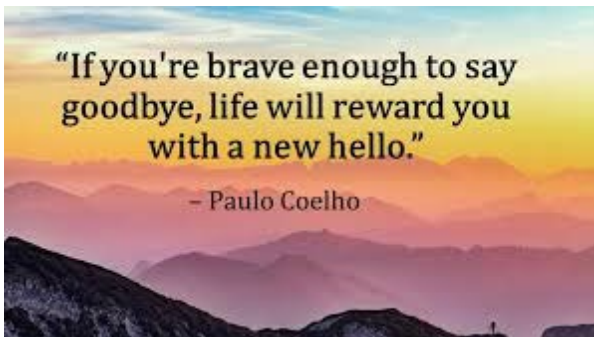


From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday
Date: Monday, January 4, 2021 8:16:44 AM
Attachments: [image009.png](#)

Welcome to a New Year! Today's inspirational quotes are about new beginnings and possibilities:



“To be hopeful, means to be uncertain about the future, to be tender toward possibilities, to be dedicated to change all the way down to the bottom of your heart.” – Rebecca Solnit

Happy New Year!

Culture of Care Team


Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday
Date: Monday, January 11, 2021 8:23:19 AM

Welcome to a new week. Today's inspirational Monday topic is being resilient in the face of uncertainty in the new year. Here are a few quotes and tips:

- Create sense of timelessness by spending time outdoors where there is no indication of what year it is.
- Think about the things that bring satisfaction and connection. Schedule a regular virtual visit with a human being each day to connect.
- Consider setting intentions instead of resolutions or goals so that you are living your life based on your values even if things change that you cannot control. As an example: Set an intention is to move 30 minutes a day away from a desk or computer. This can be accomplished even if the gym is closed due to COVID.

“Some stories don't have a clear beginning, middle and end. Life is sometimes about having to change, taking the moment and making the best of it, without knowing what's going to happen next... delicious ambiguity” – Gilda Radner



When you can't control
what's happening,
challenge yourself to control
the way you are responding to
what's happening.
That's where the power is.

@mex1414

Things you can control:

1. Your beliefs
2. Your attitude
3. Your thoughts
4. Your perspective
5. How honest you are
6. Who your friends are
7. What books you read
8. How often you exercise
9. The type of food you eat
10. How many risks you take
11. How you interpret situations
12. How kind you are to others
13. How kind you are to yourself
14. How often you say "I love you"
15. How often you say "thank you"
16. How you express your feelings
17. Whether or not you ask for help
18. How often you practice gratitude
19. How many times you smile today
20. The amount of effort you put forth
21. How you spend/invest your money
22. How much time you spend worrying
23. How often you think about your past
24. Whether or not you judge other people
25. Whether or not you try again after a setback
26. How much you appreciate the things you have

Have a great week! Thank you for all you do each day to help employees and students at OSU!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday
Date: Monday, January 25, 2021 8:31:11 AM
Attachments: [word-of-the-year-ideas.pdf](#)

Good morning and welcome to a new week! Today's inspiration is about goals and the idea of picking a goal for the year that is contained in a focus word or a "**word of the year**" for yourself for 2021. The word can set a tone for the year ahead and allow you to make decisions and choices that honor it. Attached is a list of ideas.

Keys to making the word real in your life include:

- Seeing it
- Reviewing it
- Thinking about it
- Feeling it,
- Experiencing it
- Owning it – as much as possible

Steps that can help this process include:

- Defining your focus word
- Compiling a reading list
- Choosing a song list that inspires you that contains the word
- Picking an affirmation with that word in it
- Creating a screen saver with the word
- Posting it in your "high traffic" areas in your workspace, your car, the bathroom mirror and the refrigerator

These ideas are from this website: <https://thegoalchaser.com/how-to-make-your-word-of-the-year/>

Quotes about goals to ponder today:

"You cannot change your destination overnight, but you can change your direction overnight."

- Jim Rohn

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."- Andrew Carnegie

Thanks for all you do every day to help employees and students at OSU. Have a great week!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday
Date: Monday, January 25, 2021 8:31:11 AM
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"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."- Andrew Carnegie

Thanks for all you do every day to help employees and students at OSU. Have a great week!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday
Date: Monday, February 1, 2021 9:57:45 AM

Hello and welcome to a new week!! Today's inspirational Monday topic is endurance.

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." – Dale Carnegie

"You just can't beat the person who never gives up." – Babe Ruth

If you want to listen to an inspiring song about endurance during the pandemic check this out: [The Keep Going On Song](#)



Thank you for all that you do each day to help OSU employees and students keep going!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday
Date: Monday, February 1, 2021 9:57:45 AM

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Thank you for all that you do each day to help OSU employees and students keep going!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List_Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday
Date: Monday, February 8, 2021 8:17:43 AM
Attachments: [image003.png](#)

Welcome to a new week! Today's inspiration is about thriving:



When you look up *thrive* in most dictionaries, the word *flourish* appears alongside it as simile. To thrive is not to find a point in your life where you are comfortable enough; where things are okay, or even great. Thriving is not a way-point on the map of personal development. It is the perpetual journey of growth — of expansion and adaptation — that allows you to venture *further into* a sense of authentic well-being. And this journey — this ability to thrive — can arise at any time in your life; at any point along your personal journey and regardless of the circumstances that currently surround you. But there is no judgement on how that will look in your world. There is no milestone that will mark your arrival into the realms of Those-Who-Thrive. There is simply an invitation — a gentle encouragement — for you to look at your life as it stands, right now, and ask yourself:

- Where am I not prospering? What areas of my life are no longer conducive for growth?
- What opinions do I hold about myself that are preventing me from stepping into greater wellness and joy?
- What changes can I make to the way I live my life that will afford me more freedom and contentment?

