

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER
DECEMBER 2023



In This Month's Issue:

- Christmas Co-Worker Bingo Challenge
- Stress Down
- Health Benefits of Figs
- Avoid the Flu
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: Mastering Mindfulness - Transforming Time Perception on Radio Headspace
 - Take Ten Session Google Form
- Wellness Challenge - 25 Wellness Points: Christmas Bingo Challenge - Get to know your co-workers through this fun challenge that is sure to get you in the Christmas spirit- 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

Submit your December wellness activities by Tuesday, January 9th!
All wellness activities can be found on the SCS Wellness website

Name: _____



Christmas Bingo Challenge



Find a co-worker who matches each description.
Write his/her name in the box.

25 Wellness Points for completing a BINGO!

Someone who once wrote a letter to Santa	Someone who has already put up their Christmas tree	Someone who is going to celebrate Christmas with family	Someone who can sing the first line of a Christmas song	Someone who has a Christmas playlist
Someone who goes to church on Christmas eve	Someone who likes Christmas movies	Someone who has their birthday in December	Someone who loves Christmas	Someone who opens presents on Christmas Eve
Someone who makes Christmas cookies	Someone who put up Christmas lights outside	Someone who has a real Christmas tree	Someone who goes Christmas caroling	Someone who loves singing Christmas songs
Someone who sends Christmas cards	Someone who decorates their home	Someone who has a big Christmas gathering	Someone who reads Christmas stories	Someone who owns a Christmas sweater
Someone who wears red/green on Christmas	Someone who doesn't like Christmas	Someone who loves candy cane	Someone who wears a Santa hat for Christmas	Someone who makes Christmas ornaments

STRESS

▶▶▶▶ DOWN

The holidays are a time for family and cheer, but it can be overwhelming as well. Find ways to keep holiday stress in check.

WAYS TO COPE WITH HOLIDAY STRESS:

- Don't overspend - set a budget and stick to it
- Practice mindfulness and meditation
- Prevent burnout - it's OK to say NO
- Get some fresh air and sunlight
- Consider therapy
- Take a break

10 MINUTE STRESS RELIEF EXERCISES



<https://youtu.be/YaXPRqUwltQ>


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<https://tinyurl.com/mw44zthd>



THE HEALTH BENEFITS OF FIGS



REDUCES HIGH BLOOD PRESSURE
SUPPORTS HEALTHY HAIR AND SKIN
IMPROVES DIGESTION
MANAGES GLUCOSE LEVELS
INCREASES BONE DENSITY
PROMOTES HEART HEALTH

SUGAR FREE FIG JAM

- 2 lbs fresh ripe figs, washed and quartered (skin on)
- ¼ cup fresh lemon juice
- ¼ cup of water
- 2 tsp. lemon zest
- 1 tsp. vanilla extract
- Combine figs water and lemon zest in large saucepan.
- Simmer ingredients over medium low heat stirring constantly.
- When mixture becomes thick and sticky add lemon juice. Cover and simmer over low heat for one hour, stirring occasionally.
- Uncover and add vanilla extract.
- Blend all ingredients, but do not over blend.
- Simmer for fifteen minutes. Remove from heat and let cool.
- Fill preferred containers with jam.
- Enjoy with fresh brie cheese, honey, crackers, bread or scones!

AVOID THE FLU

YOU ARE YOUR BEST DEFENSE AGAINST VIRUSES AND OTHER INFECTIONS.
FOLLOW THESE SIMPLE TIPS TO KEEP YOU AND YOUR FAMILY HEALTHY:



WASH YOUR HANDS



**AVOID TOUCHING YOUR
EYES, NOSE AND MOUTH**



**USE ALCOHOL BASED
HAND SANITIZER**



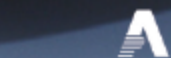
DISINFECT YOUR HOME



GET VACCINATED



**STAY HOME WHEN
YOU ARE SICK**



AssuredPartners

[HTTPS://TINYURL.COM/462BTJCB](https://tinyurl.com/462BTJCB)



MENTAL HEALTH MINUTE

DECEMBER 2023



Healthy Habits That Can Lower Your Risk of Depression

A recent international study published in the *Nature Mental Health* journal found that certain lifestyle factors can reduce the risk of depression by 57%. This study, which examined data from nearly 290,000 people over a nine-year period, found that there are seven lifestyle factors associated with a lower risk of depression, and sleep was at the top of the list.

