

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER JULY 2024



In This Month's Issue:

- Limit Social Media Bingo
- Paddleboarding & Kayaking
- Tomatoes
- Sunscreen
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: How to speak so that people want to listen - Julian Treasure - TED
- Wellness Challenge - 25 Wellness Points: Limit Social Media Bingo - Take a break from social media 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 2024/2025 school year, read books on the board to complete a bingo! - Page 7
- Open Way Yoga Online Class Library

Submit your July wellness activities by Tuesday, August 6th to be entered to win a SCS Stanley Cup! You can earn up to 3 entries each month by completing the Take Ten Session, Wellness Challenge and Crossword Puzzle. All wellness activities can be found on the SCS Wellness website

LIMIT SOCIAL MEDIA BINGO

☐
DELETE UNUSED
APPS

☐
DISABLE PUSH
NOTIFICATIONS

☐
DON'T BRING
YOUR PHONE TO
BED

☐
UNFOLLOW
PEOPLE WHO
AREN'T REAL
FRIENDS

☐
NO PHONE
UNTIL AFTER
WORK /
SCHOOL

☐
LIMIT
SCREENTIME TO
30 MINTUES FOR
THE DAY

☐
NO FACEBOOK
ALL DAY

☐
NO PHONES
DURING MEALS

☐
READ INSTEAD
OF SCROLLING

A STUDY AT THE UNIVERSITY OF PENN. FOUND THAT **REDUCING SOCIAL MEDIA** USAGE CAN MAKE YOU FEEL LESS LONLEY AND ISOLATED AND **IMPROVE YOUR OVERALL WELLBEING.**

NAME:

PADDLEBOARDING & KAYAKING

Stand up paddle boarding (SUP) has become quite the center of attention as of recently. It involves standing (or kneeling) on a surfboard-like board and paddling on a body of water with an oar. This exercise uses core, back, and arm muscles whilst being super fun. Step up your game and try a few yoga poses on your SUP!

Kayaking is a low-to-the-water boat where you paddle through either flat water or white water (rapids). Many can enjoy kayaking as it ranges all activity levels.

Check for outdoor shops near you to rent paddleboards and kayaks. It can be cheap to enjoy a day out on the water – pack a picnic to extend your day!



HOW TO PADDLEBOARD

<https://youtu.be/yubSCrsmBaU?si=TLH2Gc0CS02jzlkh>



AssuredPartners

<https://tinyurl.com/3u39yj6j>

THE HEALTH BENEFITS OF **TOMATOES**

LOWER HEART DISEASE RISK AND CHOLESTEROL

INCREASE IMMUNITY

HIGH IN VITAMIN C

GREAT SOURCE OF FIBER

PROTECT AGAINST SUNBURNS

WEALTH OF ANTIOXIDANTS

GREAT SOURCE OF POTASSIUM

LOWER CANCER RISK

MARINATED **TOMATOES**

- 1 pound cherry or grape tomatoes, halved or quartered
 - 1 clove garlic, finely grated
 - 2 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1 tablespoon freshly minced parsley
-
- Toss tomatoes, grated garlic, olive oil, lemon juice, herbs, and salt together in a small bowl. You're done.
 - Now just let the marinated tomatoes get real yummy. Give them 2-3 hours minimum to just rest in the fridge, but you can also let them soak in all that goodness for up to 24 hours, especially if your tomatoes were sturdy to begin with, and/or if you'll be mixing them into other things like a salad. Bring them back to room temperature for ideal serving conditions!



AssuredPartners

<https://tinyurl.com/3u39yj6j>

CHOOSING THE RIGHT SUNSCREEN

With so many sunscreen options on the shelves, it can be difficult to know which offers the best sun protection. Opt for a sunscreen labeled with these factors.

SPF?



MINERAL FORMULA

(e.g. titanium dioxide and zinc oxide)



BROAD SPECTRUM



SPF 30 OR HIGHER



WATER-RESISTANT

(for up to 40 or 80 minutes)

MENTAL HEALTH MINUTE

JULY 2024



Combating Summertime Stressors

Many people experience better mental health and mood during the summer due to longer days and sunlight. Yet the season is stressful for others; summertime stressors and extreme weather conditions may even worsen symptoms of seasonal affective disorder.

To cope effectively, it's first important to understand what triggers anxious or depressive feelings. For example, summertime triggers may be related to the weather—such as the heat, sun or humidity—or finances, as pressure and stress result from spending money on trips, experiences and child care or being unable to take time off.

Try these tips to support your summertime mental well-being:

- **Get outside.** Spending time in nature can help improve your mood by reducing stress, combating anxiety and depression, and enhancing cognitive function.
- **Stay active.** Exercise can help reduce stress, so prioritize daily movement.