And then take action on any of these factors and plant a new seed of potential in your life.

You are an exquisite, unique and precious living being and you deserve to thrive. And that process can begin today wherever — and whoever — you are in your life right now. All that is required is for you to forget any idea of what you think “thrive” should look like and allow yourself to boldly, gently and *continually* grow into a healthier, happier and more expansive version of who you used to be. This information comes from an article by Kim Forester that is

located [here](#).

.

We hope you have a wonderful week and find ways to thrive!

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: hr_osu@lists.oregonstate.edu
Subject: [Hr_osu] Inspirational Monday - Culture of Care
Date: Monday, March 16, 2020 1:07:18 PM

Hello all,

As part of our UHR Culture of Care and Systems of Support, we wanted to share some inspiration that we hope will start your week off on a high note! Here is a quote to consider this week:



Here is a link to an inspirational video:

[20 Things we should say more often](#) by Kid President

Thank you for all that you do and please remember, you make OSU a better place each day because of the work you do!

Take care,

Bonny Ray, Associate Director of Employee Benefits
Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: hr_osu@lists.oregonstate.edu
Subject: [Hr_osu] Inspirational Monday - Culture of Care
Date: Monday, March 16, 2020 1:07:18 PM

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Thank you for all that you do and please remember, you make OSU a better place each day because of the work you do!

Take care,

Bonny Ray, Associate Director of Employee Benefits
Jared Haddock, Human Resources Strategic Partner

From: [Ray, Bonny](#)
To: "hr_osu@lists.oregonstate.edu"
Subject: Inspiration for your Monday
Date: Monday, March 23, 2020 7:41:00 AM

Hello all,

As part of our UHR Culture of Care and Systems of Support, we wanted to share some inspiration that we hope will start your week off on a high note. Here are a few quotes to consider this week:

“Just one small positive thought in the morning can change your whole day.” - **Dalai Lama**

“One of the best pieces of advice I ever received was from a horse master. He told me to go slow to go fast. I think that applies to everything in life. We live as though there aren't enough hours in the day but if we try to do each thing calmly and carefully we will get it done quicker and with much less stress.” - **Viggo Mortensen**

Here is a link to an inspirational video. It is Kid President again but this time he has a great pep talk for all of us as we launch into the week!

Kid President's Pep Talk for the World: <https://www.youtube.com/watch?v=l-gQLqv9f4o>

Thank you for all that you do! You are awesome!

Take care,

Bonny Ray, Associate Director of Employee Benefits
Jared Haddock, Human Resources Strategic Partner
Christina Schaaf, Work - Life Coordinator

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: hr_osu@lists.oregonstate.edu
Subject: [Hr_osu] Culture of Care: Inspirational Mondays
Date: Monday, March 30, 2020 8:35:54 AM

Hello all,

As part of our UHR Culture of Care and Systems of Support, we wanted to share some inspiration that we hope will start your week off on a high note.

Here are a few quotes to consider this week:

"The only thing more contagious than a virus is hope." - United States Navy Admiral William McRaven

Thank you for all that you are doing to help your team members, employees, students, departments and the greater OSU community. Have a great week!

Take care,

Bonny Ray, Associate Director of Employee Benefits
Jared Haddock, Human Resources Strategic Partner
Christina Schaaf, Work-Life Coordinator

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Culture of Care - Inspirational Mondays
Date: Monday, April 6, 2020 7:00:00 AM

Hello all,

As part of our UHR Culture of Care and Systems of Support, we wanted to share some inspiration that we hope will start your week off on a high note!

Thank you for all that you are doing to help your team members, employees, departments and the greater OSU community. Have a great week!

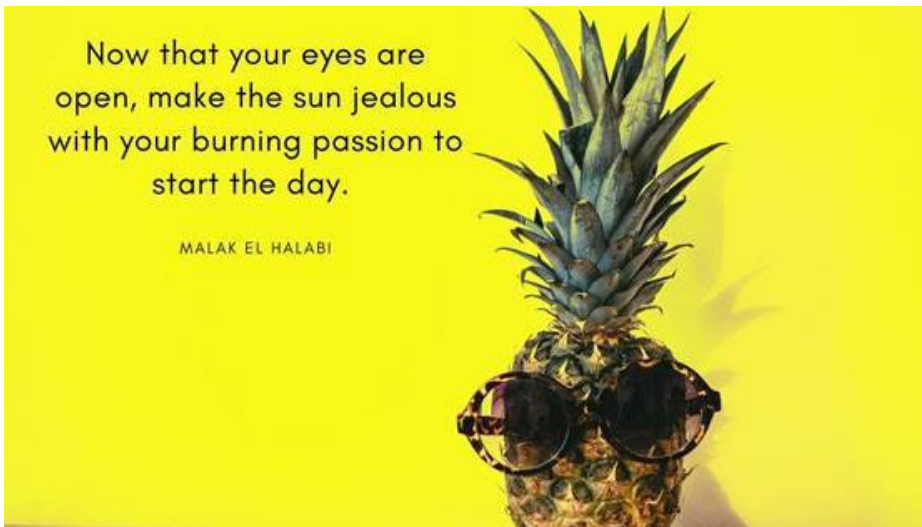
Take care,

Bonny Ray, Associate Director of Employee Benefits
Jared Haddock, Human Resources Strategic Partner
Christina Schaaf, Work-Life Coordinator

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Culture of Care - Inspirational Mondays
Date: Monday, April 20, 2020 8:13:09 AM

Good morning,

Depending on how your day is going you may appreciate the attachments or the picture below more. Either way welcome to Monday!