The study found that getting between seven and nine hours of sleep each night could reduce the risk of depression, including single depressive episodes and treatment-resistant depression, by 22%. Furthermore, the study revealed that participants with the lowest genetic risk for depression were 25% less likely to develop depression than those with the highest genetic risk, representing a much smaller impact than lifestyle factors.

The seven lifestyle factors that were linked to lower rates of depression included the following:

- Limiting alcohol consumption
- Keeping a healthy diet

- Engaging in regular physical activity
- Maintaining a healthy sleep schedule
- Avoiding smoking
- Minimizing sedentary behavior
- Having frequent social connections

Adopting a Healthy Lifestyle

You can reduce your risk of depression and boost your mental and physical health by altering your lifestyle. This may include eating a diet that's high in lean proteins and vegetables, reducing your alcohol intake and getting 60 minutes of physical activity each day.

Additionally, you can encourage healthy sleeping habits by going to bed and waking up at the same time every day, avoiding caffeine and nicotine before bed, putting your technology away prior to bedtime and ensuring you have a dark, quiet place to rest.

Conclusion

As evidenced by the previously mentioned study, you can reduce your risk of depression and boost your mental health with healthy lifestyle choices, such as getting adequate sleep and eating nutritious foods.

Preventing Burnout With Boundaries

Burnout is a chronic form of work-related stress, resulting in a state of physical or emotional exhaustion and a reduced sense of accomplishment. Left unaddressed, burnout can lead to fatigue, frustration, substance misuse, increased vulnerability to disease and insomnia. Fortunately, you can combat burnout by setting boundaries.

Overworking is one of the most common boundary problems contributing to burnout. This can lead to mental, physical and emotional fatigue, and is not sustainable over the long term.

Burnout is especially common among people pleasers or perfectionists, as these individuals are more likely to sacrifice their well-being to meet certain goals or impress their supervisors. It is also common among individuals who have a heavy workload, struggle with work-life balance and feel they have limited control over their work.

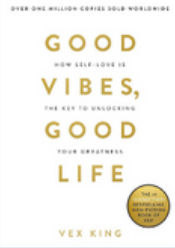
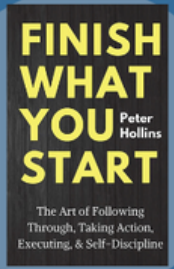
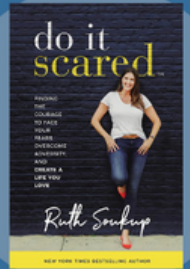
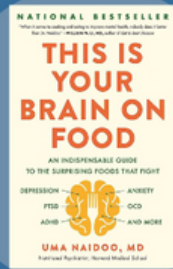
Setting boundaries is crucial to prevent and reduce burnout. This refers to the act of setting limits for others regarding how you're willing to be treated and what tasks you're willing to do. Specifically, setting boundaries can help you assert your needs and rights and prevent you from being mistreated.

Consider the following practices for setting boundaries at work:

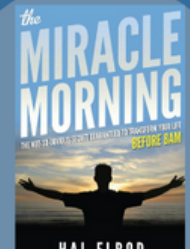
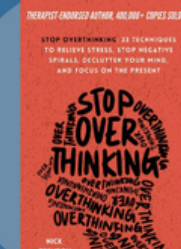
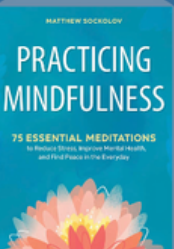
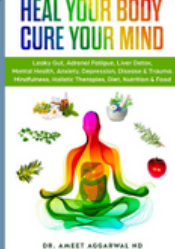
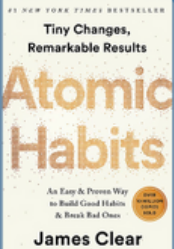
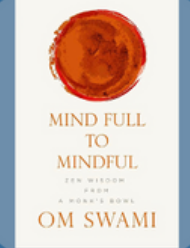
- Reach out to your boss or manager if you need more time to complete an assignment.
- Ask for help if you begin feeling overwhelmed.
- Close your office door or schedule meetings with yourself to avoid unnecessary interruptions.
- Stand up for yourself if you see a fellow employee taking credit for your work.
- Speak to your boss or the HR department if you need help handling your workload or managing a workplace relationship.
- Understand what's included in your job responsibilities and what isn't.

