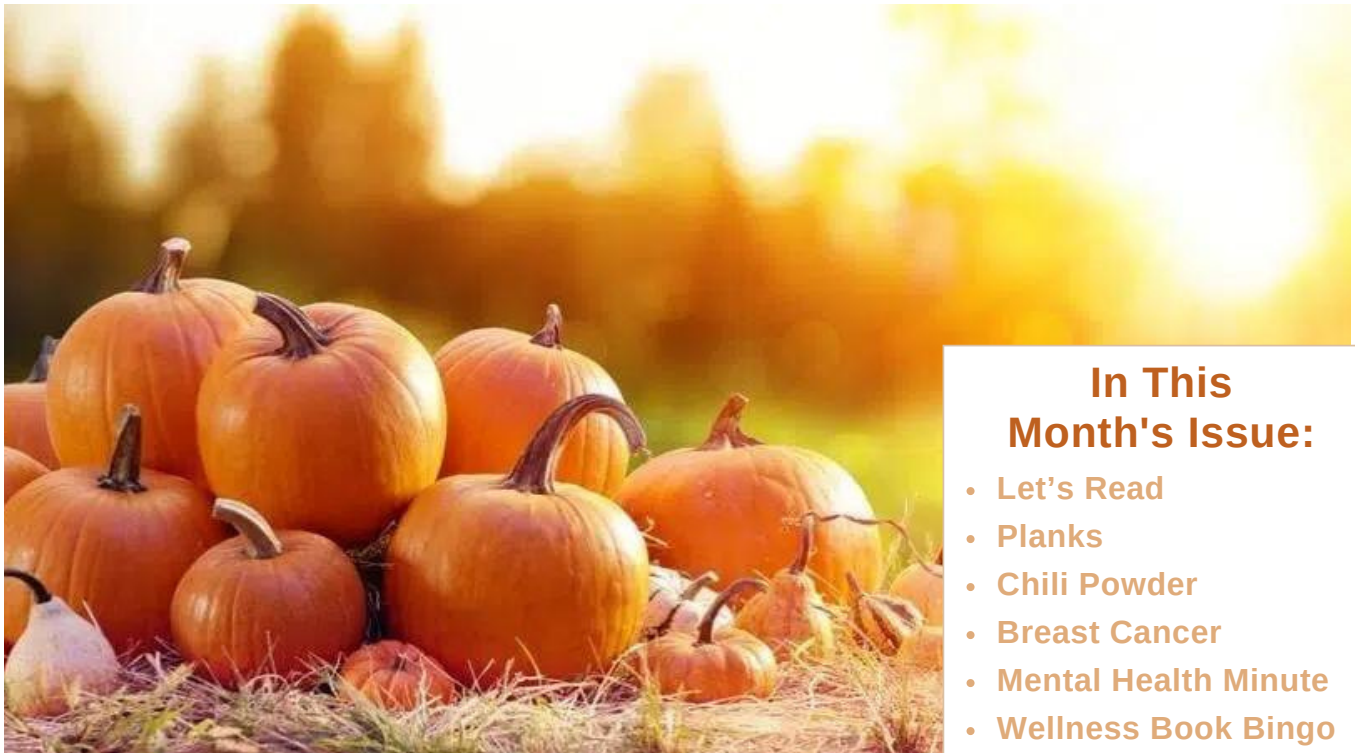


Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER OCTOBER 2023



In This Month's Issue:

- Let's Read
- Planks
- Chili Powder
- Breast Cancer
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: BIG Change in 5 seconds with Mel Robbins - Radio Headspace
 - Take Ten Session Google Form
- Wellness Challenge - 25 Wellness Points: Let's Read - Page 2
- Crossword Puzzle - 25 Wellness Points: Page 8 or 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.
- Open Way Yoga Online Class Library
- Open Way Yoga Grief Yoga begins on Monday, Oct. 2 at 7:30 pm at the Huron Studio at 607 Main Street. Anyone experiencing grief or loss is invited to attend the 10 week session using breathwork, movement, and other tools to help normalize and build resilience in the experience of grief. This is a free event sponsored by the Madison Brenton Foundation.

