

# Working on Wellness

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SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER  
APRIL 2024

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## In This Month's Issue:

- Financial Challenge
- Walking
- Herbs
- Financial Well-Being
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

## What's Up with Wellness

- Take Ten Session - Four Tips to Better Sleep - The Mindset Mile
  - Take Ten Session Google Form
- Wellness Challenge - 25 Wellness Points: 30 Day Financial Challenge: Work on effectively managing your income and expenses 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 April wellness activities by Tuesday, May 7!

All wellness activities can be found on the SCS Wellness website

# 30 DAY FINANCIAL CHALLENGE



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"/>
Get a Budget App	Create Financial Plan	Give Up a Guilty Pleasure	Use a Coupon	No Spend Day
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 Grocery Spending	Create Debt Plan	Review Your Subscriptions	Cancel Unneeded Subscriptions	Review Retirement Allocation
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"/>
Pack Your Lunch	No Spend Day	Use a Coupon	Check Credit Score	Minimize Non-Essential Spending
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"/>
Subscribe to a Financial Newsletter	Explore New Income Streams	Learn About Investing	Start saving for Vacation	Pack Your Lunch
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"/>
No Spend Day	Pack Your Lunch	Listen to a Finance Podcast	Use a Coupon	Create a 'Fun' Account
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"/>
Evaluate Credit Card Options	Meet With Financial Advisor	Create an Investing Schedule	Create Emergency Fund	Analyze Income to Expenses

**NAME**

When you effectively manage your income and expenses, you're achieving a state of financial wellness

*step into*  
**SPRING**

*Did you know that walking:*

- Helps tame a sweet tooth
- Reduces risk of developing breast cancer
- Eases joint pain
- Boosts immune function
- Counteracts the effects of weight-promoting genes
- Lifts your spirits
- Improves heart health
- Aids digestion
- Enhances sleep quality



**30 MINUTE BASIC  
WALKING WORKOUT**

<https://youtu.be/ux8A6blzN5I>



AssuredPartners

<https://tinyurl.com/walking-benefits>

# — HEALTH BENEFITS OF — HERBS

Consuming herbs may help to prevent and manage heart disease, cancer and diabetes. It may also help to reduce blood clots and provide anti-inflammatory. Research is ongoing but studies have shown that:

- Garlic, ginger, rosemary and lemongrass may help lower cholesterol.
- Garlic is useful for people with mildly elevated blood pressure.
- Flaxseed, cinnamon, and rosemary can help control blood sugar.
- Garlic, onions, chives, leeks, mint, basil, oregano, sage and many other herbs can help protect against cancer.
- Herbs are rich in antioxidants, especially cloves, cinnamon, sage, oregano and thyme.

Fresh herbs often contain higher antioxidant levels compared to processed or dried herbs. If you are using herbs in order to harness their health-promoting aspects first and foremost, aim to add your fresh herbs at the end of cooking or as you serve to preserve these properties.

**NOW IS THE TIME TO PLANT YOUR OWN!**



## BASIL PESTO

1. Pulse 2 cups basil and 1/3 cup pine nuts
2. Add and pulse 3 cloves garlic and 1/2 cup cheese
3. Pour in 1/2 cup olive oil, pulse
4. Add salt and pepper to taste, pulse
5. Enjoy with spaghetti squash, pasta, potatoes, crackers or bread



# 8

# WAYS TO IMPROVE YOUR FINANCIAL WELL-BEING

- 1 SET AND COMMIT TO A BUDGET
- 2 HAVE AN EMERGENCY FUND
- 3 SAVE MONEY CONSISTENTLY
- 4 PAY OFF DEBTS IN SMALL BITES
- 5 TRACK THE DUE DATE OF YOUR BILLS
- 6 SET ALERTS IN YOUR CHECKING ACCOUNT
- 7 DON'T OVER APPLY FOR LINES OF CREDIT
- 8 CHECK YOUR CREDIT REPORT YEARLY

## FINANCIAL STRESS CAN CAUSE:

- ⊕ ANXIETY
- ⊕ HEADACHES/MIGRAINES
- ⊕ COMPROMISED IMMUNE SYSTEM
- ⊕ DIGESTIVE ISSUES
- ⊕ HIGH BLOOD PRESSURE
- ⊕ MUSCLE TENSION
- ⊕ HEART ARRHYTHMIA
- ⊕ DEPRESSION

# MENTAL HEALTH MINUTE



APRIL 2024

## Recognizing the Signs of Stress and Building Resilience

April is Stress Awareness Month, a time dedicated to acknowledging the prevalence of stress and empowering individuals to manage it effectively. In today's fast-paced world, stress has become common, impacting physical health, mental well-being and overall quality of life. However, recognizing the signs of stress and adopting strategies to build resilience makes it possible to navigate life's challenges better.

