

# Working on Wellness

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## SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER JULY 2023

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### In This Month's Issue:

- Firecracker Challenge
- Swim Strength
- Pineapple Whip
- Protect Your Skin from the Sun
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

### What's Up with Wellness

- July Take Ten Session - 25 Wellness Points: How does alcohol cause hangovers?  
Judy Grisel via TED Health
  - July Take Ten Session Google Form
- July Wellness Challenge - 25 Wellness Points: Firecracker challenge - Page 2
- July Crossword Puzzle - 25 Wellness Points: Page 8 or complete the puzzle online!  
Complete the puzzle, click print then save as PDF or screenshot to submit online.
- Wellness Book Bingo - 100 Wellness Points: Throughout the 2023/2024 school year, read books on the board to complete a bingo! - Page 7
  - Complete the Google Form for each book you read.
- 4th Quarter Wellness Reimbursement Deadline: Saturday, July 15th
- 2022/2023 Wellness Year Activity Submission Deadline: Saturday, July 15th
- Free Fitness Classes OR Wellness Reimbursement: Temporarily discontinued
- Open Way Yoga Online Class Library

**Submit your July wellness activities by Tuesday, August 1!**

**All wellness activities can be found on the SCS Wellness website**

# Firecracker

## CHALLENGE

  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <input type="checkbox"/> 10 SQUATS 10 LUNGES 5 PUSHUPS	2 <input type="checkbox"/> 11 SQUATS 11 LUNGES 6 PUSHUPS
3 <input type="checkbox"/> 12 SQUATS 12 LUNGES 7 PUSHUPS	4 <input type="checkbox"/> 13 SQUATS 13 LUNGES 8 PUSHUPS	5 <input type="checkbox"/> 14 SQUATS 14 LUNGES 9 PUSHUPS	6 <input type="checkbox"/> 15 SQUATS 15 LUNGES 10 PUSHUPS	7 <input type="checkbox"/> 16 SQUATS 16 LUNGES 11 PUSHUPS	8 <input type="checkbox"/> 17 SQUATS 17 LUNGES 12 PUSHUPS	9 <input type="checkbox"/> 18 SQUATS 18 LUNGES 13 PUSHUPS
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31 <input type="checkbox"/> 40 SQUATS 40 LUNGES 35 PUSHUPS						

NAME:

# Swim Strength

## 3 SWIM WORKOUTS FOR BEGINNERS

Grab your pull buoy and kick board to help with these exercises. These are great for breaking up regular lap swim and keeping your workout exciting.

### LAPS WITH KICKBOARD

- Swim one lap (from one end of the pool to the other end)
- Use a kick board for the second lap, relying on just your legs to push you forward
- Use a pull buoy for the third lap, relying on just your arms to pull you forward
- Repeat for 15 to 20 minutes for a great full body workout

### 5-MINUTE REPEATS

- Swim laps for 5 minutes, taking breaks at either end of the pool for 15 to 30 seconds
- Use the kick board for five minutes
- Repeat three times for a full body, cardio workout

### SWIM AND WATER WALK

- Swim one lap
- Walk briskly back to your starting point
- Repeat for 15 to 20 minutes

## HEALTH BENEFITS OF

# PINEAPPLE



Good source of antioxidants  
Boosts immunity  
Maintains skin health  
Promotes healthy bones  
Helps with sinus issues  
Has cancer-fighting properties  
Eases arthritis symptoms  
Helps prevent and treat acne

## PINEAPPLE *Whip*

1 pineapple (peeled, cored, cut into chunks and frozen)  
1/2 cup coconut milk  
1 - 3 tablespoons of sweetener (honey or maple syrup)

1. Peel, core and cut one fresh pineapple into chunks. Spread chunks on a lined baking sheet and freeze until solid.
2. Place frozen pineapple chunks in a food processor together with 1/2 cup of coconut milk. Process until the mixture is smooth and creamy. Scrape down the sides and add more milk as needed to achieve a smooth consistency.
3. Taste the pineapple whip and add sweetener to your liking.
4. To achieve a soft serve-like look, fit in a piping bag with a star tip. Fill the pineapple whip into the bag and pipe into serving bowls in a swirling motion.