Inspirational Quote to consider:

“When we are no longer able to change a situation, we are challenged to change ourselves....Everything can be taken from an individual but one thing, the last of the human freedoms, to choose one’s attitude in any given set of circumstances.” - Viktor Frankl, (Holocaust Survivor)

Thank you for all you do each day. Have a great week!

Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Culture of Care - Inspirational Mondays
Date: Sunday, April 26, 2020 2:58:41 PM

Good Morning and Happy Monday!

[Here](#) is a sweet video to inspire you and bring you a smile today. These cute kiddos demonstrate a Culture of Care. Thanks to the UHR employee who shared this with us! Here is some humor and inspiration for the week too:

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED AND SHARED:

- 1) No matter how hard you try, you can't baptize cats..
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is the lap of someone who loves you.

Thank you for all you do each day. Have a great week!

Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [Ray, Bonny](#)
To: ["List Serve \(hr_osu@lists.oregonstate.edu\)"](#)
Subject: Inspirational Monday
Date: Monday, May 4, 2020 7:49:00 AM
Attachments: [image003.png](#)

Good Morning! Happy Monday! Here are some inspirational thoughts for today:

“Just when the caterpillar thought the world was over, it became a butterfly.” - Proverb



Thank you for all you do each day to help OSU employees and students. Have a great week!

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Mondays
Date: Sunday, May 17, 2020 9:35:05 PM
Attachments: [image003.png](#)

Happy Monday!

You made it to the beginning of another week! Here is an inspiring thought to start your day with:



Thank you for all the **amazing** work you have done during this unprecedented time!

Have a great week!

Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Inspirational Monday/Tuesday
Date: Tuesday, May 26, 2020 8:19:00 AM

Happy Tuesday!

I hope you find this interesting and helpful:

10 Steps to Savoring the Good Things in Life (by Fred Bryant, a social psychologist at Loyola University Chicago. Information from an article BY [STACEY KENNELLY](#) | JULY 23, 2012 – FIND IT [HERE](#))

1. Share your good feelings with others.

“What’s the first thing you do when you get good news?” Bryant says. “You go and tell someone that’s important to you, like a spouse or a friend.”

He suggests that we treat positive events just like positive news. Tell another person when you are feeling particularly appreciative of a certain moment, whether it be a laugh with friends or a scene in nature. Studies about the ways people react to positive events have shown that those who share positive feelings with others are happier overall than those who do not.

2. Take a mental photograph.



Pause for a moment and consciously be aware of things you want to remember later, such as the sound of a loved one’s chuckle, or a touching moment between two family members. “It’s about saying to yourself, ‘This is great. I’m loving it,’” says Bryant.

3. Congratulate yourself.

Don’t hesitate to pat yourself on the back and take credit for your hard work, Bryant says. Research shows that people who revel in their successes are more likely to enjoy the outcome.

4. Sharpen your sensory perceptions.

Getting in touch with your senses—or taking the time to use them more consciously—also flexes savoring muscles. “Take the time to shut out your other senses and hone in on one,” she says. “Take the time to sniff the food, smell the food. Or close your eyes while you’re taking a sip of a really nice wine.”

5. Shout it from the rooftops.

Laugh out loud, jump up and down, and shout for joy when something good happens to you, Bryant says. People who outwardly express their good feelings tend to feel extra good, because it provides the mind with evidence that something positive has occurred.

6. Compare the outcome to something worse.

Boost positive feelings by reminding yourself of how bad things could be, Bryant suggests. For example, if you are late to work, remind yourself of those who may not have a job at all. Comparing good experiences with unpleasant ones gives us a reference point and makes our current situation seem better, he says.

7. Get absorbed in the moment.

Try to turn off your conscious thoughts and absorb positive feelings during a special moment, such as taking in a work of art. Studies of positive experiences indicate that people most enjoy themselves when they are totally absorbed in a task or moment, losing their sense of time and place—a state that psychologists call “flow.”

8. Count your blessings and give thanks.

Tell your loved ones how lucky you feel to have them, Bryant suggests, or take extra time to appreciate your food before a meal. Research suggests that saying “thank you” out loud can make us happier by affirming our positive feelings. Bryant also suggests thinking of a new blessing for which you’ve never given thanks each night in bed. Recalling the experience through thanks will help you to savor it.

9. Avoid killjoy thinking.

Avoiding negative thinking is just as important as thinking positively, Bryant says. After a rough day, try not to focus on the negative things that occurred. Studies show that the more negative thoughts people have after a personal achievement, the less likely they are to enjoy it. “People who savor the positive sides to every situation are happier at the end of the day,” he says.

