

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER SEPTEMBER 2023



In This Month's Issue:

- Cut Out Sugary Beverages
- Daily 30
- Benefits of Almonds
- Cholesterol
- Mental Health Minute
- Employee Wellness Fair
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: Why do we have crooked teeth when our ancestors didn't? - G. Richard Scott - TED Health
 - Take Ten Session Google Form
- Wellness Challenge - 25 Wellness Points: Cut Out Sugary Beverages - 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 September wellness activities by Tuesday, October, 3rd!
All wellness activities can be found on the SCS Wellness website

CUT OUT



SUGARY BEVERAGES

BINGO

GET 3 IN A ROW FOR A BINGO

<input type="checkbox"/> Drink tea instead of coffee	<input type="checkbox"/> Infuse your water with different fresh fruits	<input type="checkbox"/> Try sparkling water for that bubbly feeling
<input type="checkbox"/> Add fresh vegetables to your smoothie	<input type="checkbox"/> Refresh with a glass of coconut water	<input type="checkbox"/> Give plant based milk a try (soy, almond)
<input type="checkbox"/> Add fresh juice to sparkling water	<input type="checkbox"/> Juice fresh vegetables	<input type="checkbox"/> Try Kombucha (a fermented tea)

SUGARY DRINKS CAN INCREASE YOUR RISK OF:

- Cavities
- Type 2 diabetes
- Unhealthy weight gain and obesity
- Heart disease

Name:

daily30

BENEFITS OF EXERCISING DAILY

- CONTROLS WEIGHT
- PROMOTES BETTER SLEEP
- IMPROVES YOUR MOOD

- BOOSTS ENERGY
- COMBATS DISEASES
- LOWERS RISK OF HEALTH CONDITIONS

NO TIME? YOU CAN BREAK UP THE 30 MINUTES THROUGHTOUT YOUR DAY



30 MINUTE WORKOUT FOR BEGINNERS

[HTTPS://YOUTU.BE/TLEMSJG30ZU](https://youtu.be/TLEMSJG30ZU)





HEALTH BENEFITS OF ALMONDS

- High in muscle-building protein and heart healthy fiber
- Anti-inflammatory properties
- High in antioxidants
- Helps raise 'good' cholesterol levels
- Helps lower 'bad' cholesterol levels
- A good source of gut-friendly prebiotics
- High in magnesium

BLUEBERRY ALMOND CHIA PUDDING

- ½ c. unsweetened almond milk
- 2 tbsp. chia seeds
- 2 tsp. pure maple syrup
- ½ tsp. almond extract
- ½ c. fresh blueberries, divided
- 1 tbsp. toasted slivered almonds

STEP 1

Stir together almond milk, chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours.

STEP 2

When serving, stir the pudding well. Spoon about half the pudding into a bowl and top with half the blueberries and almonds.

CHOLESTEROL *and* TRIGLYCERIDES



Cholesterol and Triglycerides (TGs) are types of fat that circulate in our body.

Cholesterol helps the production of hormones, the formation of healthy cells or the absorption from food. TGs are converted and stored for when we need energy before meals.



HDL, *GOOD* CHOLESTEROL

It carries the cholesterol from the body back to the liver, where it's eliminated. It helps not to build up plaques in the vessels.

LDL, *BAD* CHOLESTEROL

It stores cholesterol. Too much fat leads to the formation of plaque in the vessels.



TRIGLYCERIDES

TGs both store and transport fat. The more calories you eat, the more are stored.



WHO'S AT RISK?

Everyone! But, especially those with a family history of diabetes, high blood pressure, kidney disease, and smoking. Men over 40 and women over 50 or in menopause.

HOW DOES IT AFFECT ME?

If cholesterol plaque builds up on the walls of your vessels, the blood flow will slowly decrease until it stops. This is when heart attacks or strokes are possible.



WHAT CAN I DO?



Moderate exercise:
30 to 60 minutes daily



Take the medication prescribed by your doctor



Don't smoke



Eat smart:
Vegetables, fruits, whole grains, plant-based protein, fish

MENTAL HEALTH MINUTE

SEPTEMBER 2023



The Connection Between Gut and Brain Health

Recent research indicates that the communication between your brain and your gut plays a crucial role in your overall health. Scientists suggest this connection may be the reason you feel “butterflies” when you’re nervous or “sick to your stomach” when you’re dreading something. It also has a significant impact on your overall health.

What Is the Brain-gut Connection?