### Symptoms of Stress

Stress affects your mental health, but it can show itself in other ways, too. Here are some symptoms of stress:

- **Physical**—Headaches, muscle tension, fatigue, digestive issues, and changes in appetite or sleep patterns
- **Emotional**—Anxiety, irritability, mood swings and feeling overwhelmed
- **Cognitive**—Difficulty concentrating, indecisiveness or memory problems
- **Behavioral**—Withdrawal from social activities, increased substance

use, procrastination or neglecting responsibilities

Prolonged stress that is not addressed can become a serious health concern.

### Coping With Stress

While it's impossible to eliminate stress entirely, there are numerous strategies you can employ to mitigate its effects and enhance your resilience:

- Plan and prioritize your most important responsibilities.
- Limit interruptions so you don't have to refocus each time you're distracted.
- Take breaks away from your workstation to regroup mentally.
- Listen to relaxing music to help you calm down.
- Limit caffeine intake, as this stimulant has been proven to exacerbate stress.
- Get some exercise to work off your stress.
- Try meditating to calm your mind.

Talk to your doctor if you struggle to cope with stress.

## The Mental Benefits of Walking

Walking is often overlooked as a form of exercise; however, it offers several health benefits for both body and mind. This simple yet powerful activity is accessible to people of all ages and fitness levels, requiring no special equipment, memberships or training.

Walking is a natural, low-impact form of exercise that can yield notable improvements in physical fitness, mental well-being and emotional balance. Walking has the potential to impact your mental health in the following ways:

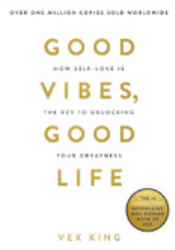
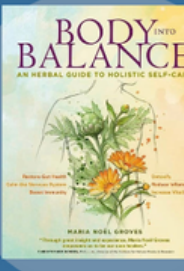
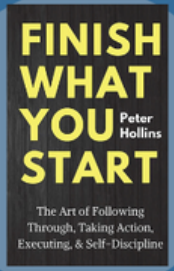
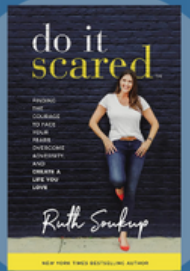
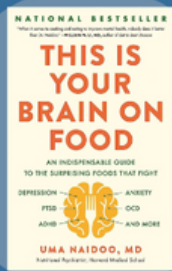
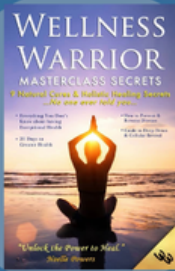
- **Reduces stress and anxiety**—Walking can have a calming effect on the mind. Walking reduces levels of stress hormones and releases endorphins, fostering feelings of relaxation.
- **Improves mood and emotional well-being**—Walking stimulates the production of neurotransmitters (e.g., serotonin and dopamine), which play key roles in regulating mood and promoting feelings of happiness and contentment.

- **Enhances cognitive function and reduces risk of cognitive decline**—Regular walking has been linked to improved cognitive brain function and a reduced risk of cognitive decline in later life. Walking enhances blood flow to the brain, promotes new brain cell growth, and boosts memory, concentration and creativity.
- **Promotes better sleep patterns and quality**—Physical activity helps regulate sleep patterns and improve sleep quality, increasing daytime vitality.

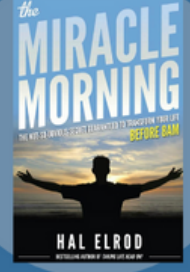
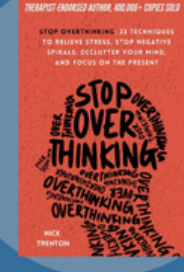
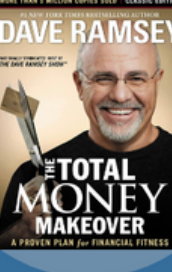
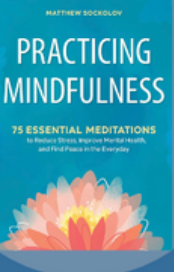
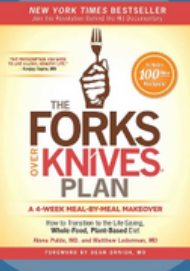
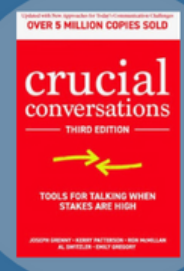
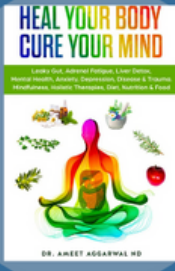
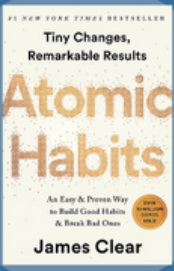
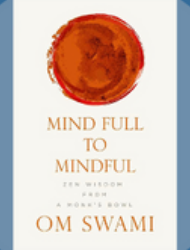
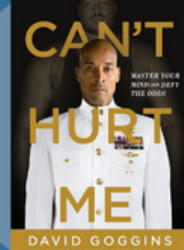
The U.S. Department of Health and Human Services recommends adults should do at least 150 to 300 minutes of moderate-intensity aerobic exercise per week. Brisk walking for 30 minutes at least five days a week is a great way to meet that goal and boost your mental health and overall well-being.

