

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER AUGUST 2023



In This Month's Issue:

- Pack Lunch Challenge
- Benefits of Jogging
- Benefits of Corn
- Save a Life
- Mental Health Minute
- Employee Wellness Fair
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: Enjoy the Moment - Radio Headspace
 - Take Ten Session Google Form
- Wellness Challenge - 25 Wellness Points: Pack/Plan Your Lunch - Page 2
- Crossword Puzzle - 25 Wellness Points: Page 9 or online! Complete the puzzle, click print then save as PDF or screenshot to submit online.
- Employee Wellness Fair - 100 Wellness Points: Monday, September 11th in the SIS Cafeteria after PD activities 2:30 pm - 4:30 pm. Flu shots, vendors, snacks and giveaways! - Page 7
- Wellness Book Bingo - 100 Wellness Points: Throughout the 2023/2024 school year, read books on the board to complete a bingo! - Page 8
 - Complete the Google Form for each book you read.
- Free Fitness Classes OR Wellness Reimbursement: Temporarily discontinued
- Open Way Yoga Online Class Library

Submit your August wellness activities by Tuesday, September 5th!
All wellness activities can be found on the SCS Wellness website

PACK YOUR LUNCH CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
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27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>		

TIPS

- Plan ahead for the food you want to pack for lunch
- Keep your lunch simple
- Meal prep ahead of time for the whole week
- Only pack what you like to eat
- Revive leftovers for a new lunchtime meal
- Pack a dessert or small treat
- Pack your lunch the night before

THE DETAILS

- The challenge runs from the first day of the month until the last day.
- Pack your lunch at least 15 days.
- Check off each day you bring your lunch to work.

YOUR NAME

9 **HEALTH** **BENEFITS OF** **JOGGING**

- Enhances Cardiovascular Fitness
- Develops Muscle Strength
- Improves Muscular Endurance
- Builds Stronger Bones
- Facilitates Weight Loss
- Boosts the Immune System
- Useful for Active Recovery
- Reduces Disease Risk
- Improves Mental Health

RUNNING WORKOUT ***FOR BEGINNERS***

youtube.com/watch?v=AIM_p46cua8





HEALTH BENEFITS OF **CORN**

- SPEEDS UP WEIGHT LOSS
- IMPROVES DIGESTIVE HEALTH
- HELPS LOWER LDL CHOLESTEROL LEVELS
- AN EXCELLENT PRE-BIOTIC
- PREVENTS ANEMIA
- RICH SOURCE OF PROTEIN
- HELPS KEEP BLOOD HEALTHY
- PROMOTES HEALTH NERVES AND MUSCLES
- PACKED WITH VITAMINS AND MINERALS

BLACK BEAN & CORN GUACAMOLE

- 3 MEDIUM RIPE AVOCADOS, PEELED AND CUBED
- 2 TO 3 TBS FRESH LIME JUICE
- 1/2 TO 1 TSP KOSHER SALT
- 1/2 C. BLACK BEANS, RINSED AND DRAINED
- 1/2 C. UNCOOKED FRESH WHOLE KERNEL CORN
- 1/4 TSP COARSELY GROUND PEPPER

IN A BOWL, MASH AVOCADOS UNTIL ALMOST SMOOTH. STIR IN LIME JUICE AND SALT. LET STAND 10 MINUTES TO ALLOW FLAVORS TO BLEND. TOP WITH BLACK BEANS, CORN AND PEPPER.

SAVE A LIFE

IN AN EMERGENCY, WOULD YOU KNOW WHAT TO DO?

- Before starting CPR, check if the person is conscious
- Check for normal breathing, waiting no more than 10 seconds.
- If there is no response, call 911.
The operator will assist you with CPR administration.

To learn CPR properly, take a training course from an accredited organization. Scan the QR code below to find one:



If **CPR is needed**, put the person on his or her back and **remember CAB**:

Chest compression

Place the heel of one hand over the center of his or her chest, with the other hand on top and fingers entwined. Push straight down and compress the chest 2 inches. Give compressions at a rate of 100 per minute, or 1.5 per second.

After 30 compressions, tilt the head back and give 2 breaths. Continue with 30 pumps and 2 breaths until help arrives.

Airway

Open the airway by gently pushing the forehead down and tilting the chin up.

Breathing

Pinch the nostrils shut and cover the person's mouth with yours. Give a 1-second breath and watch to see if the chest rises. If not, give a second breath.

