What's your favorite part about working at GVSU? Working closely with intelligent, caring people in an environment focused on education, supporting and growing future generations. Also, I look great in Laker blue.

What is your "Laker Effect"? To start, I'm trying to spread positivity in all my interactions on campus. But I hope to eventually be able to teach improvisation again on campus and for the community. Not only to share my love of the art form, but to use improv as a tool to help people believe in themselves and gain more confidence.

Michigan No-Fault Auto Insurance Reform

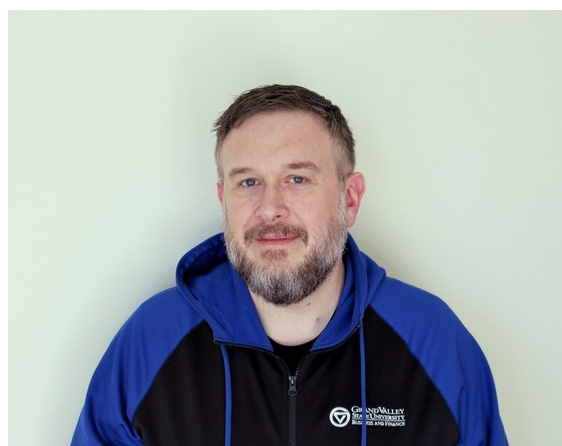
What You Need to Know

The Michigan No-Fault Auto Insurance law will be changing on July 1, 2020. However, GVSU will continue to exclude coverage for claims related to auto accidents. When renewing your auto insurance, GVSU recommends that you continue with the unlimited PIP protection. To learn more, view the [infographic](#) or visit the [Benefits & Wellness Coordination of Coverage page](#).



Benefits and Wellness Success Story: Kevin Kotlewski

If you're out and about at lunchtime, you may have already seen Kevin Kotlewski on his daily walk around campus. Kevin is a senior accountant for Business and Finance, and since he started working at GVSU in April 2019, he has taken it upon himself to be as healthy as he can – one step at a time.



Kevin said that many days he makes a 3-mile trek around campus to stay active during his lunch hour. "The more I get out and walk during my lunch hour, the better I feel throughout the rest of the day. I sit at a desk most of the day so it's definitely been beneficial to walk," he added.

Even though he's a newer staff member, Kevin said that getting involved with wellness groups and activities at GVSU was relatively easy. When he first started, he was able to participate with coworkers in the "Team Up to Be Active" program, kickstarting his wellness journey at GVSU.

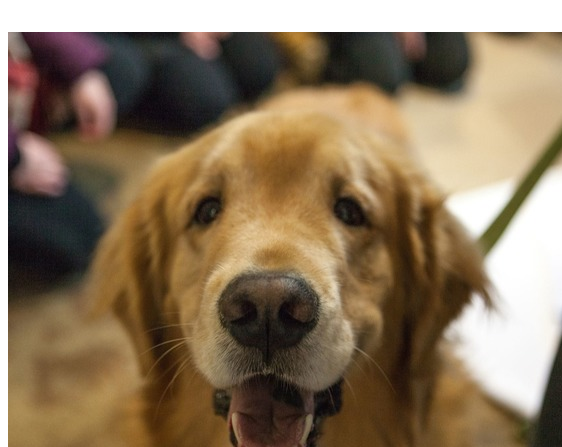
"Being new, I kind of found out about a lot of these things all at once. There are classes that I can take and there are challenges that I can sign up for," he said. "But just knowing that the campus is great, I knew I could go walking."

Currently, Kevin is training to run a half marathon in June, and so he's been working with a Wellness Coach to hold him accountable and guide him through the process. "Right off the bat she had some different things that she could offer as far as managing stress or providing some workout plans," he said. "I can do a check-in with her once a week if I need to stay accountable." In addition to working with a Wellness Coach, Kevin has been participating in the Trek100 program to track mileage, and also plans to participate in GVSU Riverbank Run training on his lunches.

Kevin recommends getting active in as many wellness programs on campus as possible. "It seems like I find out about new things all the time that are available," he admitted. Regardless of what kind of fitness you're into, or how long you've been at GVSU, there are plenty of resources available to kickstart your wellness journey.

GVSU Pet Network

Are you a pet parent? Are you involved with the [GVSU Pet Network](#)? If not, now's your chance! The Pet Network is a fun and casual space for pet parents to connect and share tips and resources about pet ownership in our community. Join the fun at their next meeting on Thursday, March 19, from noon-1p.m. Visit [gvsu.edu/sprout](#) for more information and to register.



Interested in joining other communities? [Learn about the GVSU Network Communities](#).

What is GVSU Doing About Coronavirus Disease 2019 (COVID-19)?

Interested in learning more about the risks of COVID-19 and its impact on GVSU? Check out GVSU's [COVID-19 page](#) to learn more about the virus, current actions that GVSU has taken, and other frequently asked questions regarding the disease.



Upcoming Events

Faculty and Staff Group Exercise Session II

[March 2 - April 24](#)

Emotional Strength Training

[March 10](#)

Understanding the Cycle of Socialization

[March 10 and 17](#)

Decisive Decisions When Dealing With Distressed, Disruptive, or Dangerous Developments

[March 17](#)

Navigating Spaces

[March 19 and 26](#)

[View all upcoming events](#).

[Current Job Openings](#)