10. Remind yourself of how quickly time flies.

Remember that good moments pass quickly, and tell yourself to consciously relish the moment, Bryant says. Realizing how short-lived certain moments are and wishing they could last longer encourages you to enjoy them while they're happening. In fact, savoring can be used to connect you to the past or future, argues Bryant. This can be done by remembering a good time and recreating it, or imagining a time in the future when you will look back with good memories.

Thank you for all that you do!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Inspirational Mondays
Date: Monday, June 8, 2020 8:09:00 AM

Welcome to another week! Happy Monday!

Here is an inspiring quote to consider:

“Do the storms ever stop in life? No, but neither do the rainbows!” - anonymous



A great resource brought to our attention by a fellow HR employee:

[The New Corner Office](#) podcasts are worth checking out. The episodes are about 5 minute each and: *“...share strategies for thriving in this new and more self-directed world of work. Each episode — released every weekday morning — features a quick tip or an answer to a listener question. The goal is to help listeners succeed in the modern workplace, where ideas matter more than ever, but shoes might be optional.”*

Take care,

Culture of Care Team
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](#)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, June 22, 2020 10:48:32 AM
Attachments: [image001.png](#)

Happy Monday!

Here are some inspiring quotes for the day:

“It always seems impossible until it is done.” – **Nelson Mandela**

Have a great week!

Take care,

Culture of Care Team
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, June 29, 2020 12:07:49 AM

Good Morning and Happy Monday! Here are a few inspiring thoughts to get your day started:



Wishing you a great week ahead!

Sincerely,

The Culture of Care Team
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Inspirational Monday
Date: Sunday, July 5, 2020 10:19:00 PM
Attachments: [image003.png](#)

Happy Monday! We hope you enjoyed a long weekend. Here are a few thoughts for the day. One is inspirational and one is just funny!



Wishing you a great week ahead!

Sincerely,

The Culture of Care Team
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

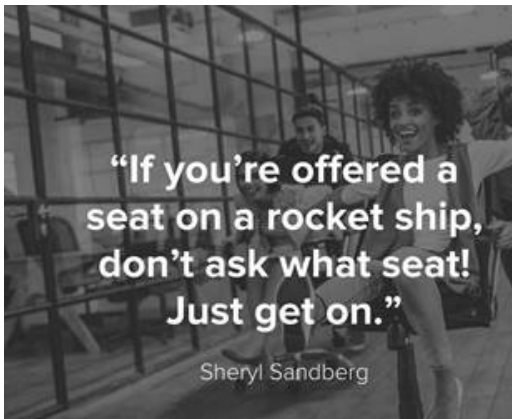
From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday - 7/13/20
Date: Monday, July 13, 2020 8:39:22 AM

Happy Monday!

As you start the day remember that: "The sun himself is weak when he first rises, and gathers strength and courage as the day gets on." —**Charles Dickens**

As you end your day recall that: "Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit." – **Conrad Hilton**

And just for fun:



Thank you for being amazing!

Take care,

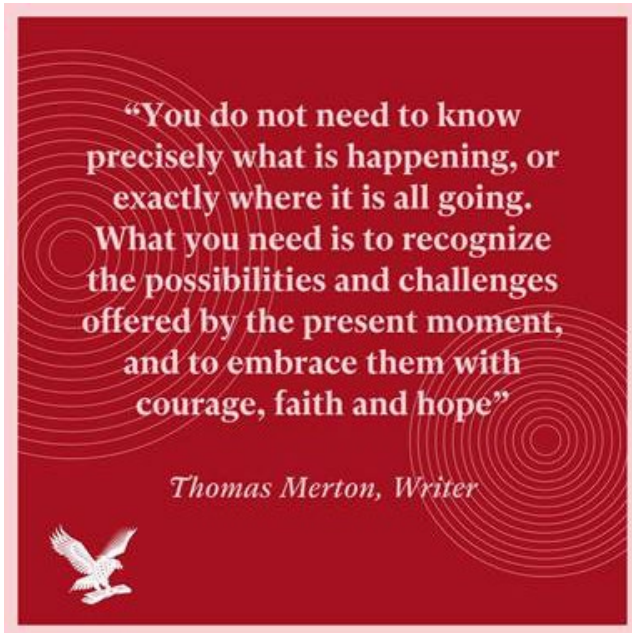
The Culture of Care Team
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Inspirational Monday
Date: Monday, July 27, 2020 7:34:00 AM

Good morning and welcome to a new week!

Here are a few thoughts to consider as you move through your day:

“Optimist: Someone who figures that taking a step backward after taking a step forward is not a disaster, it’s more like a *cha-cha*.” — **Robert Brault**, Author (keep dancing!)



Thank you for all you are doing to help employees and students at OSU. You are appreciated and valued!

