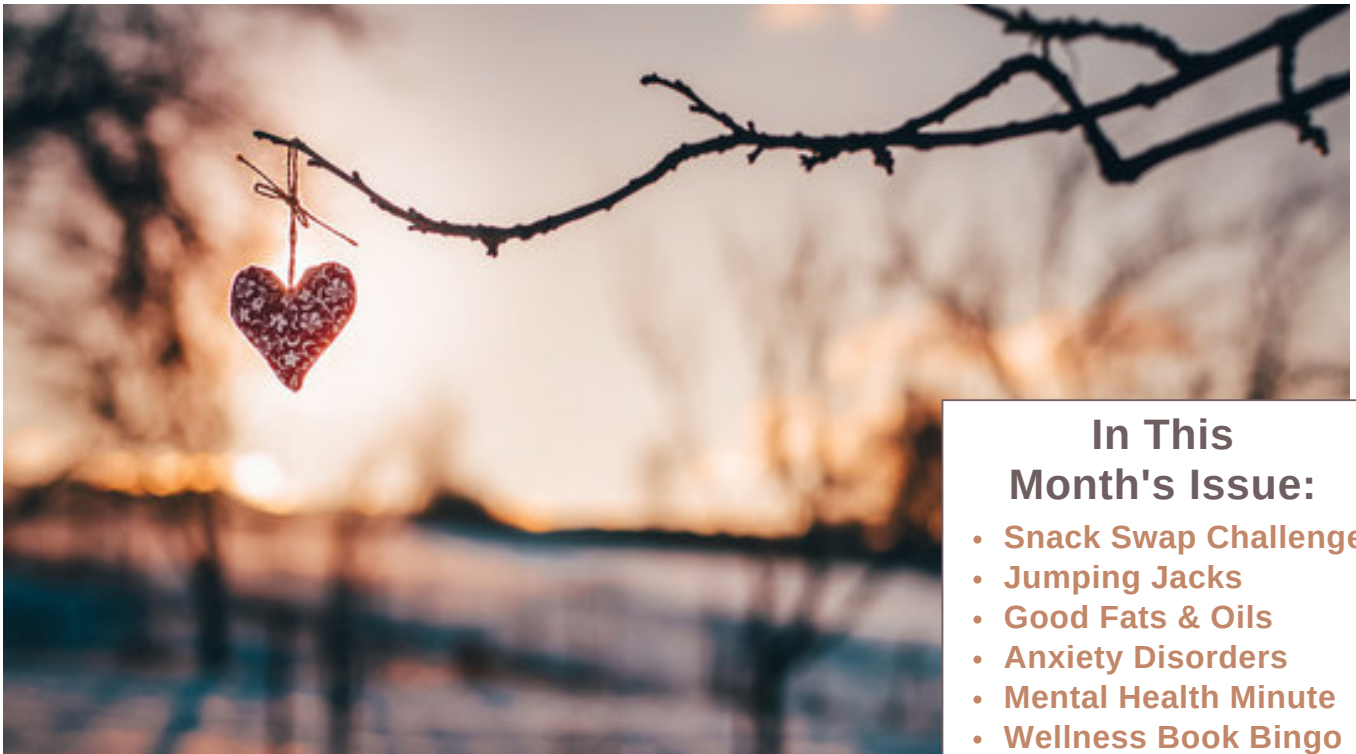


Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER FEBRUARY 2024



In This Month's Issue:

- **Snack Swap Challenge**
- **Jumping Jacks**
- **Good Fats & Oils**
- **Anxiety Disorders**
- **Mental Health Minute**
- **Wellness Book Bingo**
- **Crossword Puzzle**

What's Up with Wellness

- **Take Ten Session** - 25 Wellness Points: Mindful Tasking: Mindfulness Made Easy | Kim Fisher | TEDxDallasCollege
 - **Take Ten Session Google Form**
- **Wellness Challenge** - 25 Wellness Points: Snack Swap Challenge: How many food items can you switch out this month? - 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 February wellness activities by Tuesday, March 5th!
All wellness activities can be found on the **SCS Wellness website**

SNACK SWAP CHALLENGE



See how many you can swap out for healthier alternatives this month!
Check off the boxes as you go.

