

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER AUGUST 2024



In This Month's Issue:

- Harvest Hustle
- Arm Circles
- Ice Cream
- Immunizations
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: A simple way to break a bad habit - Judson Brewer - TED
- Wellness Challenge - 25 Wellness Points: Harvest Hustle - Fresh, local food and farmer's market hangs! - 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 August wellness activities by Tuesday, September 3rd 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

HARVEST HUSTLE

FARMER'S MARKET CHALLENGE

Local foods are often **fresher** and have **more nutrients** because they spend less time in transit from the farm to the table. They also tend to have fewer chemicals.

COMPLETE AS MANY BOXES AS YOU CAN THIS MONTH!

☐

ATTEND A
FARMER'S
MARKET

☐

TRY A RECIPE
USING BASIL

☐

BRING A CANVAS
TOTE

☐

PICK A NEW
FRUIT AT THE
MARKET

☐

TOSS YOUR
WASTE IN A
COMPOST

☐

TRY A NEW
RECIPE

☐

PICK A NEW
VEGGIE AT THE
MARKET

☐

TRY A RECIPE
USING SQUASH
OR ZUCCHINI

☐

TRY A RECIPE
USING
TOMATOES

☐

TAKE A LAP
BEFORE
PURCHASING
ANYTHING

☐

ATTEND WITH A
FAMILY MEMBER
OR FRIEND

☐

HAVE A
CONVERSATION
WITH THE
FARMER

NAME:

HEALTH BENEFITS OF **ARM CIRCLES**

DOABLE ALMOST ANYWHERE

WORKS SEVERAL MUSCLES

GREAT FOR COMPUTER USERS

BURN CALORIES

ENGAGES CORE MUSCLES

GOOD FOR ELBOWS & SHOULDERS



HOW TO DO **ARM CIRCLES**

<https://youtu.be/MY0Wx6hSdMs?si=G153Yzqdabc7vr-f>



AssuredPartners

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

THE HEALTH BENEFITS OF ICE CREAM

A GOOD SOURCE OF VITAMINS

PROVIDES ENERGY

GREAT SOURCE OF CALCIUM

STIMULATES THE BRAIN

INCREASES SEROTONIN LEVELS

HELPS BOOST IMMUNE SYSTEM

HEALTHY VANILLA ICE CREAM

- 3 ⅓ cups of full fat coconut milk
 - ½ cup regular unsweetened coconut milk
 - ⅓ cup pure maple syrup
 - 2 teaspoon pure vanilla extract
-
- Combine all the ingredients in a large mixing bowl.
 - Pour into a Ziploc bag and freeze for about 3 hours.
 - Break the frozen mixture into pieces and blend.
 - Put in a freezer safe container and freeze overnight (or 3-4 hours at least).
 - Remove from the freezer and enjoy!



IMMUNIZATION

Most health insurance plans cover the cost of recommended vaccines.

Check with your insurance provider for details.



Vaccines prevent more than 2.5 million deaths each year



Vaccines stimulate our immune system to produce antibodies which help defend against diseases



Know when to vaccinate. Ask your doctor or use the CDC immunization schedule to know when to vaccinate your children

LEAD THE WAY!

Encourage your family and friends to get vaccinated.

MENTAL HEALTH MINUTE

AUGUST 2024



Zoning Out: The Signs, Causes and When to Get Help

"Zoning out" is a mild and common form of dissociation. Nearly everyone does it from time to time. Zoning out can serve as a coping mechanism when you are bored, tired, distracted, stressed, anxious or dealing with a difficulty in life.

Zoning out is like your brain switching into autopilot mode. During this short period, you may feel disconnected from the things happening around you and briefly forget what you're doing or where you are. Daydreaming is a common way of zoning out.

Zoning out is a normal brain function but has pros and cons. It can offer a brief mental break from external pressures or stresses, allowing the mind to recharge. However, zoning out can lead to errors or accidents during critical tasks. For example, it could impact productivity and impair workplace performance. Also, zoning out in social settings could impact interpersonal communication and relationships, potentially leading to misunderstandings.

Getting Back in the Zone

Consider these strategies to help you refocus and not zone out during less-than-ideal times:

- Track when you're zoning out to help identify any patterns of mind-wandering. With that awareness, you can proactively try to change them.
- Ground yourself by breathing in a strong fragrance, enjoying a hard candy with an intense flavor (e.g., sour, peppermint and cinnamon), or running cold or warm water over your hands.
- Take short, frequent breaks during the day to stretch, rest and fuel up with a snack to increase concentration.

It's essential to seek medical attention if zoning out involves repeat episodes or occurs for more than a few minutes. Memory loss, odd or uncharacteristic behavior, loss of bowel or bladder control, and injury are also red flags. Mental health professionals can offer personal guidance and support when exploring the causes of zoning out and developing coping techniques.

