

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER JANUARY 2024



In This Month's Issue:

- 30 Days to Cut the Clutter
- Office Stretching
- Health Benefits of Popcorn
- The Benefits of Being a Blood Donor
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: Why Women Need to Get Serious About Strength - Dr. Jaime Seeman
 - Take Ten Session Google Form
- Wellness Challenge - 25 Wellness Points: 30 Days to Cut the Clutter throughout your house, one area at a time - 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 January wellness activities by Tuesday, February 6th!
All wellness activities can be found on the SCS Wellness website

30 DAYS TO CUT THE CLUTTER



| | | | | |
|--|--|--|--|--|
| Day 1 <input type="checkbox"/> | Day 2 <input type="checkbox"/> | Day 3 <input type="checkbox"/> | Day 4 <input type="checkbox"/> | Day 5 <input type="checkbox"/> |
| Kitchen Pantry | Kitchen Cupboards | Kitchen Drawers | Under the Kitchen Sink | Junk Drawer |
| Day 6 <input type="checkbox"/> | Day 7 <input type="checkbox"/> | Day 8 <input type="checkbox"/> | Day 9 <input type="checkbox"/> | Day 10 <input type="checkbox"/> |
| Reduce Cleaning Supplies | Fridge & Freezer | Linen Closet | Bedroom Closets | Nightstands & Drawers |
| Day 11 <input type="checkbox"/> | Day 12 <input type="checkbox"/> | Day 13 <input type="checkbox"/> | Day 14 <input type="checkbox"/> | Day 15 <input type="checkbox"/> |
| Shoes | Master Bathroom | Guest Bathroom | Medicine Cabinet | Makeup |
| Day 16 <input type="checkbox"/> | Day 17 <input type="checkbox"/> | Day 18 <input type="checkbox"/> | Day 19 <input type="checkbox"/> | Day 20 <input type="checkbox"/> |
| Under the Beds | Old Toys | Desk Drawers | TV Cabinets | Laundry Room |
| Day 21 <input type="checkbox"/> | Day 22 <input type="checkbox"/> | Day 23 <input type="checkbox"/> | Day 24 <input type="checkbox"/> | Day 25 <input type="checkbox"/> |
| Old Magazines & Newspapers | Paperwork | Art & Craft Supplies | Holiday Decorations | DVDs & CDs |
| Day 26 <input type="checkbox"/> | Day 27 <input type="checkbox"/> | Day 28 <input type="checkbox"/> | Day 29 <input type="checkbox"/> | Day 30 <input type="checkbox"/> |
| Car Glove Box | Garage Shelves | Boardgames | Purse or Wallet | Old Electronics |

NAME

Clearing clutter can help you feel happier and more relaxed.



office STRETCHING

Sitting or standing in place for hours at a time?

Remember to move for approximately three minutes every 30-60 minutes.

↓
Why?

- Increased energy
- A clearer mind
- Improved mood
- Higher metabolism
- Increased blood flow
- Improved posture



Try this

**5 minute cubical friendly
movement office stretch**

← <https://youtu.be/ox6Nxm0peLs>

HEALTH BENEFITS OF POPCORN

- 🍿 WHOLE GRAIN
- 🍿 PROTEIN & PHOSPHORUS
- 🍿 ANTIOXIDANTS
- 🍿 GLUTEN FREE
- 🍿 BRAIN FOOD
- 🍿 SUGAR FREE

SPICY CHIPOTLE POPCORN

- 1/2 cup popcorn kernels
- 1 tsp. olive oil
- Cooking spray
- 1-2 tsp. chipotle chili powder
- Zest of 1 lime

- Toss the popcorn kernels with oil. Cook however you like to cook your popcorn (stove, microwave, airpopper, etc.)
- If possible, grind or blend the spice mixture to a fine powder. This will help the seasoning stick better.
- Once popped, transfer to a bowl and spritz with cooking spray. Sprinkle on the chipotle chili powder and lime zest, toss and enjoy!

THIS MONTH, RESOLVE TO BE A BLOOD DONOR AND CONSIDER THE FOLLOWING HEALTH BENEFITS OF DONATING BLOOD REGULARLY:

Mini health check You are required to undergo a quick health screening before giving blood. Also, donated blood is tested for irregularities.

Reduced heart disease risks Donating can help eliminate any excess buildup of iron in the blood, lowering your risk for a heart attack.