# Sandusky Wellness

## BOOK BINGO

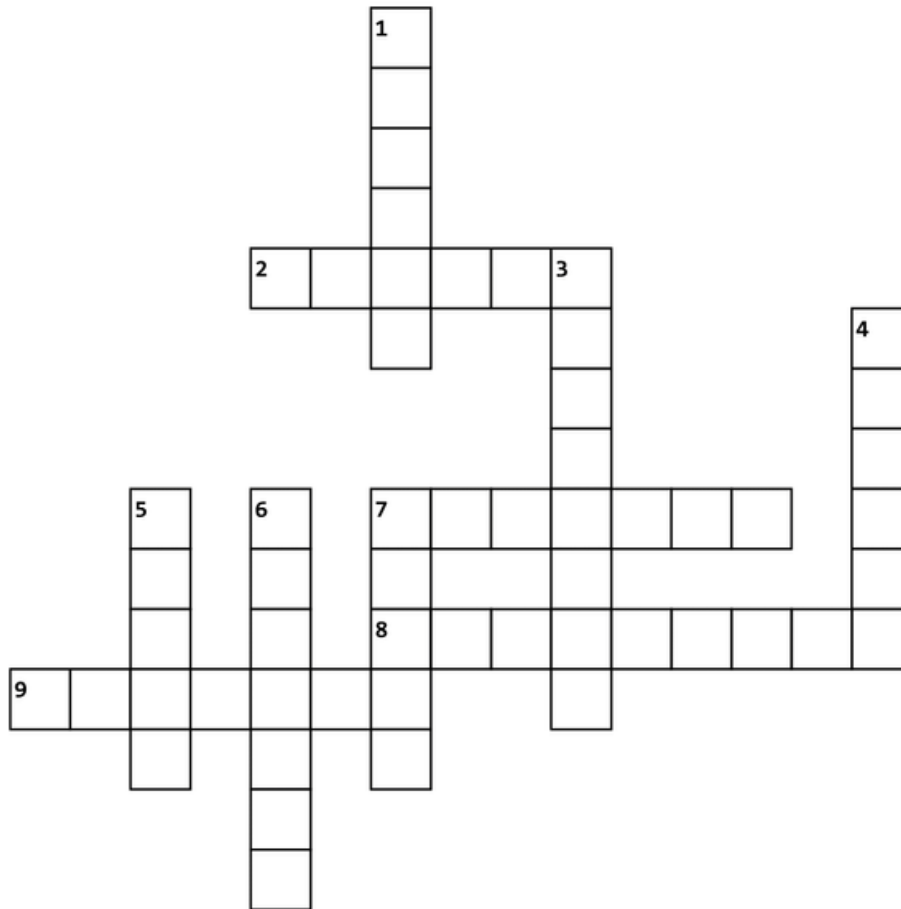


Free space



Name: \_\_\_\_\_

# April Wellness Puzzle



## Across

- 2.** \_\_\_\_\_, ginger, rosemary and lemongrass may help lower cholesterol.
- 7.** Walking is a natural, low-impact form of exercise that can yield notable improvements in physical fitness, mental well-being and emotional \_\_\_\_\_.
- 8.** Decrease the effects of stress by planning and prioritizing your most \_\_\_\_\_ responsibilities, listening to relaxing music and getting some exercise.
- 9.** Walking can help tame a sweet tooth, ease joint pain, lift your \_\_\_\_\_ and aid digestion.

## Down

- 1.** Cognitive symptoms of stress include difficulty concentrating, indecisiveness or \_\_\_\_\_ problems.
- 3.** Flaxseed, \_\_\_\_\_ and rosemary can help control blood sugar.
- 4.** Pay off debts in small bites, set and \_\_\_\_\_ to a budget and track the due date of your bills to improve your financial well-being.
- 5.** Walking enhances blood flow to the \_\_\_\_\_, promotes new brain cell growth, and boosts memory, concentration and creativity.
- 6.** Financial stress can cause \_\_\_\_\_, muscle tension, depression, headaches and compromise your immune system.
- 7.** \_\_\_\_\_ walking for 30 minutes at least five days a week is a great way to meet the recommended exercise goal and boost your mental health.