MENTAL HEALTH MINUTE

AUGUST 2023



The Link Between Health and Happiness

Happiness is a positive emotion that can include feelings of gladness, satisfaction, joy and well-being. Many Americans desire happy, fulfilling lives. However, happiness is not an isolated feeling. It's complex and connected to your overall physical and mental health.

Happiness and Physical Health

A study published in the Psychological Science Journal found a link between happiness and physical health. When your body is healthy, it serves as a foundation for happiness to thrive. Exercise, diet and sleep all play vital roles in facilitating health and happiness.

The body releases natural feel-good chemicals known as endorphins during physical activity. This can improve mood and reduce stress and anxiety. Physical activity also improves cardiovascular health and boosts energy levels.

A balanced diet of lean proteins, fresh fruits and vegetables, whole grains and healthy fats can support improved cognitive function, emotional stability and overall well-being.

Sleep is another factor that impacts health and happiness. Studies show that quality sleep can improve focus, mental health, cognitive performance and emotional resilience.

Happiness and Mental Health

Mental health plays a critical role in overall well-being and happiness. It encompasses your emotional, psychological and social state. Strong mental health allows happiness to flourish.

Healthy relationships are crucial for mental well-being. Supportive friendships and positive social interactions can foster a sense of belonging and contribute to happiness.

Professional guidance can also help you maintain positive mental health. Mental health professionals can provide tools and support to overcome challenges. They can also help you identify and address any underlying mental health conditions which can contribute to your happiness in the long run.

Do You Know About 988?

The 988 Suicide and Crisis Lifeline hotline was launched in 2022 to help people in emotional distress or a suicidal crisis. Similar to how 911 exists for medical emergencies, this three-digit code was created for psychological emergencies.

Anyone can call or text 988 to be immediately connected with trained mental health counselors who will listen and provide support. Counselors may also connect you with additional resources if necessary.

You may call 988 for various mental health crises, including but not limited to self-harm, addiction and suicidal ideation. You can also call 988 on behalf of another person to help a friend or family member get through a difficult time.

What Is 988?

The three-digit code, 988, is new, but the Suicide and Crisis Lifeline has existed since 2005 and received over 20 million calls.

Previously, callers could only reach the Suicide and Crisis Lifeline by dialing 1-800-273-8255 (TALK). However, experts worried the number was too

difficult to remember, prompting them to launch the new 988 code.

The same services are available whether you call the original Suicide and Crisis Lifeline or call or text 988.

Spreading the Word

According to the Centers for Disease Control and Prevention, suicide was among the [top 9](#) leading causes of death among people ages 10-64 in 2021. It was the second leading cause of death among people ages 10-12 and 20-34.

The Suicide and Crisis Lifeline provides accessible care to anyone experiencing distress, substance abuse, suicidal thoughts or a mental health crisis.

Spread the word about the 988 dialing code to ensure your friends and family know how to get help in a mental health emergency.



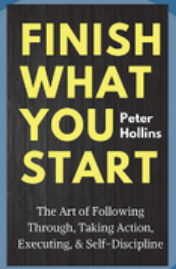
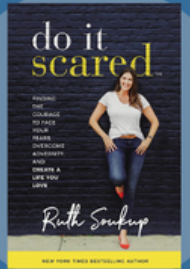
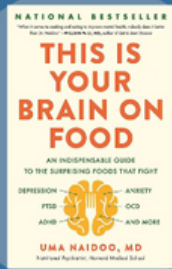
★ ★ ★
SANDUSKY CITY SCHOOLS

Employee
WELLNESS
★★★ *Fair* ★★★

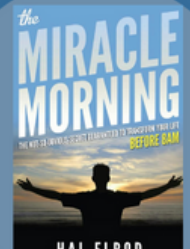
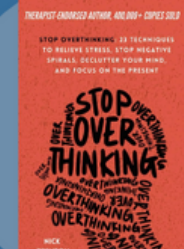
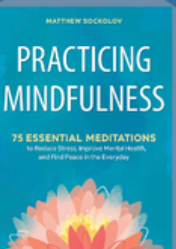
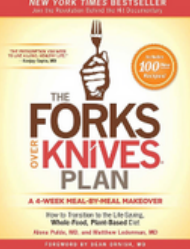
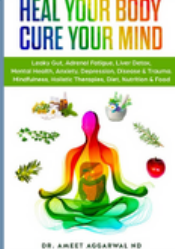
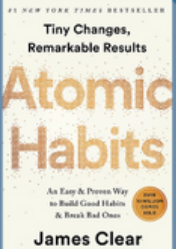
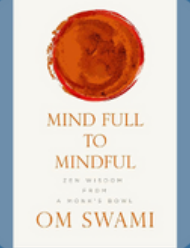
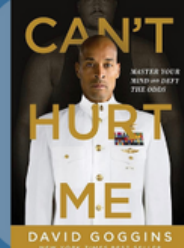


