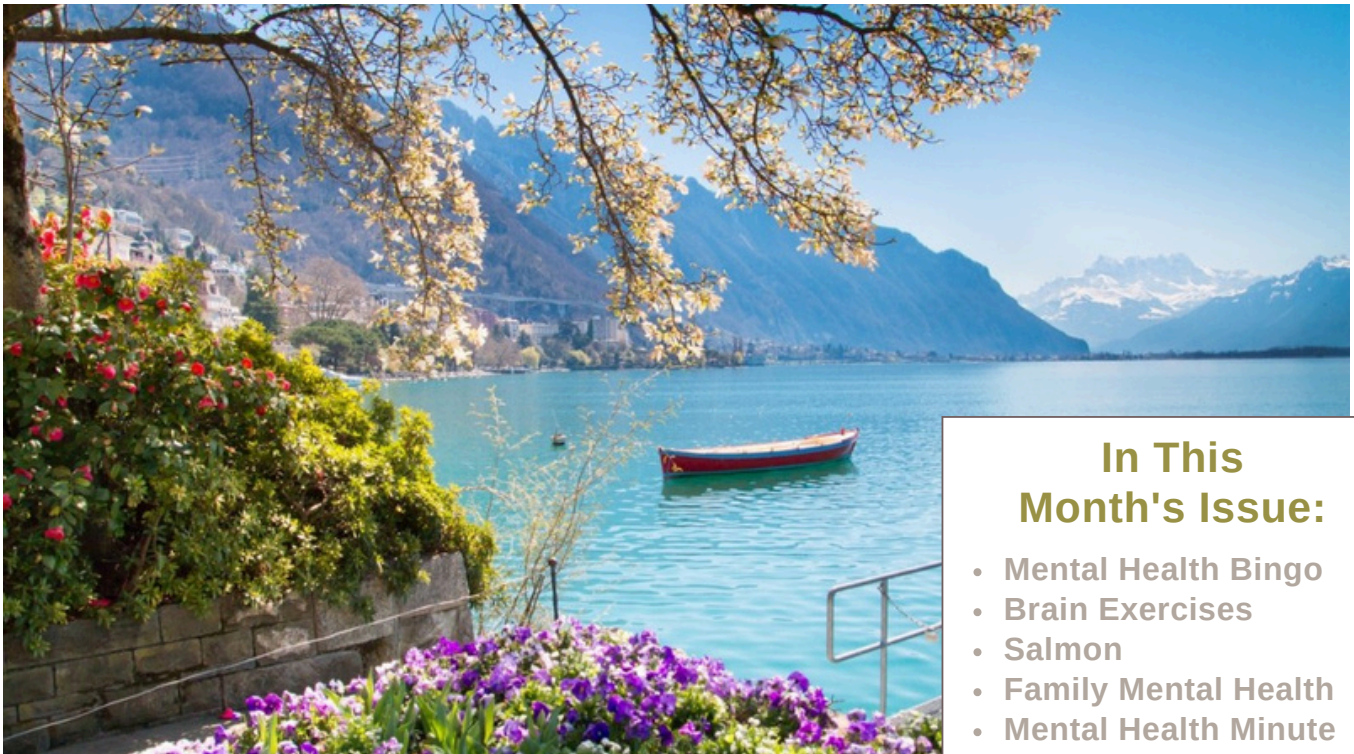


# Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER  
MAY 2024



## In This Month's Issue:

- Mental Health Bingo
- Brain Exercises
- Salmon
- Family Mental Health
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

## What's Up with Wellness

- **Take Ten Session** - 25 Wellness Points: JV Peptalk: Don't Get Bored with the Basics - Crank It Up! with Julie Voris
  - **Take Ten Session Google Form**
- **Wellness Challenge** - 25 Wellness Points: Mental Health Bingo - It's mental health month! Focus on yours with this month's challenge. - 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 May wellness activities by Tuesday, June 4!**

