

THE W.O.W NEWSLETTER

WORKING ON WELLNESS • SEPTEMBER 2022

WHAT'S
GOING
ON

- **Employee Health Screening & Health Assessment**
Deadline: Friday, September 23
 - **September Take Ten Session - 25 Wellness Points:**
Small Acts, Big Difference on Radio Headspace.
Complete the Google form after listening.
 - **September Wellness Challenge - 25 Wellness Points:** Each Mind Matters
 - **Employee Wellness Fair - 100 Wellness Points:** 10/5/22 @ SHS 2:30—5:30 pm. Flu and other vaccines, vendors, snacks & prizes!
 - **Free Fitness Classes or Wellness Reimbursement:** 1 free class a week at Tim Dorsey Fitness and Nexxt Level OR \$30 reimbursement quarterly for completing at least 25 fitness or meditation sessions or 3 massage, reiki or acupuncture sessions.
 - **Open Way Yoga Classes:** Class recordings available on the Sandusky City School website. Click here to access the recordings.
- ***All wellness activities can be found on the SCS Wellness website***

Are You Prepared for a Disaster?

Disasters such as hurricanes, tornadoes, floods and earthquakes can strike with little or no warning. September is National Preparedness Month, making it a good time for you and your household to make a plan in case you need to evacuate your home or get trapped inside for days. The Federal Emergency Management Agency (FEMA) recommends the following steps for creating an emergency plan:

1. Discuss the following questions:
 - How will I receive emergency alerts and warnings?
 - What is my shelter plan?
 - What is my evacuation route?
 - What is my household communication plan?
 - Do I need to update my emergency preparedness kit?

2. Consider specific needs in your household.
 3. Fill out a household emergency plan.
 4. Practice your plan with your household.
- These tips pertain to your home, but remember that emergencies can happen anywhere. Visit FEMA's website—Ready.gov—to learn more about preparing for emergencies at home, at work and on the road.

Emergency Supply Kit Checklist



The Art of Mindful Eating

Mindful eating can be essential in today's multitasking world. Multitasking while eating can lead to less satisfaction with your meals, less awareness of food and, often, overeating. Mindful eating makes you fully aware of the eating experience and your thoughts and feelings about food. This concept encourages focusing on preparing and consuming your food in a distraction-free environment. By thinking about the food, you may become more aware of the signals your body sends to your brain that indicate satisfaction and fullness, which can help you improve your general health and well-being.

Taking time to be mindful of your eating process and not focusing on restricting calories could enhance your awareness of the experience, improve your relationship with food and help you lose weight.

HEALTH BENEFITS OF EATING CHICKEN

- Provides vitamins and minerals involved in brain function
- Strengthens bones
- Aids in weight loss
- Contains nutrients linked with mood
- Promotes heart health
- Builds muscle

MARINATED GRILLED CHICKEN

4 pieces of chicken
4 tbsp balsamic vinegar
1 tbsp soy sauce
1 tsp italian blend herbs

1/4 cup olive oil
2 tbsp honey
1 tsp minced garlic
Pinch of red pepper flakes

Stir together oil, vinegar, honey, soy sauce, garlic, dried herbs and red pepper flakes.

Pour into large ziploc bag along with chicken, press the excess air out of the bag, seal, and chill for 30 minutes.

Use tongs to transfer the chicken to a preheated grill. Discard marinade. Cook chicken for 6-10 minutes on each side (depending on thickness) over medium heat until cooked through.

Serve and enjoy!



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<https://www.chickencheck.in/fao/chicken-health-ben>
<https://www.lecremedelaculmp.com/best-healthy-recipes/>

Tips for Mindful Eating

Mindful eating may sound simple, but it takes practice.

- Evaluate your appetite and continue to assess while eating.
- Start with small portions to help respect your hunger and satiety cues.
- Engage your senses while eating, noticing what you see, smell, feel, taste and hear.
- Eliminate distractions as they can fuel a negative relationship with food or lead to overeating or emotional eating.
- Chew your food more, allowing additional time for digestion and recognizing your body's cues.
- Don't skip meals since it can increase your risk of extreme hunger, often leading to quick and unhealthy food choices.

You can start small by attempting the practice once a week—for example, establish a "Mindful Monday." Contact a registered dietitian if you need help or guidance with mindful eating or general eating habits.

A TOTAL BODY WORKOUT YOU CAN DO WITH FRIENDS



BURPEE WITH A PUSHUP



BENT-OVER ROW



MOUNTAIN CLIMBER



DUMBBELL THRUSTER



WEIGHTED TWISTS

DO 10 REPS OF EACH.
SEE HOW MANY YOU
CAN DO IN 10 MINUTES.

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BENEFITS OF WORKING OUT WITH A FRIEND

It's more fun exercising with friends

Your friend may have new exercise ideas

You're more likely to stick with it

You're more likely to achieve your goal

You'll work harder with a friend around

It's safer to exercise with someone else



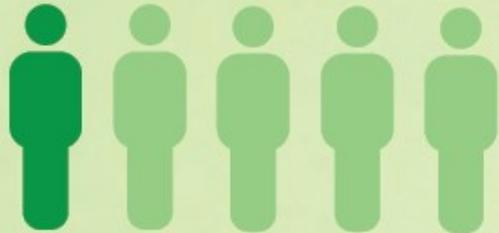
MENTAL HEALTH MATTERS



Mental illnesses are some of the most common health conditions in the United States.