The vagus nerve connects your brain and your gut (known as the gut-brain axis) and sends signals in both directions. The brain and the gut both contain neurons that tell your body how to behave. They also contain neurotransmitters, which control feelings and emotions. Interestingly, many neurotransmitters are produced in the gut. In fact, the largest amount of your body’s serotonin is produced there, impacting mood, perception, attention and memory.

How Does the Gut-brain Axis Work?

Your brain directly impacts the function of your stomach and intestines. For example, chronic stress can cause gastrointestinal

problems. The connection also works in reverse. The intestine can send troubled signals to the brain that cause anxiety, stress or depression. An unhealthy gut is also linked to dementia and lowered cognitive functions.

Tips for Improving Gut Health

Improving your gut health can contribute to brain health, enhance cognitive function and help ward off disease. You can improve gut health with the following foods:

- Diverse foods
- Lots of fruits, vegetables and legumes
- High-fiber foods
- Fermented foods (e.g., yogurt, kimchi and kefir)
- Prebiotic foods
- Whole grains
- Plant-based foods
- Foods with polyphenols (e.g., red wine, grape skins, onions and blueberries)
- Probiotics

Conclusion

Your gut health significantly impacts the health of your brain and body. By eating foods that promote gut health, you may experience improved focus, better mental health and reduced risk of disease.

Most Americans Should Be Screened for Anxiety

Amid a mental health crisis, the U.S. Preventive Services Task Force (Task Force) recommends that all adults under the age of 65 get screened for anxiety regularly. Last year, the Task Force also amended recommendations to include children ages 8 to 17. This means all people 8 to 65 should be screened for anxiety.

The Task Force stops short of recommending anxiety screening for adults over 65 because many common symptoms of aging (e.g., pain, fatigue and trouble sleeping) are also symptoms of anxiety.

Why Is Anxiety Screening Important?

Anxiety is common. According to the American Psychiatric Association, nearly 30% of adults experience anxiety disorders at some point in their lives.

Anxiety usually begins in childhood and early adulthood, and symptoms usually decline with age. It may look different for everyone. However, common symptoms include anxious thoughts that are difficult to control, fatigue, irritability, restlessness, sleep

problems, and unexplained aches and pains.

Screening is crucial for diagnosis, as anxiety symptoms might not be noticeable during regular doctor visits. If you have symptoms of anxiety, contact your medical health care professional immediately. Don’t wait for your annual physical.

September Is National Suicide Prevention Month

Mental illness and mental health issues often contribute to suicide. Everyone can help prevent suicide. You can save lives by dialing 988, the National Suicide and Crisis Lifeline (the Lifeline). Similar to calling 911 for physical emergencies, 988 is for people in emotional distress or suicidal crisis.

You can call 988 if you’re experiencing a mental health crisis or for somebody else who’s in distress. Call or text 988 or get help online at 988lifeline.org/chat.



★ ★ ★
SANDUSKY CITY SCHOOLS

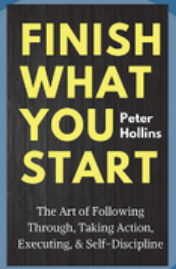
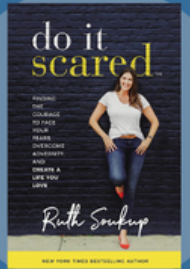
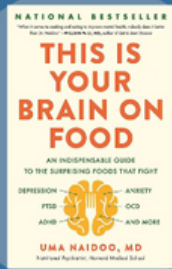
Employee
WELLNESS
★★★ *Fair* ★★★



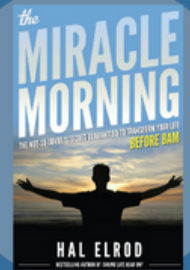
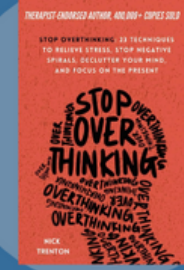
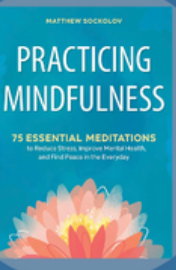
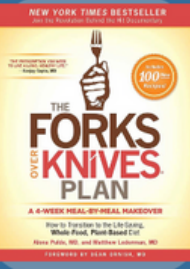
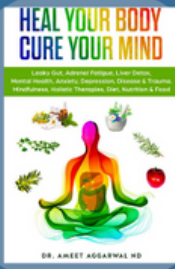
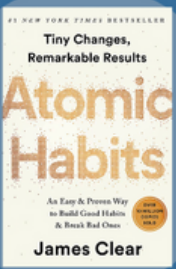
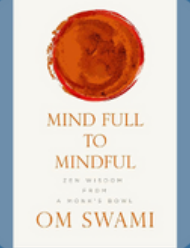
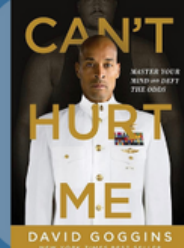
Monday, September 11, 2023
Sandusky Intermediate School Cafeteria
Following PD activities - 2:30 PM to 4:30 PM
Flu Vaccines ★ Vendors ★ Snacks ★ Giveaways



