



healthful habits

to last a lifetime

If you asked a group of people what wellness is to them, you would undoubtedly get a different answer from one person to the next. What we perceive wellness to be is often influenced by a host of different factors, from lifestyles and our job to individual goals or even personal beliefs.

No matter your definition, wellness (and well-being) is a lifelong journey that's sure to have peaks and valleys along the way. What's important is committing to stay the course. Take the journey of Josetta Jones, chief diversity and inclusion officer (DIO), as one example.

Not long after Joesetta started her first job out of college, she noticed how certain choices started to impact her health. Lunches with colleagues and frequent indulgences of Tex-Mex, barbecue and fast food added up quickly. Clothes began to fit differently as she readied for law school, but she was in no position to spend money on a new wardrobe to account for her weight gain.

That's when Josetta made a conscious decision to change her lifestyle. She started by taking inventory of habits and committed to adding moderation into her daily life. Then, she made a point to exercise a couple of times a week (often using it to relieve stress) and focus on portion control when she ate meals. In time, these habits became second nature as she worked to shed the weight she had gained (and then keep it off).

After joining Chevron, Josetta became a frequent user of Chevron's onsite fitness center. She typically exercised up to four times a week, but as is all too common, life's many demands competed for her time. In January 2020, Josetta saw a photo of herself and realized she wasn't happy with fluctuations in her weight and wasn't feeling at her best – she knew it was time to recommit to her well-being.

To hold herself accountable, Josetta downloaded a mobile app that helped her become more mindful of nutrition and movement again.

Then, the COVID-19 pandemic hit, and she had to pivot, finding new and creative ways to stay fit at home so that her momentum didn't get derailed. In place of fitness center visits, Josetta started going for frequent walks that got her moving about outside (being outdoors can have health benefits of its own) and she worked out with her personal trainer virtually.

Josetta also got back to the basics of portion control. That's not to say she denies herself when she has a craving, but she recognizes the importance of treating herself in moderation (like eating half a meal's serving and skipping the dinner roll so she can have dessert).

In addition, Josetta recognizes the importance of mental health and how it supports her well-being. That's why she's intentional about adding breaks throughout the day and encourages her team to do the same. Finding healthful balance is no easy feat, but purposeful well-being can enable us to bring our whole selves to work each day, reduce stress and help health flourish.



Chevron Employee Networks and work groups have been focused on well-being and its role in building social connections to create a more inclusive workplace. We asked Josetta to share her thoughts about the link between well-being and diversity and inclusion and why it's important:

“A diverse and inclusive workplace fosters a sense of belonging, purpose and safety, each of which directly contributes to a person’s state of well-being. There’s commonality in well-being in the sense that it’s something we all need no matter the dimension of diversity we identify with. It enables us to feel more comfortable and can ultimately contribute to our mental and physical health and happiness. Well-being supports us in bringing our whole self to work.”