Caloric burn Blood donation can burn up to 650 calories.

Mental health boost Not only are there physical benefits of donating but volunteering to help others can release dopamine and help combat depression and increase your confidence.




AssuredPartners
<http://tinyurl.com/2p8aat2k>

EVERY TWO SECONDS SOMEONE IN THE U.S. NEEDS BLOOD.

MENTAL HEALTH MINUTE

JANUARY 2024



Mental Health Benefits of a Clean, Organized Space

If you're struggling with seasonal affective disorder, anxiety, depression or other mental health issues, keeping your home tidy and organized may be challenging. However, research shows that disorganization can worsen your mental health, creating a snowball effect. January is Get Organized Month, so it's the perfect time to focus on cleaning or decluttering your space.

The Link Between Clutter and Mental Health

Recent studies have found that clutter in the home is associated with higher levels of cortisol—the body's stress hormone. It can reduce your ability to feel pleasure in a space and contribute to issues in other areas of your life, such as your relationships and financial well-being. A messy living space can also distract you from other priorities and cause you to lose important things.

Living in a tidy, organized place can improve your mental health by increasing your sense of clarity and control. It can also boost your confidence, increase

your productivity and create a more peaceful atmosphere.

People also tend to take clues about how they're doing from their living space. Therefore, a clean and organized space can reinforce the notion that you are worth the time it takes to create a calm and peaceful place.

Getting Motivated to Clean or Declutter

Becoming motivated to clean can be difficult. To make it easier, consider breaking every task into much smaller ones. You can also set a timer for 10, 15 or 20 minutes and stop cleaning the moment the timer goes off. This may help you get started by making cleaning seem more manageable.

Conclusion

A clean and organized living space can provide you with clarity and peace this winter. Take advantage of Get Organized Month this January by taking steps to declutter your home.

Building a Daily Meditation Practice

Meditation can provide a sense of peace and calm that can boost your mood, benefit your mental health, and improve your emotional and physical well-being. It is a simple and relatively quick way to relieve stress that you can do almost anywhere. Regular meditation can help you manage stress, increase self-awareness, reduce negative emotions, focus on the present, gain a new perspective and improve sleep quality.

Making Meditation a Habit

When meditation becomes a habit, you're more likely to notice the positive long-term benefits. Start small to avoid feeling discouraged or like you don't have enough time to meditate. Meditating for just five minutes daily can help you sustainably integrate meditation and peacefulness into your routine.

Finding the right time to meditate is also important. You could end up feeling frustrated and more stressed if you try to meditate during a busy time of day or at a time that doesn't work well with your schedule. To begin, you may want to try meditating at several different times throughout the day (e.g., in the morning, on your lunch

break or before bed) and see which time works best for you.

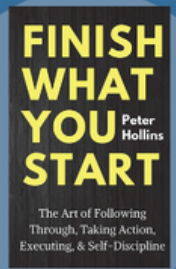
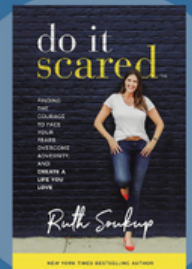
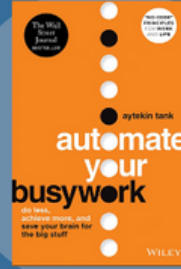
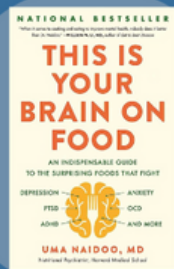
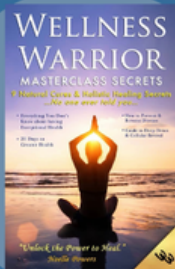
It's also important that you find a comfortable way to meditate. You're unlikely to continue meditating in the long term if you don't enjoy your sessions. You can meditate while sitting, lying down or even on a walk.

A meditation app or podcast can also help you build meditation into your daily schedule. These apps can typically be personalized to monitor your progress or track changes, which you may find motivational.

