

Healthy Hall of Fame

Crystal Heitz- Staff (Working Retraining Ed Planner) – Fall 2017

Getting to Know Crystal:

Crystal is a fun loving person that loves to laugh, work and play hard. She is an ENFJ-A (Myers & Briggs). Some of her greatest strengths are that she loves to learn, she has enthusiasm that is said to be contagious (positivity), and she has the WOO (Strengths Finder 2.0). Crystal also has strong social awareness and is relationship based (Emotional Intelligence 2.0). She has a lot of passion for life and loves helping people. She is also a huge Seahawks fan.

Keeping Stress Low:

Crystal surrounds herself with awesome people and is in a job that she absolutely loves. She tries to be cautiously aware of when she is stressed or what her stressors are. If she can avoid them she does (such as being late). When Crystal know she is stressed she takes a mental break when possible. Sometimes she will seek out a coworker to debrief or brainstorm. It helps Crystal that they usually always make her laugh. Crystal smiles and laughs as much as possible and finds that taking short walks are always good. It helps separate herself from the physical location where the stressor occurs and allows her to clear her head. She tries to search out the positive in any situation (the silver lining). This helps her try to see the situation from a different perspective. Crystal tries not to sweat the small stuff in all aspects of her life and recognize that nobody is perfect. To Crystal, they key is to learn from the experience and try again.

Focusing on the Positives:

Crystal believes that life is good and as humans we have the power to inspire others even when it is not intentional. She says, “In our daily lives we come in contact with so many people. You never know how that one interaction can positively or negatively affect them. We are all connected and you never know when your paths will cross again.” According to Crystal, happiness is a choice and she chooses to be happy. She is not naive though. Crystal also focuses on the things that she can control and make changes accordingly.

Crystal’s Motivation:

Crystal also loves reading inspirational stories and quotes from all over the world. She spends as much time as she can with those that inspire her and make her happy. She is inspired by Jenny Smith because she is so positive and can always bring out the best in everyone. She is also inspired by some of her students. Crystal believes that their stories of life struggles and their continuous perseverance is beyond inspiring. She is also inspired by her Great Grandma Grace

who has made a huge impact in her life. There isn't a day that goes by that Crystal doesn't think of her.

Words of Wisdom:

Crystal's advice to others that want to have a positive lifestyle change is to always assume positive intent. "Don't sweat the small stuff. Ask yourself, with this really matter in days, weeks or even years? Do you have control over the outcome? A lot of times we do not have control over what happens in the world or even at work. However, we do have control over how we respond as individuals. Happiness is a choice. Our bodies are amazing and we can trick our bodies into a physiological change just by the act of smiling (Michael Strayer). Find what you're passionate about and what really makes you happy." Crystal highly recommends taking the Strengths Finder, Myers Briggs and the Emotional Intelligence assessments. She believes that by doing so, you will learn a lot about yourself. "Then find ways to bring your strengths, happiness and passion into every aspect of your life. Surround yourself with positive people. Find the Jenny Smith in your life. Laughter really is the best medicine. If on campus and need to smile, stop by the Career Center our services are free ;-)."