Submit your October wellness activities by Tuesday, November 7th!
All wellness activities can be found on the SCS Wellness website



LET'S READ

- ☐ SET A WEEKLY READING GOAL
- ☐ SET A DESIGNATED DAY OF THE WEEK AND TIME TO READ
- ☐ USE YOUR LIBRARY'S FREE DIGITAL APPS SUCH AS HOOPLA AND LIBBY
- ☐ CONSIDER DIGITAL READING OPTIONS SUCH AS KINDLE OR IPAD
- ☐ OBTAIN A LIBRARY CARD IF YOU DON'T HAVE ONE
- ☐ CHECK OUT REVIEWS FOR BOOKS ON GOODREADS
- ☐ TALK TO FRIENDS ABOUT THEIR FAVORITE BOOKS
- ☐ SWAP BOOKS WITH FRIENDS
- ☐ JOIN A BOOK CLUB

SET YOUR OWN READING GOALS

- ☐
- ☐
- ☐

LOOKING FOR BOOK RECOMMENDATIONS?
CHECK THESE NATIONAL BOOK CLUBS.



NAME:



HEALTH BENEFITS OF **PLANKS**

**STRENGTHENS THE ENTIRE BODY
IMPROVES YOUR POSTURE
REDUCES LOWER BACK PAIN**

**INCREASES FLEXIBILITY
IMPROVES YOUR BREATHING
ENHANCES YOUR BALANCE**



HOW TO PLANK FOR BEGINNERS

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BQUZ6ABUVS0](https://www.youtube.com/watch?v=BQUZ6ABUVS0)



Chili Powder



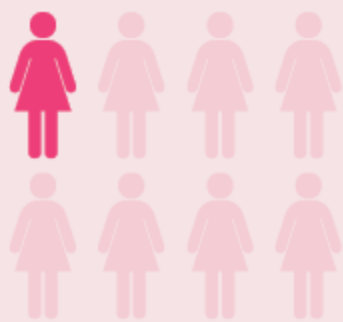
- Helps in digestion
- Maintains blood pressure levels
- Anti-inflammatory
- Helps in weight loss
- Aids in cognitive function
- Improves heart health
- Helps nasal congestion
- Improves eye health

Easy Turkey Chili

1lb ground turkey	1 ½ cups water
1 onion, chopped	1 tsp. chili powder
1 (15 oz.) can tomato sauce	1 tsp. garlic powder
1 (15 oz.) can kidney beans	salt and pepper to taste
1 (14.5 oz) can stewed tomatoes	

Place ground turkey and onion in a large saucepan over medium heat; cook and stir until meat is browned and onion is tender, about 5 to 7 minutes.

Stir in tomato sauce, kidney beans, stewed tomatoes with juice, and water. Season with chili powder, garlic powder, salt, and black pepper. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.



1 in 8 women will
be diagnosed with
breast cancer



Every 2 minutes a
case of breast
cancer is diagnosed



Breast cancer is a
leading cause of
death in women
around the world



Every 13 minutes a
woman dies of
breast cancer in
the USA

Breast Cancer

AWARENESS MONTH

HOW TO **REDUCE YOUR RISK**

- Keep a healthy weight
- Be physically active
- Drink alcohol in moderation
- If you are taking oral contraceptives, ask your doctor about the risks and find out if it is right for you
- Breastfeed your children, if possible
- Get age specific mammogram screenings
- If you have a family history of breast cancer, talk to your doctor about other ways to lower your risk
- Educate yourself on breast cancer early warning signs

THERE IS **HOPE**

- The mortality rate has been declining since 1989
- There are more than 3.1 million breast cancer survivors in the United States
- Physically active women are 25% less likely to develop breast cancer

MENTAL HEALTH MINUTE



October 2023

How Can Grounding Techniques Help Manage Feelings?