**All wellness activities can be found on the SCS Wellness website**

# MENTAL HEALTH

## CHALLENGE BINGO

  
**DO 10 MINUTES  
OF YOGA**  
**FACETIME WITH  
FAMILY**  
**PLAN A  
HEALTHY MEAL**  
**HAVE A PHONE-  
FREE NIGHT**  
**GO FOR A WALK**  
**TALK ABOUT  
YOUR FEELINGS**  
**COMPLIMENT  
SOMEONE**  
**WATCH A  
FUNNY MOVIE**  
**SCHEDULE A  
GAME NIGHT**

**MENTAL HEALTH IS IMPORTANT AT EVERY STAGE OF  
LIFE, FROM CHILDHOOD AND ADOLESCENCE  
THROUGH ADULTHOOD.**

**NAME:**

# BRAIN EXERCISES

TO SHARPEN YOUR MEMORY & FOCUS

- Learn a new language
- Active reading and note-taking
- Mindful breathing meditation
- Play chess
- Crossword puzzles
- Sudoku
- Listen or play music
- Work a jigsaw puzzle

## 5 Brain Exercises to Improve Memory and Concentration

<https://youtu.be/KVm5QuXSxxA>



AssuredPartners  
<https://tinyurl.com/6jtfskbt>

# HEALTH BENEFITS OF SALMON

- Maintains healthy bones and joints
- Promotes heart health
- Decreases age-related muscle loss
- Supports brain health
- Decreases inflammation

## HEALTHY BAKED SALMON

- 4 salmon fillets - about 6 ounces each
  - 2 tablespoons olive oil
  - ½ teaspoon salt - or to taste
  - ¼ teaspoon cracked black pepper
  - 2 teaspoons minced garlic
  - 1 teaspoon Italian herb seasoning blend
  - 1 medium lemon
1. Preheat oven to 400 degrees and grease a large baking pan. Arrange salmon fillets on the baking sheet and season generously with salt and pepper.
  2. Stir together olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets being sure to rub all over the tops and sides of the salmon so it has no dry spots. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon.
  3. Bake for 12-15 minutes until salmon is opaque and flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired.
  4. Garnish with fresh thyme or parsley if desired and serve.



# FAMILY MENTAL HEALTH

Follow the National Institute of Health's  
5-2-1-0 method to get your family healthy

**5** fruits and vegetables a day

**2** hours or less of screen time per day

**1** hour of physical activity a day

**0** limit sugar-sweetened drinks

Reach success with the 5-2-1-0 method by planning meals and having healthy snacks on hand and in eye sight. Schedule active family time such as walks in the neighborhood and at the park.

You are a role model for those around you!



**5-2-1-0 VIDEO**

**Be a Healthy Hero**

<https://youtu.be/i4eWr-fvXvU?si=rGhyCA9Pz-Qk3r-s>



AssuredPartners

<https://tinyurl.com/2bm8j5fs>

# MENTAL HEALTH MINUTE

MAY 2024



## Mental Health in America and How to Get Help

More than half of adults in the United States will experience mental illness—which refers to a variety of conditions that affect one’s mood, behavior, feelings or thinking—at some point in their life. Mental illnesses can occur occasionally, while others are chronic. Common mental illnesses include anxiety, depression, schizophrenia and bipolar disorder.

Mental Health Awareness Month, observed every May, is a time to raise awareness about mental health, break the stigma and support people with mental illness. Access to mental health care is crucial to helping many individuals receive the support necessary for treatment and recovery. However, roughly half of adults with mental illness in the United States don’t receive the treatment they need.

Common barriers include the high costs of and difficulty accessing mental health care, mental health professional shortages, and the stigma associated with mental health. When left untreated, mental health conditions can affect a person’s ability to manage both work and personal responsibilities.

## Getting Help

Millions of Americans are affected by mental illness each year, so know that you are not alone. Mental health conditions are common, real and often treatable. Each condition has its own symptoms, but here are some common signs of mental illness:

- Excessive fears and worries
- Prolonged sadness or irritability
- Difficulty concentrating
- Changes in eating habits or weight
- Changes in sleeping habits or energy
- Growing inability to cope with daily life
- Social withdrawal
- Substance misuse
- Suicidal thoughts

If you have concerns, talk to your primary care physician; they can refer you to a qualified mental health professional. Your health insurance company can also provide a list of available providers in your plan.