Setting boundaries can help you reduce the risk of burnout and foster a healthy, sustainable working environment.

Sandusky Wellness BOOK BINGO

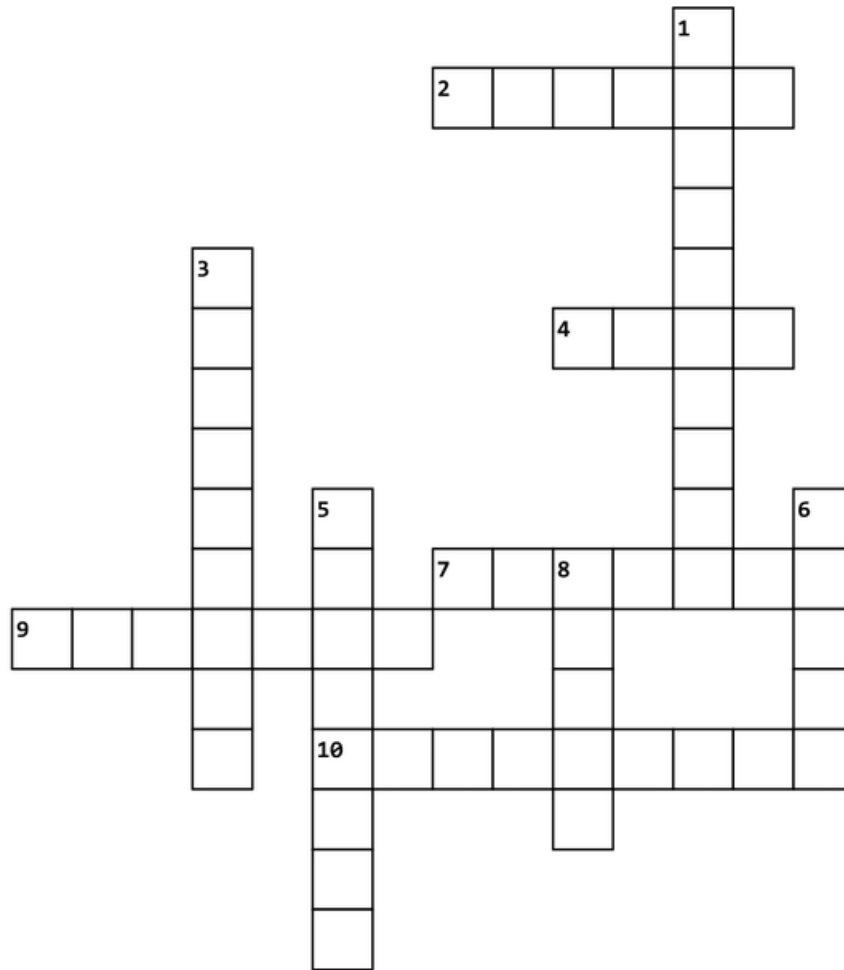


Free
space



Name: _____

December Wellness Crossword



Across

- 2.** Don't overspend during your holiday shopping. Set a _____ and stick with it.
- 4.** _____ your hands and avoid touching your eyes, nose and mouth and disinfect your home to keep you and your family healthy.
- 7.** You are your best _____ against viruses and other infections.
- 9.** Setting boundaries can help you reduce the risk of _____ and foster a healthy, sustainable working environment.
- 10.** Figs can improve _____, manage glucose levels, reduce high blood pressure and support healthy hair and skin.

Down

- 1.** You can reduce your risk of _____ and boost your mental and physical health by altering your lifestyle.
- 3.** Get to know your co-workers through the Christmas Bingo _____.
- 5.** Overworking is one of the most common _____ problems contributing to burnout.
- 6.** Try sugar free fig jam with figs, water, _____ juice, lemon zest and vanilla extract.
- 8.** Keep your holiday stress in check by getting some _____ air and sunlight.