Take care,

Bonny Ray, Associate Director of Employee Benefits

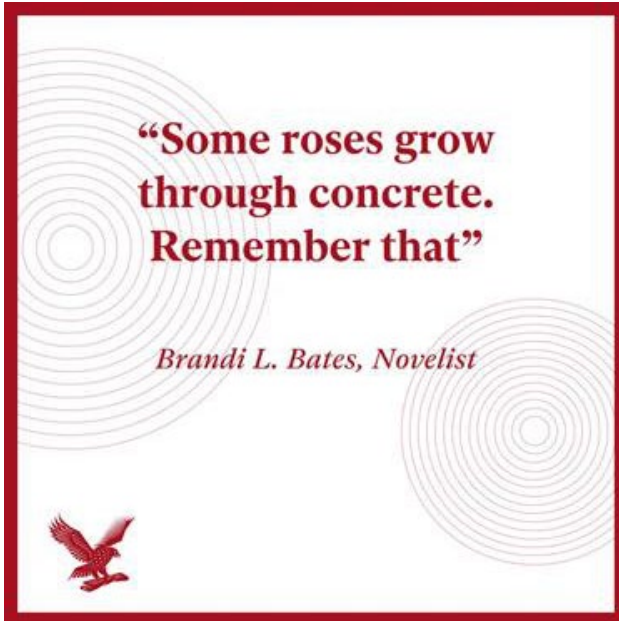
Christina Schaaf, Work-Life Coordinator

Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, August 3, 2020 10:20:04 AM

Good Morning and welcome to another week! Here is some inspiration for the day:

"Doing the best at this moment puts you in the best place for the next moment." — **Oprah Winfrey**



Thank you for your hard work on behalf of HR and OSU. You are appreciated!

Take care,

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Inspirational Monday
Date: Monday, August 10, 2020 8:28:00 AM

Hello,

Welcome to a new day and a new week! Here is some inspiration to hang on to for the week:

"Don't worry about the world coming to an end today. It's already tomorrow in Australia."

— **Charles Schulz**, Illustrator



Thanks for all that you do every day to help OSU employees and students.

Have a great week!

Bonny Ray, Associate Director of Employee Benefits

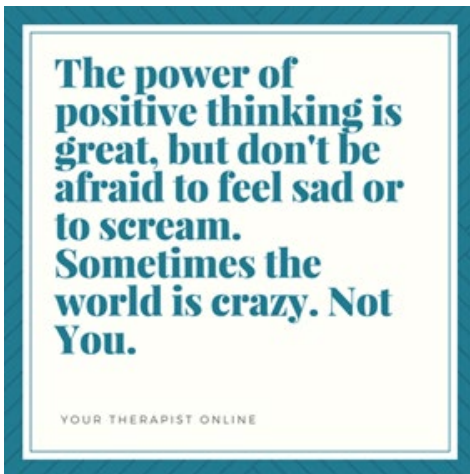
Christina Schaaf, Work-Life Coordinator

Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, August 17, 2020 8:15:41 AM
Attachments: [image002.png](#)

Welcome to a new week! Here is a link to a song that a music teacher created as inspiration for her students during Covid-19: <https://youtu.be/1f7OwFqTnco>.

I hope you find this video and quote somewhat amusing/inspiring with all that we are dealing with regarding the impact of the pandemic.



Thank you for all that you do each and every day. Hang in there this week!!

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, August 24, 2020 9:32:41 AM

Happy Monday! Welcome to a new week. The quotes this week look to nature for inspiration.....

"Just living is not enough... one must have sunshine, freedom, and a little flower." - **Hans Christian Andersen**

"In every walk with nature one receives far more than he seeks." - **John Muir**



Are you caught up in the cycle of surviving but not really living where you work, eat, sleep and repeat? Consider another options this week! Get a little bit of the wild to keep you fresh. Get outside and soak up the sun. Stop and smell the roses. Savor the last month of summer! Let nature inspire and renew you. Post your favorite picture of a beautiful place you have visited that inspires you on the UHR Culture of Care page on Teams. Share it so we can all be inspired!

Thanks for all you do every day to make OSU a great place for employees and students!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, August 31, 2020 8:31:51 AM

Welcome to a new week! Here is an inspiring thought for today: *“Over every mountain there is a path, although it may not be seen from the valley.”* -Theodore Roethke



The truth of this quote makes it so valuable. When you are in a valley, it’s hard to see the path that will lead you out. Keep believing and moving and the path will appear before you. Covid-19 seems to make the path unclear sometimes but each day is a new opportunity to take a few steps forward.

Thank you for all you are doing each day to help OSU employees and students!

Hope you have a great week ahead!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:List_Serve(hr_osu@lists.oregonstate.edu))
Subject: Inspirational Monday
Date: Tuesday, September 8, 2020 8:02:00 AM

Welcome to a new week. It is a strange start with the darkness. We hope each of you are well. Here is a quote from *Talal Al Murad* to consider as you launch into the week:



Thank you for all that you do!

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspiration for your Monday
Date: Monday, September 14, 2020 8:25:24 AM

Good Morning and welcome to Monday! Remember today's inspirational quotes as you jump in to tackle your tasks this week:

"Enter every activity without giving mental recognition to the possibility of defeat. Concentrate on your strengths, instead of your weaknesses... on your powers, instead of your problems."— **Paul J. Meyer**

"The difference between try and triumph is just a little umph!"— **Marvin Phillips**



Thank you for all you do every day to help employees and students. Have a great week!

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, September 21, 2020 8:33:53 AM
Attachments: [image006.png](#)

Good Morning! Welcome to a new week. We hope that you had time to enjoy some sunshine and fresh air over the weekend. Here are some inspiring thoughts to start off your Monday:

“Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don’t quit.” – **Conrad Hilton**



“A diamond is a chunk of coal that did well under pressure.” –**Henry Kissinger**



Thank you for all you do each day help OSU employees and students.