Sandusky Wellness BOOK BINGO

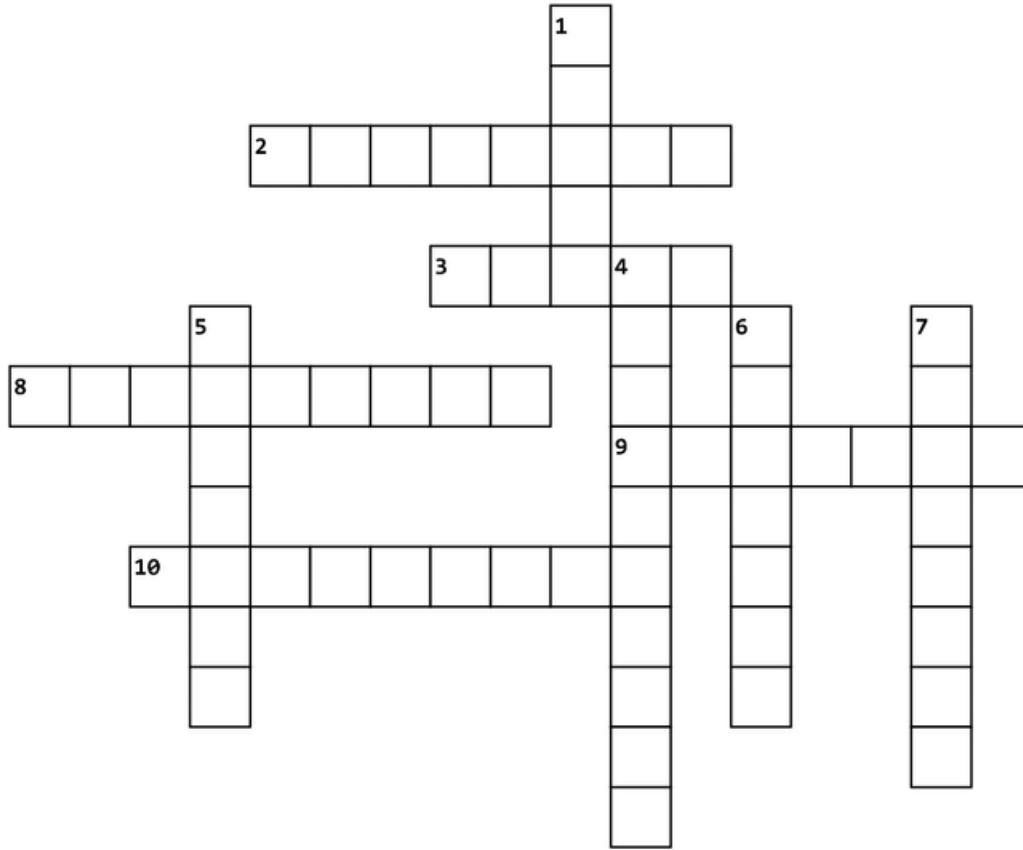


Free
space



Name: _____

September Wellness Crossword



Across

- 2.** Improving your gut health can contribute to brain health, enhance cognitive _____ and help ward off disease.
- 3.** Exercising daily boosts energy, promotes better _____ and lowers your risk of health conditions.
- 8.** The annual Employee Wellness Fair is Monday, September 11th after PD sessions in the Sandusky Intermediate School _____.
- 9.** You can break up the 30 _____ of exercise throughout your day if you can't complete it all at once.
- 10.** The largest amount of your body's _____ is produced in your gut, impacting mood, perception, attention and memory.

Down

- 1.** Almonds help _____ good cholesterol levels and lower bad cholesterol levels.
- 4.** HDL (good cholesterol) carries the cholesterol from the body back to the liver, where it's _____. It helps not to build up plaques in the vessels.
- 5.** If cholesterol plaque builds up on the walls of your _____, the blood flow will slowly decrease until it stops. This is when heart attacks or strokes are possible.
- 6.** Common symptoms of anxiety include anxious thoughts that are difficult to _____, fatigue, irritability, restlessness, sleep problems and unexplained aches and pains.
- 7.** If you read 'This is your Brain on Food', 'Living Well, _____ Less', 'Feeling Great' and 'The Total Money Makeover', you will get a wellness book bingo!