- **Maintain a healthy sleep schedule.** Long, hot summer days may make sleeping difficult, but regulating your sleep is critical to improving your overall mood.
- **Stick with a routine.** Establishing and following a routine can help you feel more in control of your summer and motivate you.
- **Don't compare yourself with others.** It's easy to get overwhelmed while scrolling social media, so try not to compare your day and activities and keep the fear of missing out (or FOMO) at bay.
- **Be realistic.** It's important to control—and potentially lower—your expectations and be realistic about what you are able to do during the summer.

It's easy to get overwhelmed or burned out in the summer by pressures and expectations, but understand that it's common. Contact a health care provider if you need help this summer.

The Influence of AI on Mental Health Care

Artificial intelligence (AI) in mental health is still relatively new but could become more prevalent in the future. Some people are turning to AI platforms, such as ChatGPT, for mental health support, but this behavior can be risky; the technology doesn't have the qualifications of a qualified mental health professional.

Here are the potential benefits of using AI for mental health care:

- Increased accessibility
- Boosted mental health literacy
- Preserved anonymity

While AI has great potential, its development isn't there quite yet, especially for mental health-related topics. It's important to understand that there are also pitfalls, including the following:

- False information
- Misinterpretation of information
- Ethical concerns (e.g., data privacy and bias)

Some AI platforms even include disclaimers that they shouldn't be used to diagnose serious conditions, provide instructions for curing conditions or manage life-threatening issues.


Takeaway

In today's digital world, it's easy to become overwhelmed when researching information. Accurate mental health advice and information requires using all available sources but understanding their limitations. For example, AI currently doesn't consider your lifestyle habits, medical history and other personal details when providing information.

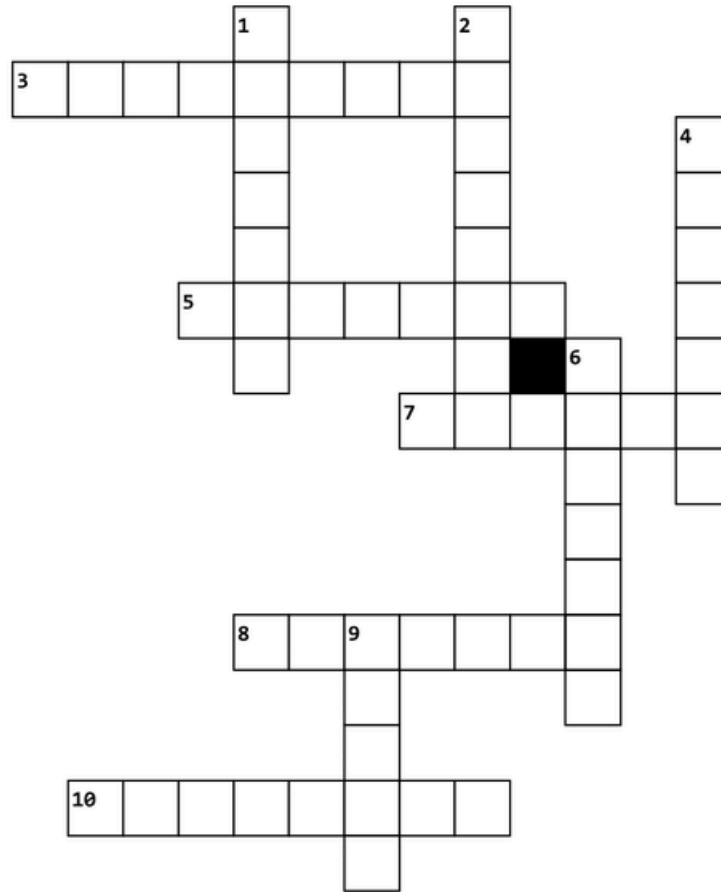
Although generative AI and chatbots are not meant to replace professional health care, they can help you increase your mental health literacy and anonymously discuss concerns. However, AI is no replacement for traditional forms of therapy, such as talking to a certified professional. As such, contact a qualified medical provider for the most accurate, personalized information and guidance.

SOCS WELLNESS

book bingo




July Wellness Crossword



Across

- 3.** It's important to control and potentially lower your expectations and be _____ about what you are able to do during the summer.
- 5.** Choose a sunscreen labeled with a _____ formula, broad spectrum, SPF 30 or higher and water-resistant.
- 7.** Exercise can help _____ stress, so prioritize daily movement.
- 8.** It's easy to get overwhelmed while scrolling social media, so try not to _____ your day and activities and keep the fear of missing out at bay.
- 10.** Many can enjoy _____ as it ranges all activity levels.

Down

- 1.** Tomatoes increase immunity, are high in _____ C, a great source of fiber and potassium and provide a wealth of antioxidants.
- 2.** Contact a qualified medical provider for the most _____, personalized information and guidance.
- 4.** Accurate mental health advice and information requires using all available _____ but understanding their limitations.
- 6.** Paddle boarding uses core, back and arm _____ whilst being super fun.
- 9.** A study at the University of Penn found that reducing social _____ usage can make you feel less lonely and isolated and improve your overall wellbeing.