If you or someone you know is struggling or in crisis, remember that Americans can call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org) for the 988 Suicide & Crisis Lifeline.

## Spring Cleaning Your Mindset

Spring isn’t just for cleaning out your closet. It’s also a great time to refresh your mind. It’s important to check in on yourself regularly; a routine refresh can help you reduce stress and feel in control.

Consider the following tips to freshen up your daily routine and promote a healthy mindset this spring:

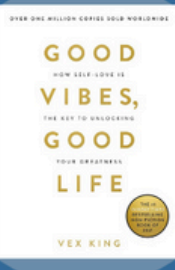
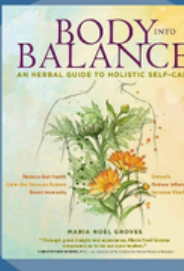
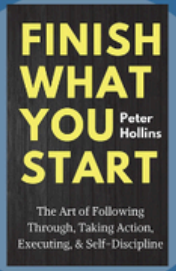
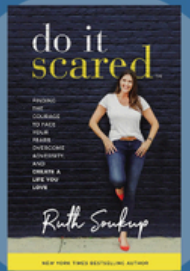
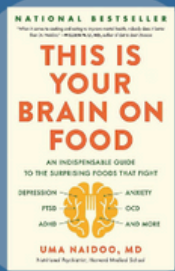
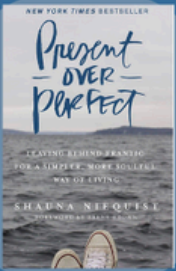
- **Declutter your space.** A cluttered home or working environment can cause stress and anxiety, so a purge of items could help clear your mind and improve your mood.
- **Let go of negative thinking patterns.** Letting go of negative thoughts or beliefs can help make space for healthier ideas and behaviors.
- **Practice gratitude.** To change your perspective for the better, consider ways to be intentional about choosing a positive outlook. For example, you could start a gratitude journal or meditate.

- **Make time for hobbies.** Just like you’d honor a work meeting or personal appointment, participate in activities and hobbies that fulfill you and bring joy.
- **Spend time outdoors.** Spring is a great time to reconnect with nature. You could try walking around the neighborhood, enjoying your coffee or tea outside or moving a regular workout outdoors.
- **Connect with others.** Many people enter hibernation mode during the winter. Leverage the change of the seasons to reconnect with loved ones and engage in meaningful conversations.

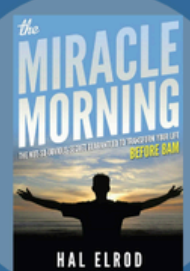
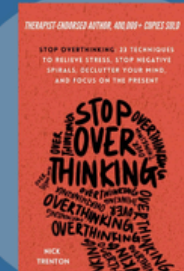
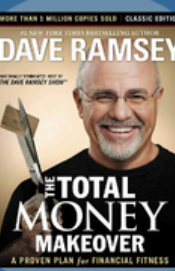
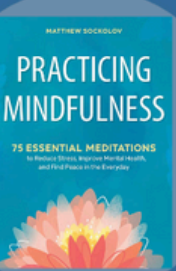
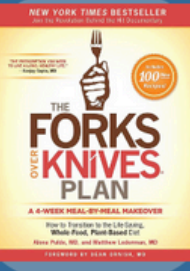
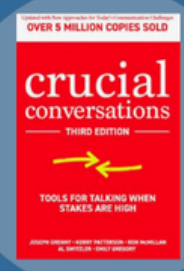
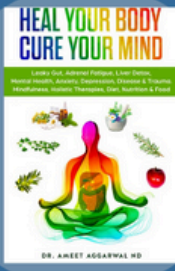
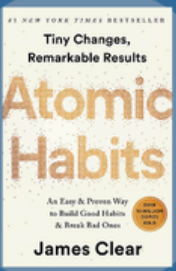
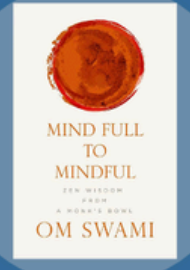
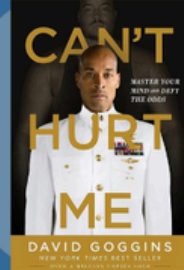
Spring is a time of new beginnings and growth, so use this seasonal change to reset your mind and commit to healthy practices and behaviors. Determine where your mental energy is best spent this season, prioritizing what matters most.