- | | | |
|---------------------------------------|---|------------------|
| <input type="checkbox"/> Popsicle | ↔ | Frozen grapes |
| <input type="checkbox"/> Butter | ↔ | Avocado mash |
| <input type="checkbox"/> Chicken wrap | ↔ | Lettuce wrap |
| <input type="checkbox"/> Juice | ↔ | Fruit |
| <input type="checkbox"/> Beef burger | ↔ | Veggie Burger |
| <input type="checkbox"/> Potato Chips | ↔ | Popcorn |
| <input type="checkbox"/> Dessert | ↔ | Dark chocolate |
| <input type="checkbox"/> Butter toast | ↔ | Avocado toast |
| <input type="checkbox"/> Granola | ↔ | Oats |
| <input type="checkbox"/> Milkshake | ↔ | Smoothie |
| <input type="checkbox"/> Bagel | ↔ | Rice cakes |
| <input type="checkbox"/> Naked juice | ↔ | Kombucha |
| <input type="checkbox"/> White rice | ↔ | Cauliflower rice |
| <input type="checkbox"/> Soda | ↔ | Sparkling water |
| <input type="checkbox"/> Ranch | ↔ | Hummus |
| <input type="checkbox"/> Noodles | ↔ | Spaghetti squash |
| <input type="checkbox"/> Sour cream | ↔ | Greek yogurt |

Name:

☐ How many boxes did you check off?

JUMPING JACKS



AssuredPartners

<http://tinyurl.com/3f6hsnjv>

HEALTH BENEFITS

- Full body exercise
- Cardiovascular fitness
- Muscle strength and power
- Balance and coordination
- Functional and athletic performance
- Do them anywhere!



HOW TO DO JUMPING JACKS

<https://youtu.be/XR0xeuK5zBU>





HEALTH BENEFITS OF GOOD FATS & OILS

- Supports optimal cholesterol levels
- Promotes a healthy body composition
- Supports healthy inflammatory pathways
- Optimizes brain function
- Fosters liver health
- Strengthens bones
- Promotes good sleep
- Improves skin
- Helps maintain healthy blood sugar levels

garlic OLIVE OIL DIP

- 1-2 cloves garlic, very finely minced
- ¼ teaspoon red pepper flakes
- ½ teaspoon dried oregano
- ¼ cup freshly grated parmesan cheese
- ¼ cup extra virgin olive oil
- Freshly ground black pepper & salt to taste

Add minced garlic, red pepper flakes and oregano to a medium size shallow bowl or plate. Grate parmesan directly into the bowl, then pour the olive oil over top.

Stir everything together with a spoon and season with salt and pepper to taste. Add a little fresh chopped parsley (or basil!) on top, if desired.

Serve with pieces of bread for dipping and enjoy!



ANXIETY DISORDERS

Anxiety disorders affect over **40 million** adults in the United States every year. Anxiety disorders are classified as mental health conditions and fall into four different categories: social anxiety disorder, generalized anxiety disorder, panic disorder and specific phobias.



SOCIAL ANXIETY DISORDER (SAD)

15 million adults in the United States are affected by SAD. People suffering from SAD may become overwhelmingly anxious and excessively self-conscious in everyday social situations.



GENERALIZED ANXIETY DISORDER (GAD)

Although **3.1% of the U.S. population** is affected by GAD, only about 43% of those individuals are receiving treatment. People diagnosed with GAD worry excessively about a variety of everyday problems and may experience symptoms such as hot flashes, fatigue and nausea.



PANIC DISORDER (PD)

PD is characterized by sudden attacks of terror—known as panic attacks—that can strike at any time, causing individuals to experience dizziness, sweating and a pounding heart.



SPECIFIC PHOBIAS

Specific Phobias affect **9.1% of America's population**. A specific phobia is an intense, irrational fear of something that may pose little or no threat (e.g., heights, enclosed spaces and water).

HOW TO REDUCE SYMPTOMS

Although anxiety disorders aren't preventable, there are a few action items that may control or lessen symptoms, such as:



Eating a healthy diet and exercising regularly



Avoiding or limiting consumption of caffeinated beverages (e.g. tea, coffee and soda)



Talking with your doctor or pharmacist before taking any over-the-counter medications



Seeking professional support after a disturbing or traumatic experience

MENTAL HEALTH MINUTE

FEBRUARY 2024



Breathing 101

Breathing is something you do all the time, often with little or no thought. Even during times of stress, your breathing will typically unconsciously shorten. Learning to control your breathing can be an essential tool for improving your mental and physical health.