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<https://stylesatlife.com/articles/pineapple-benefits/>

# Sun Safety

## 10 Ways to Protect Your Skin from the SUN

- 1 Wear sunscreen every day
- 2 Reapply every 80 minutes
- 3 Wear sunglasses with UV Protection
- 4 Regularly check your skin
- 5 Choose cosmetics with UV Protection
- 6 Use broad-spectrum sunscreen
- 7 Check sunscreen expiration date
- 8 Try to use water-resistant sunscreen
- 9 Use lip balm with sunscreen
- 10 Wear a broad-brimmed hat



The sun is the best way to get vitamin D, which your body needs to absorb calcium. 15 minutes in the sun a day can help you achieve your vitamin D goal.

# MENTAL HEALTH MINUTE

JULY 2023



## Take a Social Media Break for Your Mental Well-being

A Healthline survey recently found that 25% of people say social media negatively impacts their mental well-being, and more than half (53%) believe cutting down on social media use could improve their mental health. Other studies have found that social media use can worsen loneliness, depression, anxiety, self-worth and quality of sleep. Despite this, many people turn to social media out of habit or to relax.

Consider the following tips for reducing social media use:

- **Find alternative sources of relaxation.** If you turn to social media to help you unwind, try exchanging it for another activity, such as walking, reading, crafting, listening to music, baking, yoga, meditating or playing with a pet.
- **Try other ways to connect.** If you use social media to communicate with others, consider alternatives, like volunteering, calling friends or family, inviting people over for dinner, joining community clubs, chatting with neighbors or taking an exercise class.
- **Seek other means of entertainment.** Engage in

other forms of entertainment. For example, try listening to podcasts, reading, learning something new, or going to a local museum or art show.

## Setting Boundaries

For some, quitting social media altogether may be an unrealistic goal. Focus instead on creating a healthy relationship with social media by:

- Unfollowing accounts that leave you with negative emotions
- Deleting any negative comments or messages
- Striving not to compare yourself to others
- Prioritizing your mental health

If social media hurts your mental health, take a break and try an alternative source of entertainment, connection and relaxation.

## Understanding the Impact of Loneliness on Your Health

While it's normal to feel lonely sometimes, persistent feelings of loneliness can seriously affect your physical and mental health.

People who experience chronic loneliness are more likely to develop the following conditions:

- Heart disease
- A weak immune system
- Alzheimer's disease
- Inflammation
- Obesity
- High blood pressure

There are also strong correlations between long-term loneliness and the following mental health conditions or symptoms:

- Low self-esteem
- Stress
- Sleep issues
- Substance misuse
- Mood disorders (e.g., depression)

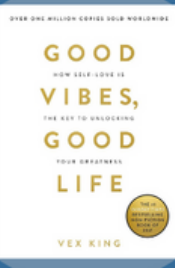
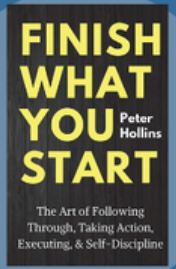
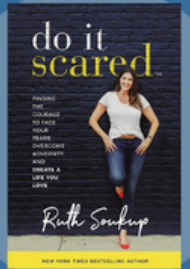
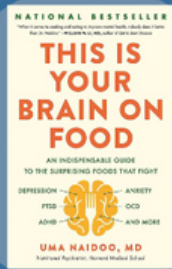
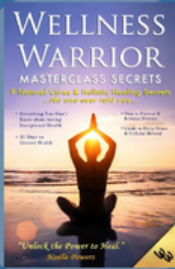
## Challenging Loneliness

Fostering strong social connections and caring for yourself can help you combat loneliness in your daily life. Here are some strategies to try:

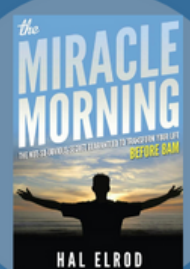
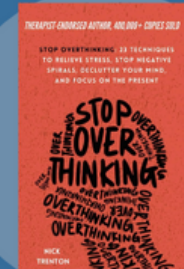
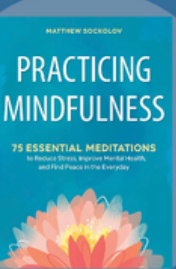
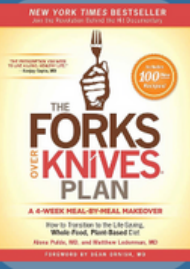
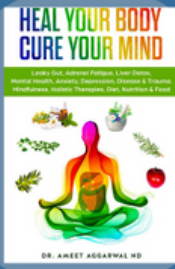
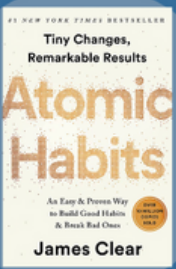
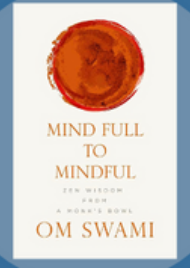
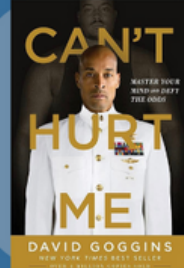
- **Reach out to others.** Call or spend time with those who support and uplift you.
- **Try new things.** Volunteer in your community, take a dance class or join a local sports team to meet new people.
- **Focus on self-care.** Prioritize meaningful activities that make you feel good, such as crafting, eating well and exercising.
- **Challenge negative thoughts.** Be conscious of how loneliness can change the way you feel. Combat negative thought patterns by expecting the best out of other people and yourself.

