

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER MARCH 2024



In This Month's Issue:

- Counting Sheep Sleep Challenge
- Calf Raises
- Celery
- 5 Tips for Better Nutrition
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - How to Read a Nutrition Label - Dr. Josh Axe
 - Take Ten Session Google Form
- Wellness Challenge - 25 Wellness Points: Counting Sheep Sleep Challenge: How many sheep can you cross off with positive sleep habits? - 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 March wellness activities by Tuesday, April 9!

All wellness activities can be found on the SCS Wellness website



COUNTING SHEEP SLEEP CHALLENGE

**IF YOU COMPLETE MORE THAN HALF OF THE DAYS,
CROSS OUT THE COINCIDING SHEEP!**



RESTRICT SCREEN TIME BEFORE BED

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
18 19 20 21 22 23 24 25 26 27 28 29



STICK TO A REGULAR BEDTIME

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
18 19 20 21 22 23 24 25 26 27 28 29



DIM LIGHTS WELL BEFORE BED

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
18 19 20 21 22 23 24 25 26 27 28 29



NO CAFFEINE LATE IN THE DAY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
18 19 20 21 22 23 24 25 26 27 28 29



STRETCH BEFORE BED

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
18 19 20 21 22 23 24 25 26 27 28 29



GET SEVEN HOURS OF SLEEP

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
18 19 20 21 22 23 24 25 26 27 28 29

CIRCLE DATE MET

NAME:

**THE GOAL IS TO CROSS OFF THE MAJORITY
OF DAYS IN EACH CATEGORY.**



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HEALTH BENEFITS OF **CALF** Raises

Ankle strength and stability

Lower body performance

Injury prevention

Sprinting and running performance

Build better legs

Do them anywhere! Pumping gas, waiting for the elevator or waiting for your tea water to boil.

**THE CORRECT WAY TO DO
CALF RAISES**

[YOUTUBE.COM/WATCH?V=CTYIVEJH6LI](https://www.youtube.com/watch?v=CTYIVEJH6LI)



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<http://tinyurl.com/57zcan6h>



Benefits

Lowers high cholesterol

Lowers inflammation

Prevents/treats high

blood pressure

Prevents ulcers

Protects liver health

Boosts digestion

Reduces bloat

Fights infections

Prevents UTIs

Celery

MONTH

In honor of National Celery Month, we are celebrating this March with this hardy veggie. Make a tray of all the dips below to bring to your March Madness parties for healthier alternatives!

Dippers

There are all kinds of great dips for celery sticks and it is one of the easiest snack by far not only for you, but everyone in your family!

Nut butters

Taziki Sauce

Hummus

Pimiento

Or try a lightened up ranch or spinach dip with greek yogurt!

5 TIPS FOR BETTER NUTRITION

It's no secret that the average American diet isn't super healthy. Improving your diet could extend your life span and reduce the chances of costly chronic diseases like heart disease, stroke and diabetes.

Listed below are some simple ways to get started on your healthy eating journey.

1 Eat breakfast everyday. Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem solving abilities.

2 Plan as many home-cooked meals as you can. They usually have fewer calories and cost less than typical meals eaten at restaurants.

3 Eat plenty of fruits and vegetables. Half of your plate at each meal should be vegetables or fruits.

4 Beware of sweetened drinks. Sodas and sports drinks are high in calories. Keep in mind that the calories in juice can also quickly add up.

5 Choose food sensibly when eating out. Restaurants are often required to make nutrition information readily available. If you do not see brochures sitting out, or nutrition information listed on the menu, ask.



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<http://tinyurl.com/4z3vcy6>



MENTAL HEALTH MINUTE

MARCH 2024



Recognizing the Symptoms of ADHD in Adults

New research by the U.S. Food and Drug Administration shows that prescriptions for drugs used to treat attention-deficit/hyperactivity disorder (ADHD) surged during the COVID-19 pandemic, particularly among women and patients ages 20-39.

Researchers noted that the reasons for the increase are not obvious but could include pandemic-related stress, recognition of undiagnosed cases, over-prescription and online marketing of medications. Social media may have also enabled more people to recognize that they had untreated symptoms of ADHD and receive professional help.