MORE THAN 50% OF THE POPULATION WILL BE DIAGNOSED WITH A MENTAL ILLNESS AT SOME POINT.

1 in **5** will experience a mental illness in a given year



Your overall well-being is connected to your mental health. Here are strategies to help you thrive.

CREATE HEALTHY ROUTINES

OWN YOUR FEELINGS

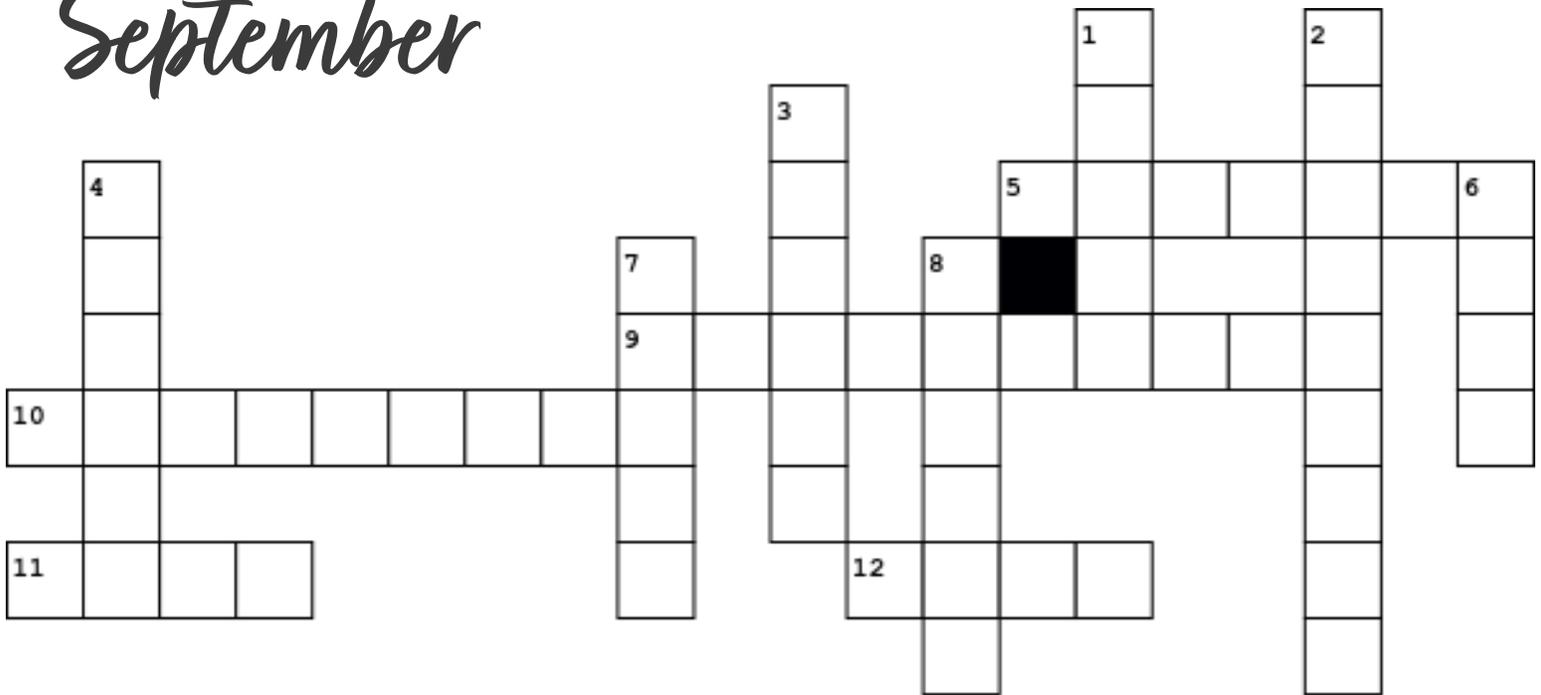
CONNECT WITH OTHERS

CULTIVATE GRATITUDE



Remember that you're not alone. If you have concerns about your mental health, reach out to a doctor, employee assistance program or use the Mental Health Services Helpline by calling 800.662.4357. "988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline.

September



Across

5. Taking time to be mindful of your eating _____ and not focusing on restricting calories could enhance your awareness of the experience, improve your relationship with food and help you lose weight.
9. Multitasking while eating can lead to less satisfaction with your meals, less awareness of food and, often, _____.
10. Chew your food more, allowing additional time for _____ and recognizing your body's cues.
11. You can start small by attempting mindful eating once a ____—for example, establish a "Mindful Monday."
12. The Employee Wellness ____ is being held on Wednesday, October 5th from 2:30 to 5:30 pm at SHS.

Down

1. Nonperishable food, water, a flashlight and a _____ aid kit are a few examples of items to add to your emergency supply kit.
2. Fill out a household _____ plan and practice your plan with your household.
3. Benefits of working out with a _____ include increased safety, fun and goal achievement.
4. A few strategies to help you _____ include creating healthy routines, owning your feelings, connecting with other and cultivating gratitude.
6. Don't _____ meals since it can increase your risk of extreme hunger, often leading to quick and unhealthy food choices.
7. Eating chicken strengthens _____ and builds muscle.
8. 1 in 5 people will experience a _____ illness in a given year.

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Name _____ Building _____
Submit completed crosswords using the online Wellness Activity Form by Tuesday, October 4th.