Mid-Week Questions for Reflection:

What types of social responsibility endeavors do you think could benefit MSU RHS that we are currently not doing? Or how could we add on to programs/practices that are already in place?

What importance do you think having socially responsible initiatives in place plays in the success of a company/institution?

Know your Buddy!

In case of a fire or emergency, do you know who your buddy is? Make sure you take a look at the IS Buddy List! Copies are hanging up on the bulletin boards in both the mailroom and the kitchen!

Options for a Healthy Lunch

The Eat at State Dining Halls always have healthy options available! Check out the menus for this week here! Try some Spinach Lasagna or Pepper Crusted Portabella at Brody Square today!

Want to pack a lunch? Get inspired at the MSU Health4U website! Check out past “Recipes for Health” here! Try out a new recipe for dinner and bring in the leftovers for lunch!

Need to De-Stress During Lunch?

Here are some ideas...

Head on over to Abram’s Planetarium during lunch today! From 12:10-12:50, de-stress under the stars and relax to music and a guided tour of the constellations! Click here to learn more!

Go for a walk! Look at these campus walking loops and make a plan! Bring along a co-worker or friend and un-wind together! Take your lunches along and have a picnic!

Stay in our building and pick up a magazine in the kitchen or main lobby! Read the new DOSE Weekly, page through an issue of “Wired” or “Popular Science,” or take a copy of today’s “State News” right outside the front door! Enjoy your food and relax during your lunch hour today!