Grounding is a practice that can help you manage experiences such as flashbacks, unwanted memories or negative emotions. These techniques involve focusing on the present to distract yourself from anxiety and other challenging emotions.

Physical Grounding Techniques

Physically grounding yourself involves using your senses to help you navigate feelings of distress. A technique to physically ground yourself is to put your hands in water and focus on the temperature of the liquid or switch from cold water to warm water and back while focusing on the present moment.

Other physical grounding exercises include deep breathing, savoring food or drink, picking up nearby objects and moving your body (e.g., walking, running in place or doing jumping jacks).

Mental Grounding Techniques

You can mentally ground yourself with exercises that prevent mental distractions and

help redirect your thoughts to the present.

Such exercises include memory games, category-thinking (e.g., listing all the types of cake you can think of), reciting a song or book passage you know by heart, and visualizing a daily task you enjoy.

Soothing Grounding Techniques

Soothing techniques can be used to comfort yourself in times of high anxiety or distress. These techniques are intended to promote good feelings that reduce or distract from negative emotions.

You can practice soothing techniques by picturing the face of someone you love, repeating compassionate phrases about yourself, spending time with your pet, visualizing your favorite place or listing positive things.

Conclusion

Grounding techniques can help you manage unpleasant experiences like distress, anxiety, traumatic nightmares and flashbacks. Try these exercises to reduce distress when you first start to feel negative emotions.

Try These Mood-boosting Activities

Negative emotions and disappointments can easily derail your activities. Although it's common to be in a bad mood occasionally, letting negative emotions take over your day can leave you feeling worse. Instead of ignoring a bad mood, try a mood-boosting activity.

Free Mood-boosters

Walking outdoors is a great activity for improving your mood. Spending time outdoors and being in sunlight have both been proven to boost mood. Additionally, walking can release endorphins, which ease stress and discomfort.

Find ways to laugh, such as watching funny videos, sharing jokes with a friend, going online or watching comedians.

Try aromatherapy to de-stress. Smells can trigger positive memories and help relieve anxiety or stress. Find your favorite scented soap, smell something that reminds you of a loved one or sample a new essential oil.

Play cheerful and upbeat music. This can help boost your mood,

ease tension, reduce anxiety and even improve certain brain functions, such as memory.

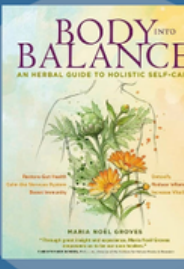
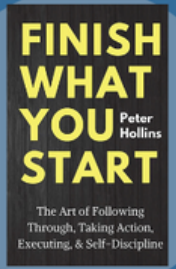
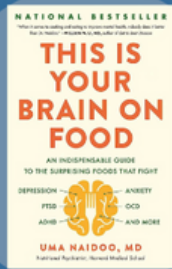
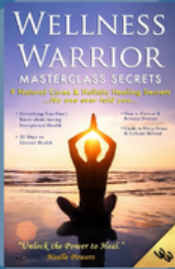
Do something nice for somebody else, such as a co-worker or friend. Being compassionate to others can make them feel better and may improve your mood as well. Consider small favors, such as doing chores for your housemate or partner, walking a neighbor's dog or helping a stranger with their groceries.

Talk to people in your life who uplift you. A short call or time spent with a loved one can help you reduce tension. As a bonus, your loved one may be able to make you laugh, take your mind off your troubles or remind you that you're not alone.

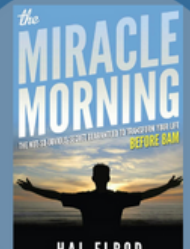
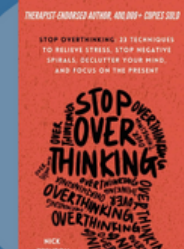
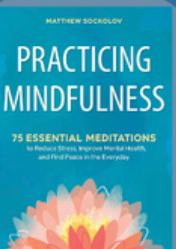
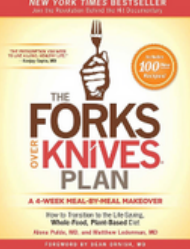
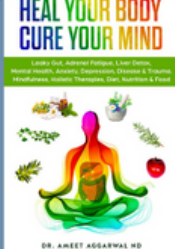
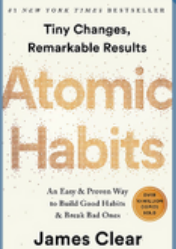
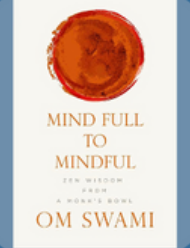
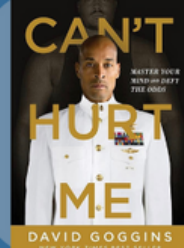
Conclusion