Monday, September 11, 2023
Sandusky Intermediate School Cafeteria
Following PD activities - 2:30 PM to 4:30 PM
Flu Vaccines ★ Vendors ★ Snacks ★ Giveaways

Sandusky Wellness BOOK BINGO

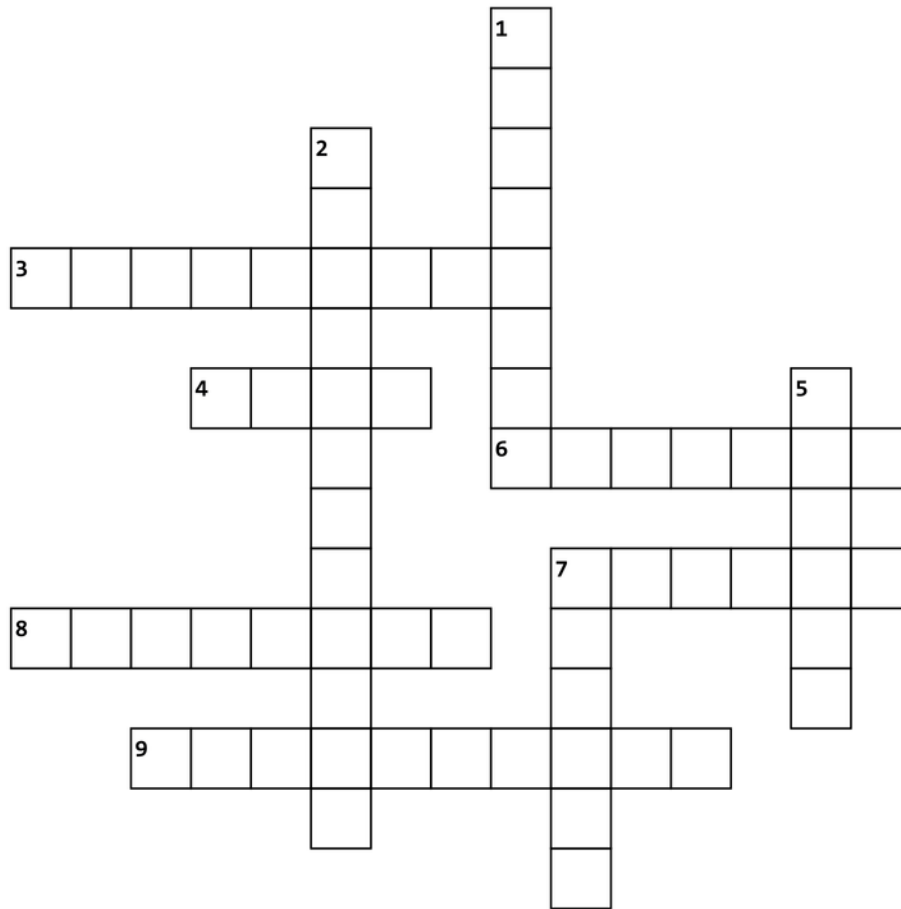


Free
space



Name: _____

August Wellness Crossword



Across

- 3.** The annual Employee Wellness Fair is Monday, _____ 11th after PD sessions in the Sandusky Intermediate School cafeteria.
- 4.** Grab avocados, limes, black beans and _____ to make a delicious spin on guacamole.
- 6.** Anyone can call or text 988 to be immediately connected with trained mental health counselors who will listen and provide _____.
- 7.** During CPR, open the _____ by gently pushing the forehead down and tilting the chin up.
- 8.** Supportive friendships and _____ social interactions can foster a sense of belonging and contribute to happiness.
- 9.** When your body is healthy, it serves as a _____ for happiness to thrive.

Down

- 1.** Corn is pack with vitamins and _____ and is an excellent pre-biotic.
- 2.** Give CPR _____ at a rate of 100/minute.
- 5.** Give a 1-second _____ and watch to see if the chest rises after completing compressions during CPR.
- 7.** Jogging enhances cardiovascular fitness, improves muscular endurance and is useful for _____ recovery.