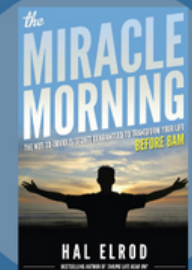
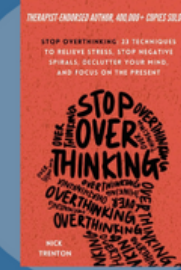
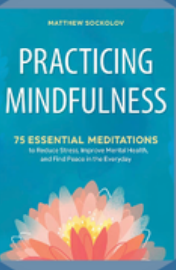
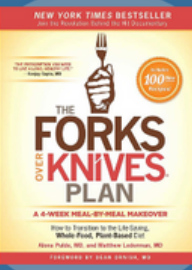
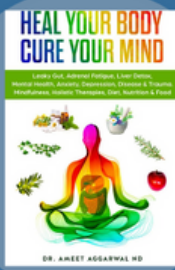
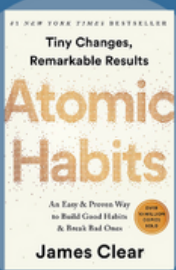
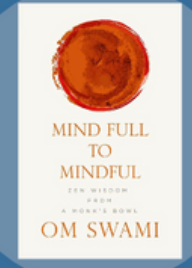
Conclusion

Developing a new habit can be challenging, so go easy on yourself when you don't find time to meditate. Remember that there is no right or wrong way to meditate. The best type of meditation is the kind that works for you.

Sandusky Wellness BOOK BINGO

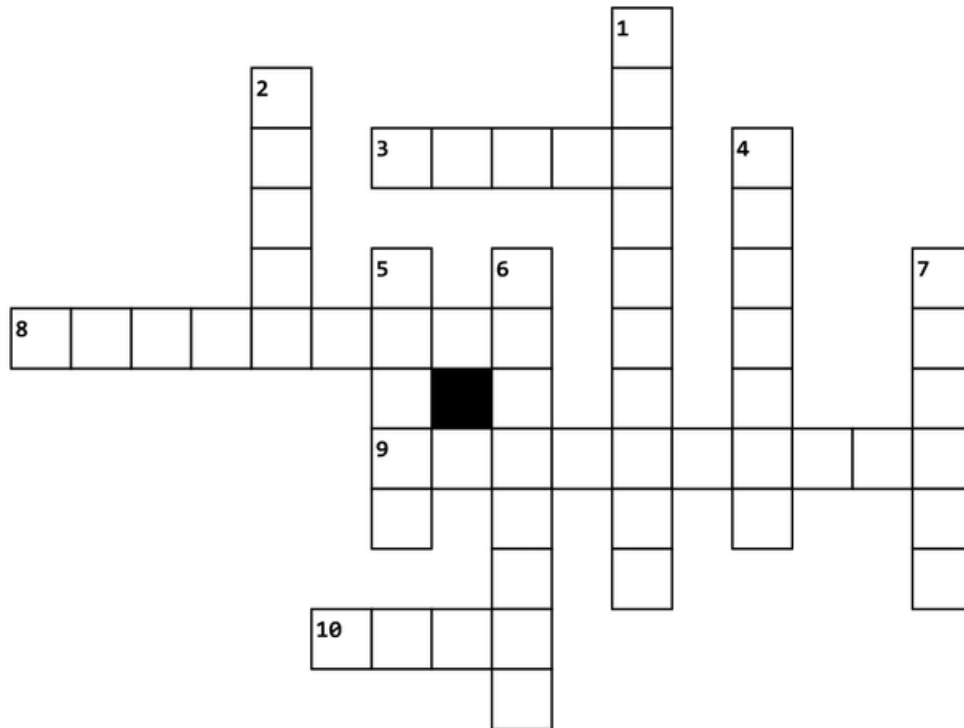


Free
space



Name: _____

January Wellness Puzzle



Across

3. Stretching can increase energy, clear the mind, improve mood, increase _____ flow and improve posture.

8. You may want to try meditating at several _____ times throughout the day and see which time works best for you.

9. Volunteering to help others can release dopamine, help combat depression and increase your _____.

10. Donating blood can help eliminate any excess buildup of _____ in the blood, lowering your risk for a heart attack.

Down

1. A meditation app or podcast can help you build _____ into your daily schedule.

2. Popcorn is _____ grain, gluten free, sugar free and contains protein and phosphorus.

4. Clearing _____ can help you feel happier and more relaxed.

5. Meditation can provide a sense of _____ and calm that can boost your mood, benefit your mental health and improve your emotional and physical well-being.

6. Remember to move for three minutes every 30-60 minutes if you are sitting or _____ in place for hours at a time.

7. To make cleaning or decluttering easier, you can set a timer for 10, 15 or 20 minutes and stop cleaning the _____ the timer goes off.