The next time you're in a bad mood, try one of these free mood-boosting activities to reduce stress and lessen the impact of negative emotions.

Sandusky Wellness BOOK BINGO

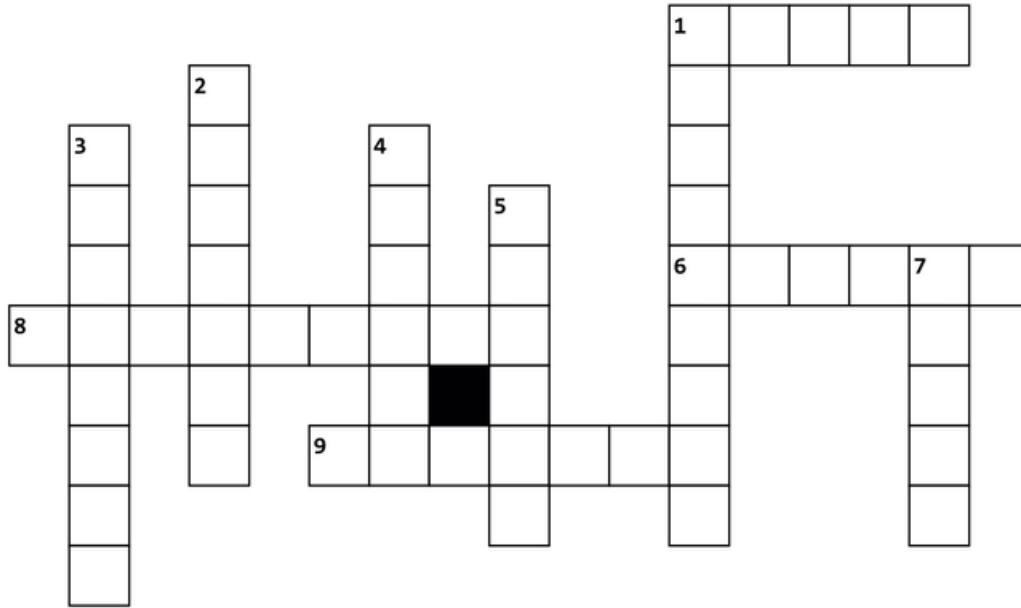


Free
space



Name: _____

October Wellness Crossword



Across

- 1.** Spending time outdoors and being in sunlight have both been proven to _____ mood.
- 6.** Add the ingredients for easy _____ chili to your grocery list for a quick and healthy mid-week dinner.
- 8.** Chili powder helps in digestion, is anti-inflammatory, aids in _____ function and helps nasal congestion.
- 9.** Playing cheerful and upbeat music can help boost your mood, ease _____, reduce anxiety and even improve certain brain functions, such as memory.

Down

- 1.** Physical grounding exercises include deep _____, savoring food or drink, picking up nearby objects and moving your body.
- 2.** Planks can strengthen your entire body, improve your posture, reduce lower back pain and enhance your _____.
- 3.** You can practice soothing techniques by spending time with your pet, visualizing your _____ place or listing positive things.
- 4.** Physically _____ women are 25% less likely to develop breast cancer.
- 5.** 1 in 8 women will be diagnosed with _____ cancer.
- 7.** Educate yourself on breast cancer _____ warning signs, get age specific mammogram screenings and drink alcohol in moderation to reduce your risk of breast cancer.