# Sandusky Wellness

## BOOK BINGO

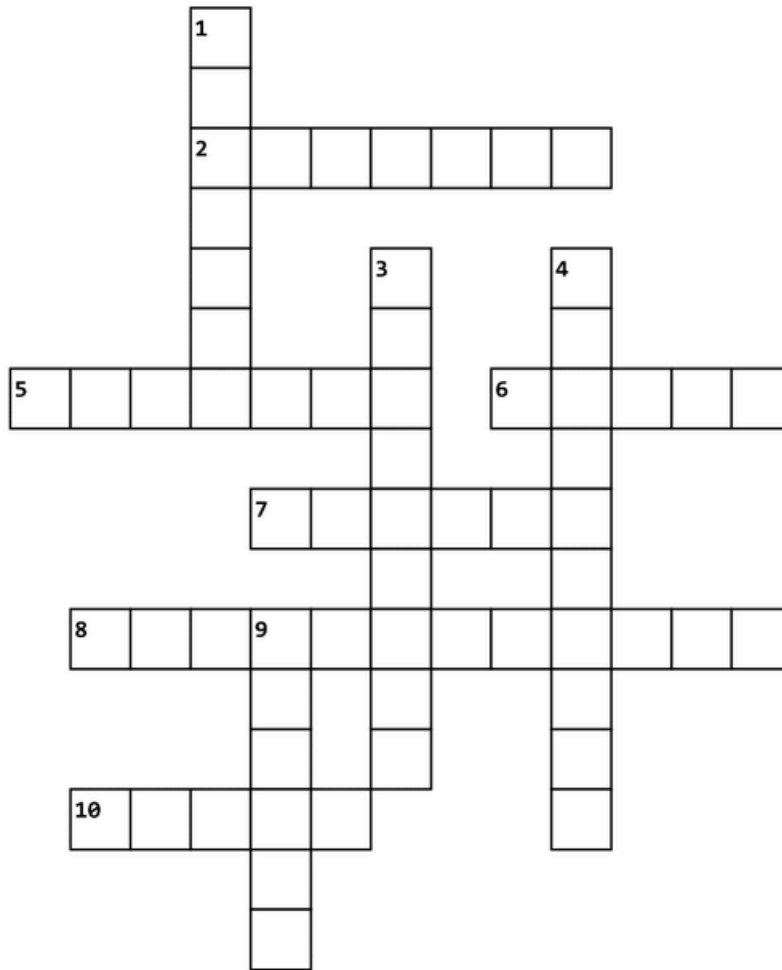


Free space



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

# May Wellness Puzzle



## Across

2. Letting go of negative thoughts or \_\_\_\_\_ can help make space for healthier ideas and behaviors.
5. Reconnect with nature by walking around the neighborhood, enjoying your coffee or tea \_\_\_\_\_ or moving a regular workout outdoors.
6. Mental health is important at every \_\_\_\_\_ of life, from childhood and adolescence through adulthood.
7. Reach success with the 5-2-1-0 \_\_\_\_\_ by planning meals and having healthy snacks on hand and in eye sight.
8. Mental illnesses can occur \_\_\_\_\_, while others are chronic.
10. Salmon maintains healthy bones and joints, promotes heart health, supports \_\_\_\_\_ health and decreases inflammation.

## Down

1. Just like you'd honor a work meeting or personal appointment, participate in activities and \_\_\_\_\_ that fulfill you and bring joy.
3. Learn a new language, play chess, practice mindful \_\_\_\_\_ meditation or work a jigsaw puzzle to sharpen your memory and focus.
4. Each condition has its own symptoms but some common signs of mental illness include excessive fears and worries, difficulty concentrating and social \_\_\_\_\_.
9. Schedule \_\_\_\_\_ family time such as walks in the neighborhood and at the park.