Left unchecked, enduring feelings of loneliness can have significant mental and physical health ramifications. Proactively engaging with others and prioritizing activities that boost your mental state can help you challenge negative perceptions.

# Sandusky Wellness BOOK BINGO

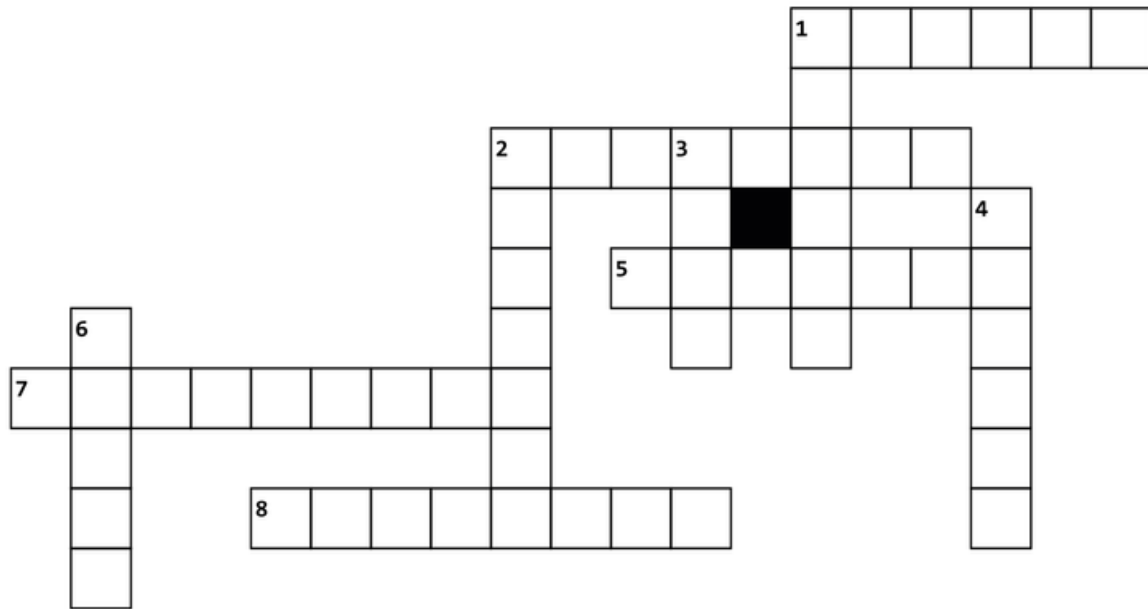


Free  
space



Name: \_\_\_\_\_

# July Wellness Crossword



## Across

1. Fostering \_\_\_\_\_ social connections and caring for yourself can help you combat loneliness in your daily life.
2. Left unchecked, enduring feelings of loneliness can have significant mental and \_\_\_\_\_ health ramifications.
5. 15 minutes in the sun a day can help you achieve your \_\_\_\_\_ D goal.
7. You only need \_\_\_\_\_, coconut milk and honey or maple syrup to make pineapple whip.
8. Focus on creating a healthy relationship with social media by unfollowing accounts that leave you with \_\_\_\_\_ emotions and striving not to compare yourself with others.

## Down

1. A Healthline survey recently found that 25% of people say \_\_\_\_\_ media negatively impacts their mental well being.
2. \_\_\_\_\_ your skin from the sun by wearing sunglasses with UV protection and a broad brimmed hat.
3. Swim workouts are great for breaking up regular lap \_\_\_\_\_ and keeping your workout exciting.
4. If you turn to social media to help you \_\_\_\_\_, try exchanging it for another activity such as walking, reading, crafting, listening to music, baking, yoga, meditating or playing with a pet.
6. Pineapple is a good source of antioxidants, maintains skin health, helps with \_\_\_\_\_ issues and eases arthritis symptoms.