Social Media and the Risks of Self-diagnosis

More individuals are using technology and social media platforms, such as Instagram and TikTok, to self-diagnose mental health conditions. While awareness and understanding of mental health issues are important, certain exposure to information on these platforms can be harmful. Getting an accurate diagnosis is key to mental health treatment and recovery.

Self-diagnosis can be a step toward taking responsibility for your mental health and overall well-being. As such, seeking information about mental health on social media has potential benefits. Learning about mental health conditions and hearing how others experience them can be helpful. As a result, you may pay more attention to yourself and how you're feeling. In general, consuming content about mental health concerns or conditions can destigmatize them, normalizing the topics and offering a starting point to learn more about mental health.

Conversely, there are risks associated with consuming online content and self-


diagnosing. Just as easy as it is for influencers, celebrities and others to share content on social media, it's even easier to spread misinformation or misconceptions about mental health diagnoses. Keep in mind that the DSM-5 TR, the standard classification of mental disorders used by U.S. mental health professionals, lists nearly 300 mental illnesses. Each diagnosis varies from person to person, which makes interpreting mental health information and diagnosing accurately even more challenging. An incorrect self-diagnosis can lead to several issues, such as focusing on the diagnostic label instead of coping strategies or solutions.

Takeaway

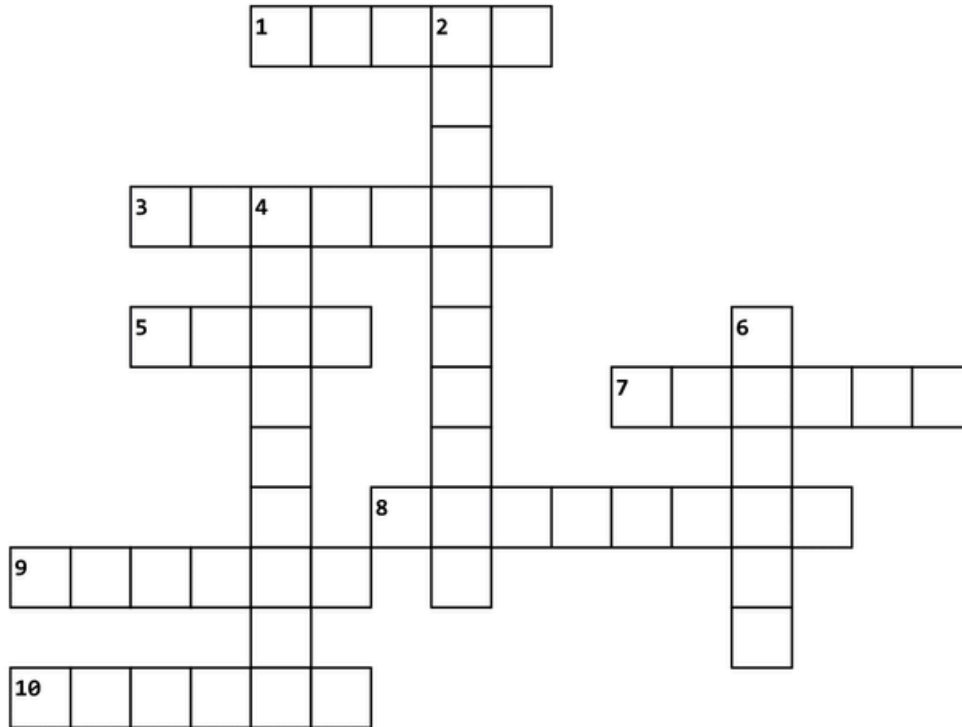
Although social media is not meant to replace professional health care, these platforms can help destigmatize mental illnesses and increase your mental health literacy. However, self-diagnosis is no replacement for professional help. Contact a qualified medical provider for a personalized diagnosis and guidance.

SOCS WELLNESS

book bingo




August Wellness Crossword



Across

1. Zoning out can serve as a coping mechanism when you are _____, tired, distracted, stressed, anxious or dealing with a difficulty in life.
3. Arm circles are doable almost anywhere, works several _____, are great for computer users and engages core muscles.
5. Local foods are often fresher and have more nutrients because they spend less time in transit from _____ to table.
7. Take short, frequent _____ during the day to stretch, rest and fuel up with a snack to increase concentration.
8. Getting an _____ diagnosis is key to mental health treatment and recovery.
9. Vaccines stimulate our immune system to protect antibodies which help _____ against diseases.
10. An incorrect self-diagnosis can lead to several issues, such as focusing on the diagnostic label instead of _____ strategies or solutions.

Down

2. Learning about mental health conditions and hearing how others _____ them can be helpful.
4. Ice cream provides energy, stimulates the brain, increases _____ levels and is a great source of calcium.
6. Zoning out can offer a brief _____ break from external pressures or stresses, allowing the mind to recharge. However, zoning out can lead to errors or accidents during critical tasks.