Take care,

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits

Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](#)"
Subject: [Hr_osu] Inspirational Monday e-mail
Date: Monday, September 28, 2020 8:05:49 AM

Welcome to a new week and soon a new month! Here is a thought for today:

“You can become blind by seeing each day as a similar one. Each day is a different one, each day brings a miracle of its own. It’s just a matter of paying attention to this miracle.” – **Paolo Coehlo**

Thank you for all you do each day help OSU employees and students.

Take care,

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, October 5, 2020 8:14:54 AM
Attachments: [image003.png](#)
[image004.png](#)
[image002.png](#)

Good Morning and welcome to a new week! Here are some inspiring quotes for the day regarding the power of kindness:

"I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage, or bravery, or generosity, or anything else... Kindness—that simple word. To be kind—it covers everything, to my mind. If you're kind that's it." — *Roald Dahl*

"Kindness is the only service that will stand the storm of life and not wash out. It will wear well and will be remembered long after the prism of politeness or the complexion of courtesy has faded away."

— *Abraham Lincoln*



Thanks for all your hard work! Thank you also for all the kindness you show, day in and day out, to employees and students.

Have a great week!

Culture of Care Team
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator

Jared Haddock, HR Strategic Partner

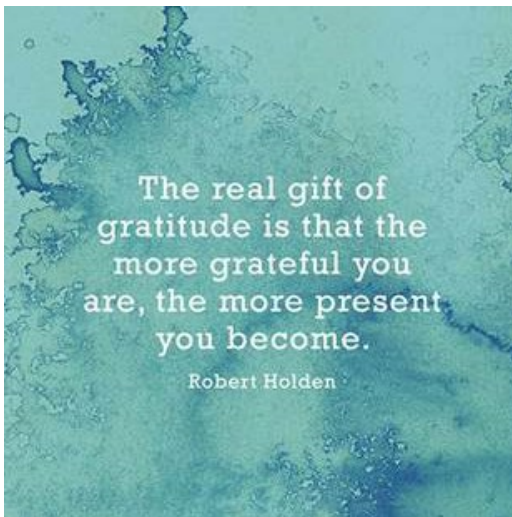
From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Inspirational Monday
Date: Monday, October 12, 2020 8:13:00 AM

Today's inspirational thoughts are about gratitude.

"The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it." *Michael Josephson*

"The deepest craving of human nature is the need to be appreciated." *William James*

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." *Oprah Winfrey*



Thank you for all you do each day to help employees and students at OSU. We are grateful for you!

Have a spectacular week!

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:List_Serve(hr_osu@lists.oregonstate.edu))
Subject: Inspirational Monday
Date: Monday, October 19, 2020 8:37:00 AM
Attachments: [image003.png](#)

Today's inspirational Monday quotes are about persistence in adversity. At first that does not sound very inspirational but consider that what we learn from struggle or defeat often fuels our victories in the future.

"Never confuse a single defeat with a final defeat." - F. Scott Fitzgerald, American author

"It's not whether you get knocked down, it's whether you get up." - Vince Lombardi – NFL Coach and Executive

"Success is not final, failure is not fatal: It is the courage to continue that counts." - Winston Churchill, former Prime Minister of the United Kingdom



Thanks for all you do to help employees and students every week!

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: Inspirational Monday
Date: Monday, October 26, 2020 8:41:00 AM

Good morning and happy Monday! Today's inspirational quotes are about education:
"Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation." - John F. Kennedy, 35th President of the United States

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education." – Dr. Martin Luther King, Jr.
"Education is the ability to listen to almost anything without losing your temper or your self-confidence." – Robert Frost.

"Education in the most powerful weapon which you can use to change the world." – Nelson Mandela.

Thank you for all you do to advance the power of education in your work at OSU.

Have a great week!

Culture of Care Team

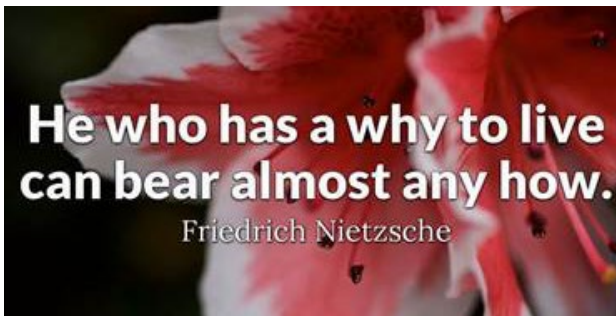
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, November 9, 2020 8:40:44 AM

Good Morning and Happy Monday! Here is an inspirational quote to consider about the situations in life that don't turn out exactly like we planned:

"As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being redirected to something better." -Dr. Steve Maraboli, speaker and author

Another bit of inspiration for your week is this quote borrowed from the CUPA HR conference presentation on Resiliency:



The workshop presenter encouraged participants to find their "why". In other words what values do you hold that help you decide it is worth it to persevere through challenges and uncertainty?

For example, maybe it is your desire to help others, your faith, hope or your dreams for our world. Spending time thinking about the "why" can give meaning and perspective in uncertainty.