ADHD is often thought of as a condition present during childhood, but it can impact adults, too; the condition manifests differently than in kids. Additionally, symptoms of ADHD can become more severe as the demands of adulthood increase. Inattention and distractibility are hallmark traits of ADHD, but adults specifically may experience the following symptoms:

- Inability to focus on one task for an extended period

- Inability to start or follow through on projects that require planning
- Difficulty with time management or organization
- Excessive daydreaming
- Interrupting others
- Inability to pay attention during conversation
- Difficulty managing finances or spending

Symptoms of ADHD can cause difficulty at work or home or with relationships. Also, keep in mind that these symptoms can vary. Just like other mental health conditions, ADHD is not permanent and can show up in different ways throughout one's lifecycle.

When left untreated, ADHD symptoms can be disruptive and potentially lead to depression, anxiety and substance misuse challenges. If you are experiencing symptoms of ADHD, it's imperative to receive a professional diagnosis, so reach out to a doctor to discuss symptoms and treatment.

Food and Your Mood

As research reveals more about the mind-body connection, it becomes evident that food plays a pivotal role in influencing mood and overall mental well-being. A healthy, well-balanced diet can help individuals think clearly and be more alert. It can also improve concentration and attention span. The link between diet and emotions comes from the close relationship between the brain and the gastrointestinal tract, often called the "second brain."

The brain relies on a delicate balance of neurotransmitters, chemicals that transmit signals between nerve cells, to regulate mood and emotions. Certain nutrients from the foods you consume play a crucial role in the synthesis and function of these neurotransmitters.

Eating Well for Mental Health

An American Psychiatric Association survey revealed that 4 in 5 adults would be willing to change their diet in a way that positively impacts mental health. Certain foods may improve overall brain health and certain types of mood disorders. Consider incorporating the following foods into your day-to-day diet:

- Foods with omega-3 fatty acids (e.g., salmon, flaxseeds,

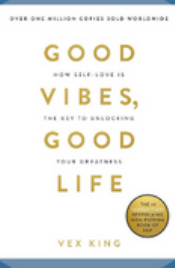
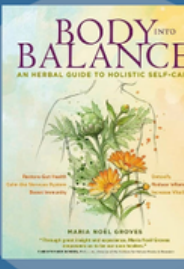
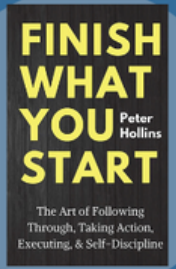
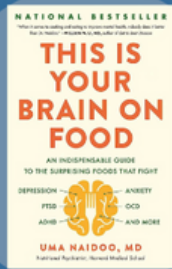
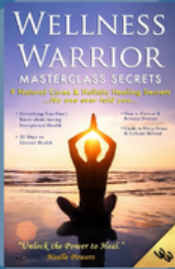
chia seeds, walnuts and avocado)

- **Fermented foods** (e.g., kimchi, miso, tempeh, kombucha, kefir and yogurt)
- **Magnesium-rich foods** (e.g., cacao nibs, almonds, cashews, dark leafy greens and bananas)
- **Berries** (e.g., raspberries and blueberries)
- **Spices** (e.g., saffron, turmeric and ginger)

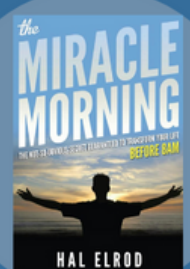
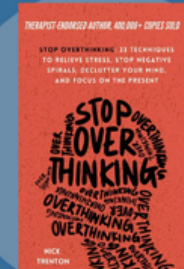
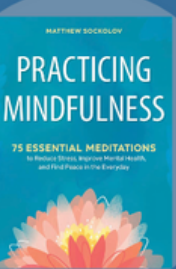
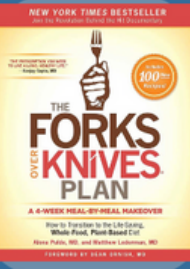
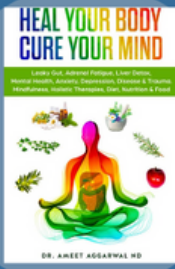
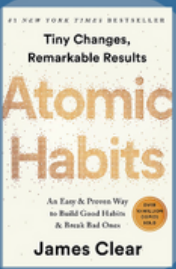
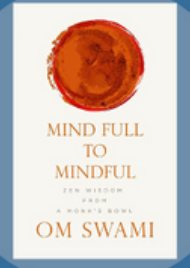
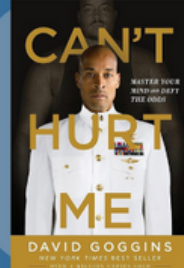
By making mindful choices and incorporating nutrient-rich foods into your diet, you can positively influence the delicate balance of neurotransmitters in your brain. While no single food can guarantee happiness, adopting a balanced and varied diet can contribute to an overall positive impact on your mood and mental and emotional health.