Breathwork, which is known as the combination of breathing exercises and mindfulness practices, can improve mood and focus, increase relaxation, boost sleep quality, and reduce symptoms of anxiety, depression and grief. This practice can also lower blood pressure, reduce asthma symptoms and help with chronic obstructive pulmonary disease symptoms.

Breathing Exercises

Various breathwork exercises could be right for you, such as the following:

- **4-7-8 breathing** involves inhaling for four seconds, holding your breath for seven seconds and exhaling for eight seconds.
- **Box or square breathing** involves four steps, each lasting four seconds. You inhale, hold your breath, exhale and hold your breath again, repeating the process. This exercise is most effective when you

breathe entirely through your nose.

- **Bellows breathing** can help you wake up when you're feeling tired. Begin by making loose fists with your hands and holding them by your shoulders, with your elbows at your ribs. Next, inhale through your nose as you press your fists toward the sky. Quickly exhale as you bring your hands back to their starting position.

Like any skill, it's important to practice. Experiment with different breathing techniques and having your eyes open and closed.

Conclusion

Breathwork is a free and low-risk activity you can try at home to boost your mental and physical health. If you're having trouble getting started, consult a certified breathwork practitioner or download a mindfulness app.

The Power of Affirmations

Affirmations are a type of positive self-talk that can promote internal change and self-love while reducing anxiety, doubt, worry and fear. You can alter your subconscious thoughts by repeating these supportive and encouraging phrases. Furthermore, believing these positive statements will make you more likely to act in ways that reinforce self-love, which can help turn these positive statements into reality.

Successfully using affirmations can boost mood, improve self-esteem, increase motivation, enhance problem-solving abilities, promote optimism and help you address negative thoughts.

Tips for Affirmations

It's essential to keep your affirmations realistic. Repeating unrealistic statements to yourself may be counterproductive as you're unlikely to believe what you're telling yourself. For example, "My life is perfect" is a positive statement that's unlikely to improve motivation or decrease anxiety.

Instead, you should focus on crafting messages that motivate you toward change. For example, "I am working to

improve my life." The following are additional tips to consider when creating your affirmations:

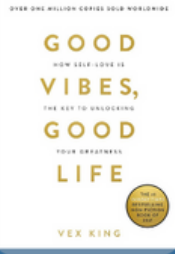
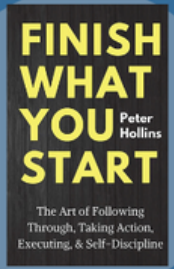
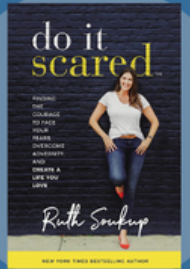
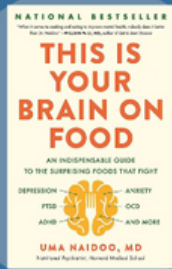
- Use a first-person perspective.
- Write your affirmations in the present tense.
- Acknowledge your fears and doubts in your affirmation (e.g., I can manage my anxious thoughts).
- Connect your affirmations to your core values (e.g., compassion and hard work).

Commit to reading your affirmations two or three times a day for a month and see how you feel. You can also put your affirmations where you will see them throughout the day (e.g., near the coffee pot) to ensure they're at the center of your thoughts.