Have a great week!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, November 16, 2020 7:59:42 AM

Welcome to a new week! Today's inspirational quotes are about self-care:

“Talk to yourself like you would to someone you love.” - **Brené Brown**

“Almost everything will work again if you unplug it for a few minutes, including you.” -**Anne Lamott**

“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.” -**Jean Shinoda Bolen**

“A healthy self-love means we have no compulsion to justify to ourselves or others why we take vacations, why we sleep late, why we buy new shoes, why we spoil ourselves from time to time. We feel comfortable doing things which add quality and beauty to life.” - **Andrew Matthews**

Self-care refers to activities and practices that can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized, and rested. Everyone deals with stress differently, and everyone's preference for practicing self-care is different as well. Here is the key: **Add it to your calendar or to do list. Block off time in your day to practice self-care. You are worth it!**

Examples of self-care activities:

- Sleep
- Exercise
- Yoga
- Being out in nature
- Practicing self-compassion
- Being with people you love
- Practicing Gratitude
- Journaling
- Unplugging from Technology
- Doing something you love

Have a great week this week. Thank you for all the kindness and care you offer OSU employees and students. Don't forget to care for you too! You are important!

Culture of Care Team

Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner

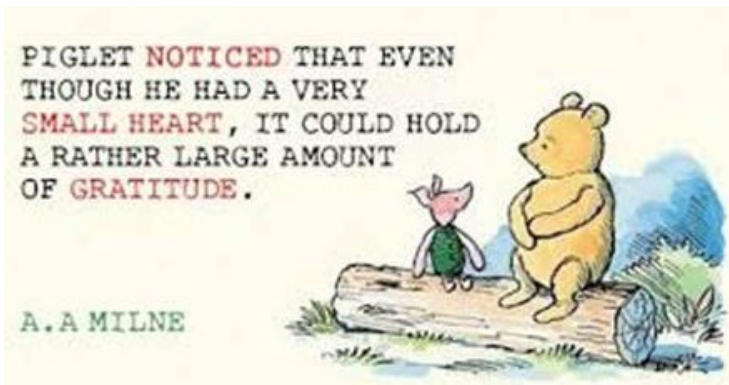
From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, November 23, 2020 9:05:28 AM

Happy Monday!

Today's inspirational topic is gratitude. Gratitude is a simple practice to add to your life. Reflecting on several things you are grateful for at some point during the day can improve your health and well-being. Here are few quotes to consider:

“Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy.” **Author Fred De Witt Van Amburgh**

“This is not the year (2020) to get everything you want. This is the year to appreciate everything you have!” - **Radhika Gupta**

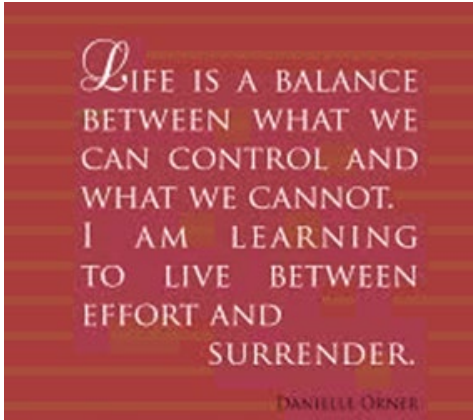


We are grateful for you. Thank you for everything you do to help OSU students and employees. Have a great week this week.

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, December 7, 2020 8:13:31 AM
Attachments: [image001.png](#)

Good Morning and Happy Monday! Today's inspirational quotes are about balance:



Thank you for all you do to help employees and students at OSU. We wish you a week of balance and at least one cupcake!

Bonny Ray, Associate Director of Employee Benefits
Christina Schaaf, Work-Life Coordinator
Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: "[List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)"
Subject: [Hr_osu] Inspirational Monday
Date: Monday, December 14, 2020 8:18:29 AM

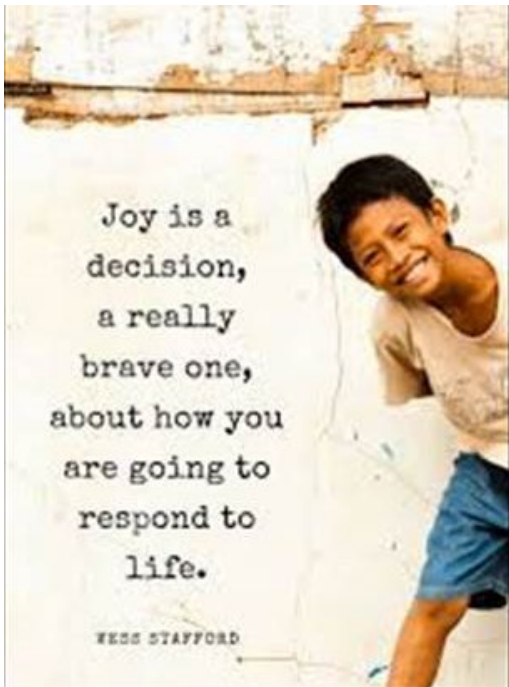
Welcome to a new week! Today's inspirational thoughts are about joy. May you find some joy in your day and in the week ahead!

