

# THE W.O.W NEWSLETTER

WORKING ON WELLNESS • OCTOBER 2022

WHAT'S  
GOING  
ON

- **Employee Wellness Fair - 100 Wellness Points:** 10/5/22 @ SHS cafeteria 2:30—5:30 pm. Flu vaccines, vendors, snacks & prizes!
- **1st Quarter Wellness Reimbursement Deadline:** Saturday, October 15th. Submit [here](#).
- **October Take Ten Session - 25 Wellness Points:** [Reframing "I Have to Do it" to "I Get to Do It"](#) on Radio Headspace. Complete the [Google form](#) after listening.
- **October Wellness Challenge - 25 Wellness Points:** [Stretch It Out](#)
- **Free Fitness Classes OR Wellness Reimbursement:** 1 free class a week at Tim Dorsey Fitness, Nexxt Level AND True Nature Wellness (207 W Water St) 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](#)\*\*\*

## Start Planning Now for a Stress-free Holiday Season

While the holiday season often brings joy and togetherness, it can also cause stress for many individuals. Top holiday stressors include budgeting, managing multiple commitments and finding the perfect gifts. Fortunately, by getting organized and planning out what you can do ahead of time, you can reduce your holiday stress.

**Write down any known commitments.** Are you planning on hosting a holiday dinner? Does your child's school have a seasonal concert? Making a list of your commitments will help you plan your time accordingly and avoid double-booking yourself.

**Create your budget now.** If you're stressed about how your holiday spending will impact you after the season is over, you're not alone. Remember that the sentiment of a gift is much more important than the cost. As such, be sure to set a realistic budget for gifts and stick to it.

**Start shopping early.** Don't be afraid to shop early. Sometimes, you can get great deals on presents even before the holiday season hits. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out.

## What to Know About Flu Season

Influenza (flu) season lasts from October through May in the United States, with peak flu activity happening between December and March. The country's flu activity has been unusual since the COVID-19 pandemic began.

Flu season in the Southern Hemisphere may indicate what's to come in the United States. Australia has been experiencing an unusual surge in flu activity early in the season. Health experts now warn that the same could happen in the United States later this year.

The flu can cause serious complications for people of any age, but children and the elderly are most vulnerable.

# Oats

- Lowers blood sugar levels
- Provides antioxidants
- Promotes healthy bacteria in your gut
- Helps you to feel full to manage your weight
- Eases constipation
- Relieves skin itching and irritation
- Lowers your chance of colon cancer

## Easy Overnight Oats

- ½ cup of oats
- ½ cup of milk
- ½ tsp. of maple syrup
- ¼ tsp. vanilla extract

Combine oats, milk, maple syrup and vanilla in a mason jar or bowl. Seal with a lid and shake to mix, or stir if using a bowl.

Refrigerate overnight or at least 6 hours and up to 4 days. Stir and add toppings right before serving.

Before serving, stir and add any preferred toppings such as peanut butter, blueberries, yogurt, dried fruit, honey, almonds, banana, nuts, etc.

## How to Keep Your Household Healthy

**Get the flu vaccine.** The CDC recommends anyone age 6 months and older get a flu shot every year. Contact your doctor today to learn more about vaccines.

**Avoid close contact with people who are sick,** and stay away from others when you feel unwell. Because flu and COVID-19 symptoms are similar, doctors say it's best to get tested to know what you have.

**Wash your hands** often using soap and warm water to protect against germs. If soap and water are unavailable, use an alcohol-based hand sanitizer.

**Cover your coughs and sneezes** to prevent the spread of germs.

**Get quality sleep, stay active and drink plenty of water** to keep your immune system strong.

**Eat a nutritious diet** rich in healthy grains, fruits, vegetables and fiber.

**SIMPLE DYNAMIC STRETCHING**

Squats, Leg Swings, Plank Walk-Outs, Arm Circles, Jumping Jacks, Hip Circles

**BENEFITS OF STRETCHING:**

- Decrease your risk of injuries
- Increase muscle blood flow
- Help joints, increase range of motion
- Improve your performance in physical activities





AssuredPartners  
<https://www.atipt.com/blog/pre-post-workout-stretches>



# Benefits of *Cleanliness*

Research has found that cleaning can have a number of positive effects on your mental health.

Here are some of the benefits of cleaning and decluttering your home or office:

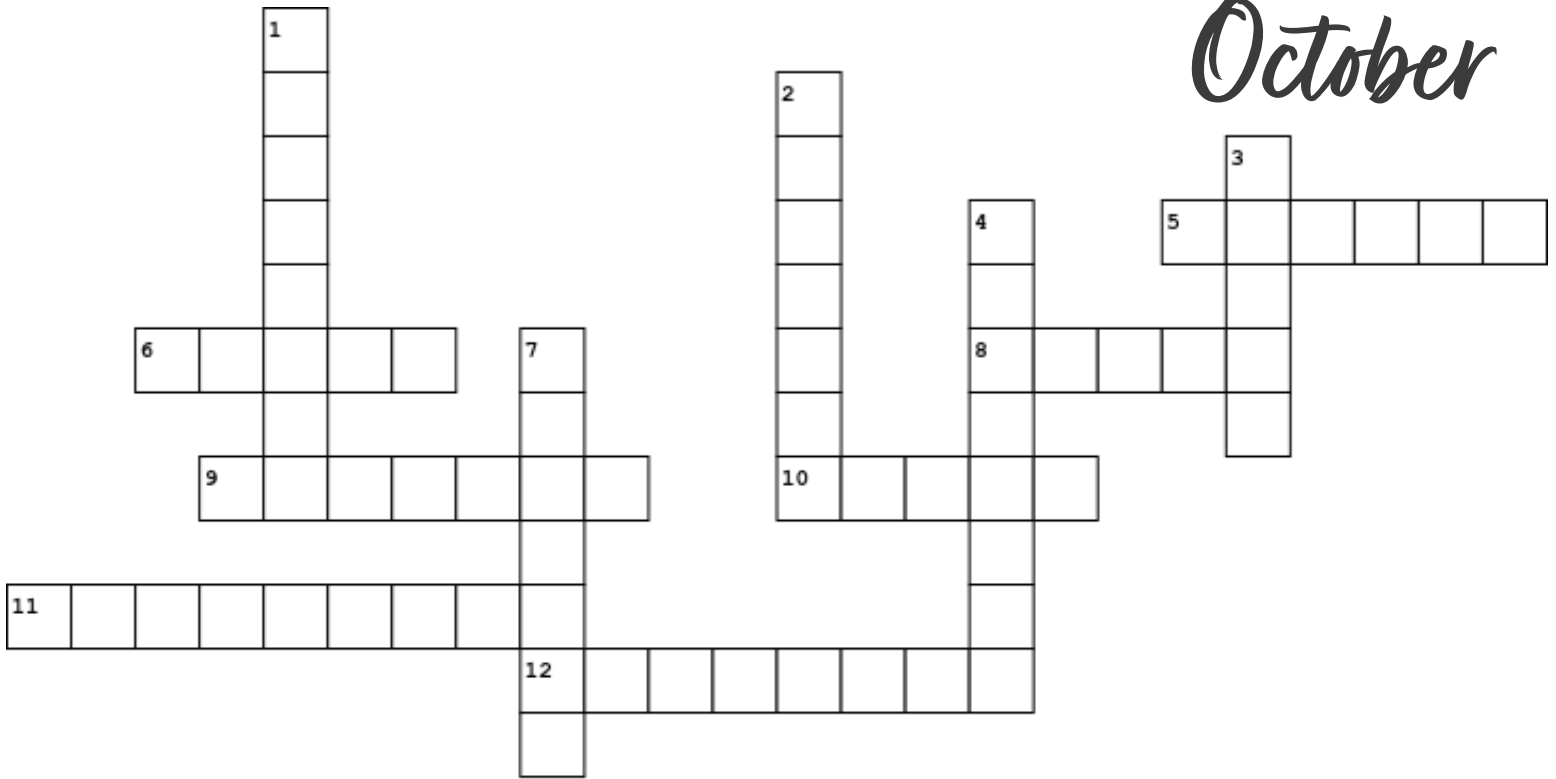
-  **Cleaning can benefit physical health**
-  **Gain control of your environment**
-  **Improve your mood**
-  **Increase your focus**
-  **Improve your sleep**
-  **More free time**
-  **Lightens the mental load**

Getting rid of clutter would **eliminate 40%** of housework in the average home.

  
AssuredPartners

<https://simplelionheartlife.com/decluttering-for-self-care/>  
<https://organisemyhouse.com/clutter-statistics/>

# October



## Across

5. The free fitness class option now includes True \_\_\_\_\_ Wellness, located at 207 W Water St in Sandusky.
6. Get quality sleep, stay active and \_\_\_\_\_ plenty of water to keep your immune system strong.
8. By getting organized and planning out what you can do \_\_\_\_\_ of time, you can reduce your holiday stress.
9. The flu can cause \_\_\_\_\_ complications for people of any age, but children and the elderly are most vulnerable.
10. Don't be afraid to shop \_\_\_\_\_. Sometimes, you can get great deals on presents even before the holiday season hits.
11. Refrigerate oats \_\_\_\_\_ or for at least 6 hours for a quick and healthy breakfast or snack.
12. The \_\_\_\_\_ wellness fair is being held Wednesday, October 5 from 2:30 - 5:30 pm in the SHS cafeteria.

## Down

1. Research has found that cleaning can have a number of \_\_\_\_\_ effects on your mental health.
2. You can decrease your risk of injuries and \_\_\_\_\_ your performance in physical activities by stretching.
3. Wash your \_\_\_\_\_ often using soap and warm water to protect against germs.
4. The 1st quarter wellness reimbursement \_\_\_\_\_ is Saturday, October 15th.
7. Getting rid of \_\_\_\_\_ would eliminate 40% of housework in the average home.

Name \_\_\_\_\_ Building \_\_\_\_\_  
Submit completed crosswords using the online Wellness Activity Form by Tuesday, November 1st.