March is National Nutrition Month, making it a great time to assess your diet and ensure you're serving your body—and mind—well.

Sandusky Wellness BOOK BINGO

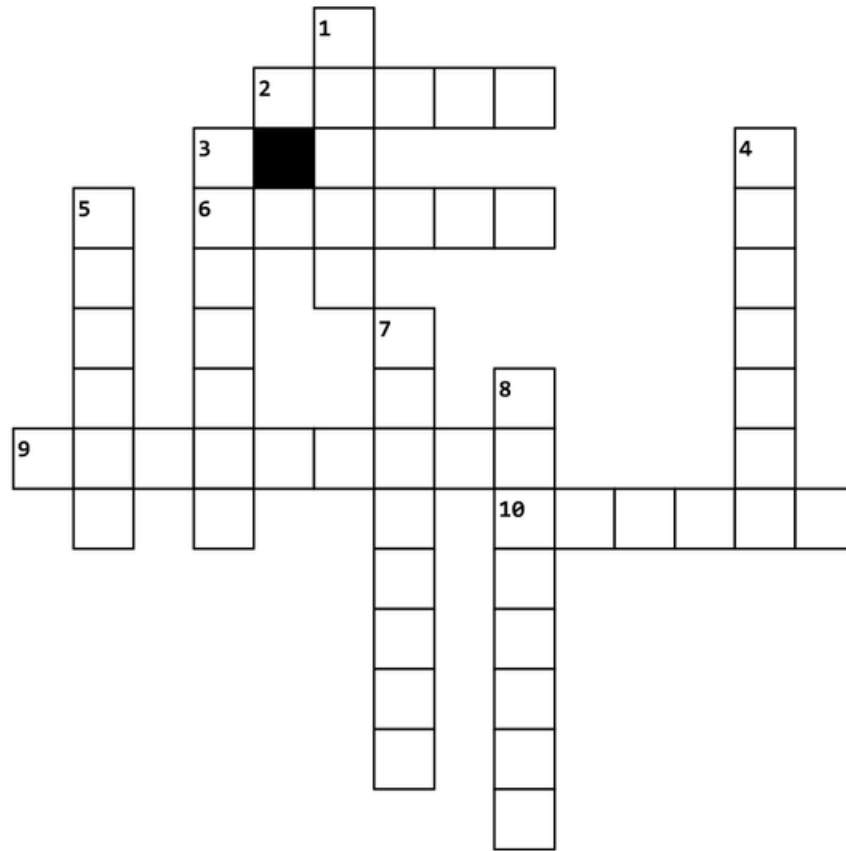


Free
space



Name: _____

March Wellness Puzzle



Across

- 2.** Celery lowers inflammation, protects liver health, boosts digestion, fights infections and reduces ____.
- 6.** Improving your diet could _____ your life span and reduce the chances of costly chronic diseases like heart disease, stroke and diabetes.
- 9.** Eating a healthy _____ can lead to better strength and endurance, sharper concentration and better problem solving abilities.
- 10.** Calf _____ can be completed anywhere - while pumping gas or waiting for the elevator.

Down

- 1.** Half of your _____ at each meal should be vegetables or fruits.
- 3.** Stretch before bed, stick to a _____ bedtime and get seven hours of sleep are examples of good sleep habits.
- 4.** By making mindful choices and incorporating nutrient-rich foods into your diet, you can positively influence the delicate _____ of neurotransmitters in your brain.
- 5.** Try dipping your celery in nut butters, tzatziki sauce, hummus, pimiento or a ranch dip made with greek ____.
- 7.** Adults with ADHD may experience inability to start or follow through on projects that require _____ or difficulty with time management or organization.
- 8.** Build better legs, prevent injuries and improve ankle _____ and stability by doing calf raises.