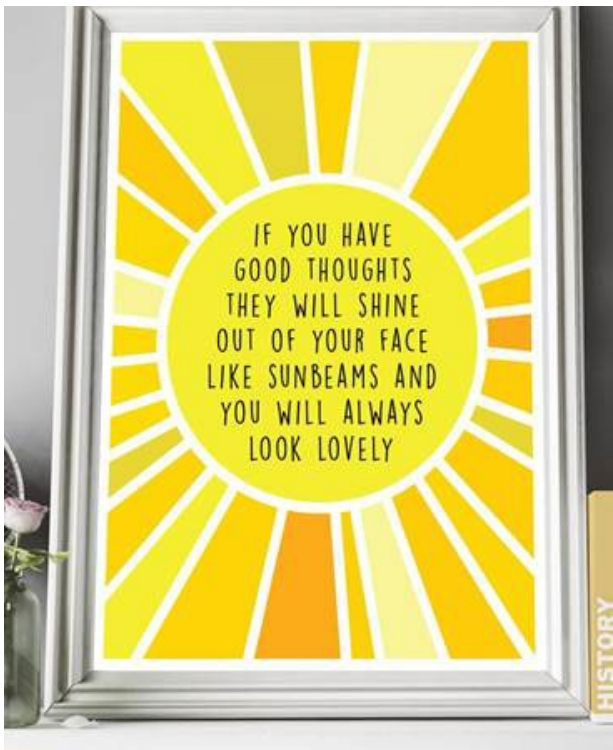
"Joy is increased by spreading it to others." - Robert Murray McCheyne

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." – [Thich Nhat Hanh](#)

"There are souls in this world who have the gift of finding joy everywhere, and leaving it behind them when they go." - Frederick William Faber

"The essence of life is not in the great victories and grand failures, but in the simple joys." – Jonathan Lockwood Huie





Thank you for the ways you spread joy in your work with OSU employees and students! Have a great week.

Culture of Care Team

Bonny Ray, Associate Director of Employee Benefits

Christina Schaaf, Work-Life Coordinator

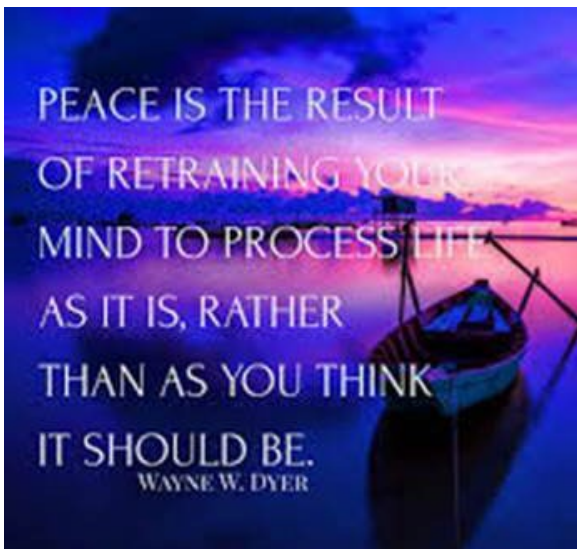
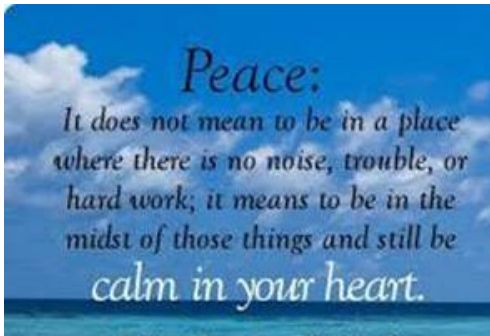
Jared Haddock, Human Resources Strategic Partner

From: [HR_OSU](#) on behalf of [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:hr_osu@lists.oregonstate.edu)
Subject: [Hr_osu] Inspirational Monday on Tuesday
Date: Tuesday, December 22, 2020 9:18:24 AM

Welcome to a new week! Today's inspirational quotes are about peace.

"Do not let the behavior of others destroy your inner peace." —*Dalai Lama*

"Peace can become a lens through which you see the world. Be it. Live it. Radiate it out. Peace is an inside job." —*Wayne Dyer*



If you are interested in a webinar about peace in relationships in 2021 there is a free webinar available from Vital Smarts (who facilitates Crucial Conversations) at this link called a [Path to Peace in 2021](#).

Looking for a feel good Christmas movie? Check on ***Operation Christmas Drop*** on Netflix. It is based on a real life humanitarian impact project that the US military carries out in the Pacific Islands during Christmas.

Wishing you a peaceful week and happy winter holidays!

Culture of Care Team

Bonny Ray, Associate Director of Employee Benefits

Christina Schaaf, Work-Life Coordinator

Jared Haddock, Human Resources Strategic Partner

From: [Ray, Bonny](#)
To: [List Serve \(hr_osu@lists.oregonstate.edu\)](mailto:List_Serve(hr_osu@lists.oregonstate.edu))
Subject: Inspirational Monday
Date: Monday, June 1, 2020 8:13:00 AM

I hope this inspirational thought and special song starts your Monday off well:



Song: <https://www.youtube.com/watch?v=pfERoDwU42g&feature=youtu.be>

Thank you for all that you do!

Culture of Care Team
Bonny Ray, Associate Director Employee Benefits
Christina Schaaf, Work Life Coordinator
Jared Haddock, HR Strategic Partner