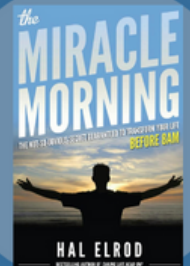
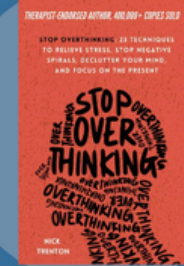
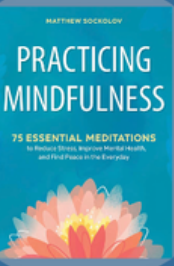
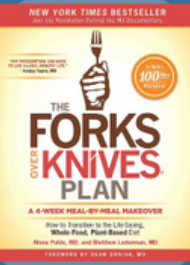
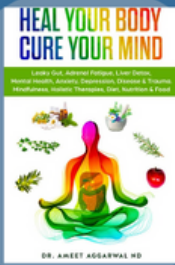
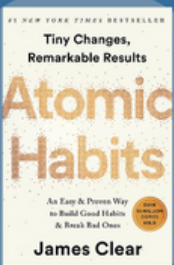
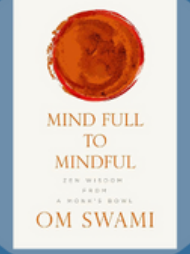
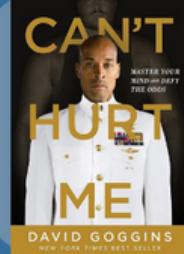
Conclusion

Affirmations can be a powerful tool for change and self-love. However, they don't work for everyone. Contact a mental health professional if you're experiencing persistent anxiety symptoms.

Sandusky Wellness BOOK BINGO

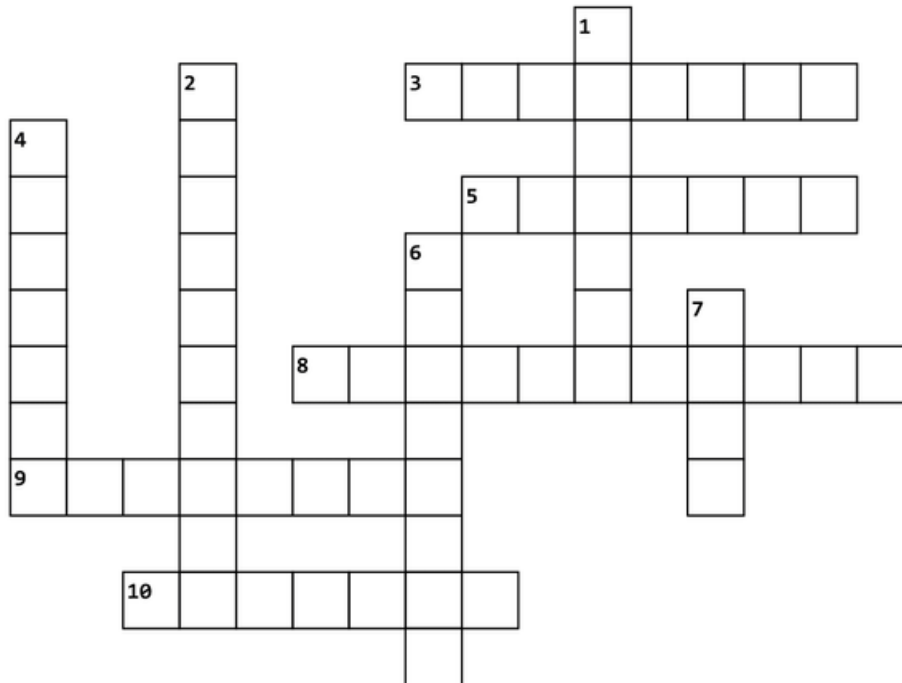


Free
space



Name: _____

February Wellness Puzzle



Across

- 3.** Jumping jacks are a full body exercise that you can do anywhere to improve your muscle _____ and power.
- 5.** Repeating unrealistic statements to yourself may be counterproductive as you're unlikely to _____ what you're telling yourself.
- 8.** Consuming good fats and oils fosters liver health, supports optimal _____ levels and optimizes brain function.
- 9.** Reduce anxiety symptoms by eating a healthy diet, exercising regularly and avoiding or _____ consumption of caffeinated beverages.
- 10.** There are four different categories of _____ disorders: social, generalized anxiety, panic and specific phobias.

Down

- 1.** _____ breathing can help you wake up when you're feeling tired.
- 2.** Breathwork can improve mood and focus, increase _____, boost sleep quality, and reduce symptoms of anxiety, depression and grief.
- 4.** Learning to _____ your breathing can be an essential tool for improving your mental and physical health.
- 6.** You can alter your subconscious _____ by repeating supportive and encouraging phrases.
- 7.** A specific phobia is an intense, irrational _____ of something that may pose little or no threat.