

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER JANUARY 2025



In This Month's Issue:

- 21 Day Habit Tracker
- Integrative Health
- In-Season Eating
- Embracing Holistic Goals
- Minestrone Soup
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: Six behaviors to increase your confidence | Emily Jaenson | TEDxReno
- Wellness Challenge - 25 Wellness Points: 21 Day Habit Tracker - What do you want to START or STOP doing? - 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
- SCS Wellness Facebook Group: Click to join!

Submit your January wellness activities by Tuesday, February 4th to be entered to win the monthly prize! 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

21 DAY habit tracker

What do you want to START or STOP doing?



GOAL:



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

REFLECTION NOTES:



REMINDER FOR MYSELF:



NAME: _____

INTEGRATIVE HEALTH MONTH



KEY PRINCIPLES:

- A holistic approach that harmonizes mind, body, and spirit.
- Combines traditional medical practices with complementary therapies.
- Focuses on the correlation between physical, mental, emotional, and social health.
- Treats the whole person, not just symptoms.
- Encourages active participation in one's own wellbeing.
- Fosters empowerment, personal growth and self-awareness.

INCORPORATING INTEGRATIVE HEALTH:

- Practice mindfulness through meditation, yoga, or tai chi.
- Adopt a balanced, nutritious diet with whole foods.
- Explore acupuncture, massage, or herbal remedies alongside conventional treatments.

How to Eat In-Season During Winter

ROAST ROOT VEGETABLES - **CARROTS, SWEET POTATOES, RED BEETS & PARSNIPS** - TO EAT AS A SIDE OR INCORPORATE INTO STEWS FOR WARMTH AND SUSTENANCE.

INCLUDE CRUCIFEROUS VEGETABLES - **BRUSSELS SPROUTS & CAULIFLOWER** - INTO SALADS OR SIDE DISHES FOR EXTRA NUTRITION AND FLAVOR.


BOOST VITAMIN C INTAKE WITH CITRUS FRUITS - **ORANGES, GRAPEFRUITS & MANDARINS** - AS SNACKS, IN SALADS, OR AS FRESHLY SQUEEZED JUICE.

WINTER SQUASH VARIETIES - **BUTTERNUT & ACORN** - ARE IDEAL FOR SOUPS, CASSEROLES, OR ROASTING TO ADD COMPLEXITY TO MEALS.

WINTER FRUITS - **POMEGRANATE ARILS & KIWIS** - CAN TOP OFF SALADS, NESTLE IN SMOOTHIES, OR GRACE BREAKFAST OATMEAL OR YOGURT PARFAITS.

GRAB AN **APPLE** TO MUNCH ON AS A SNACK.

Embracing Holistic Goals

- ☑ MINDFUL LIVING: Practice mindfulness through daily routines, such as meditation, breathing exercises or appreciating the present moment. 
- ☑ EMOTIONAL WELLBEING: Prioritize mental health by building resilience, fostering positive relationships, and finding stress-relief activities like journaling or therapy.
- ☑ SKILL DEVELOPMENT: Focus on intellectual growth by learning new skills or hobbies to promote personal growth and fulfillment.
- ☑ CONNECTION & COMMUNITY: Build meaningful social connections, strengthening existing relationships and making new ones for support and wellbeing.
- ☑ FINANCIAL WELLNESS: Set realistic financial goals aligned with your values, such as budgeting or saving for future experiences.
- ☑ ENVIRONMENTAL CONSCIOUSNESS: Adopt eco-friendly habits, like reducing waste or choosing sustainable products, contributing to both planetary and personal health.

This year, prioritize self-love, personal growth, and a balanced life.

THE BEST MINESTRONE SOUP

INGREDIENTS

1 tablespoon olive oil

1 pound ground turkey/chicken/beef

1 white/yellow onion, diced

2 stalks celery, diced

2 large carrots, sliced

1 medium (or 2 small) yukon gold potatoes, diced into ½ inch cubes (about 1 cup diced potatoes)

1 (28 ounce) can fire roasted crushed tomatoes

1 (15 ounce) can kidney beans, rinsed and drained

6 cups vegetable broth

1 teaspoon Italian seasoning

1/2 teaspoon red pepper flakes

3/4 teaspoon salt, plus more to taste

Freshly ground black pepper

1 (10-12 ounce) bag frozen green beans

4 cups spinach

4 ounces elbow noodles, small shells or fusilli, gluten free if desired

For serving:

Freshly grated parmesan

Sourdough bread



INSTRUCTIONS

Add olive oil to a large pot or Dutch oven and place over medium heat. Sauté 1 pound ground turkey/chicken/beef with the onions until meat is browned. Add in diced celery, sliced carrots and potatoes. Sauté for 3-5 minutes.


Next add in crushed tomatoes, kidney beans, vegetable broth, Italian seasoning, red pepper flakes and salt and pepper. Cover and cook on medium low for 10-15 minutes.

Next stir in the green beans, spinach and pasta. Cook uncovered for 8-12 more minutes or until pasta is al dente and green beans are tender. Serve with parmesan cheese grated on top and a slice of sourdough bread.

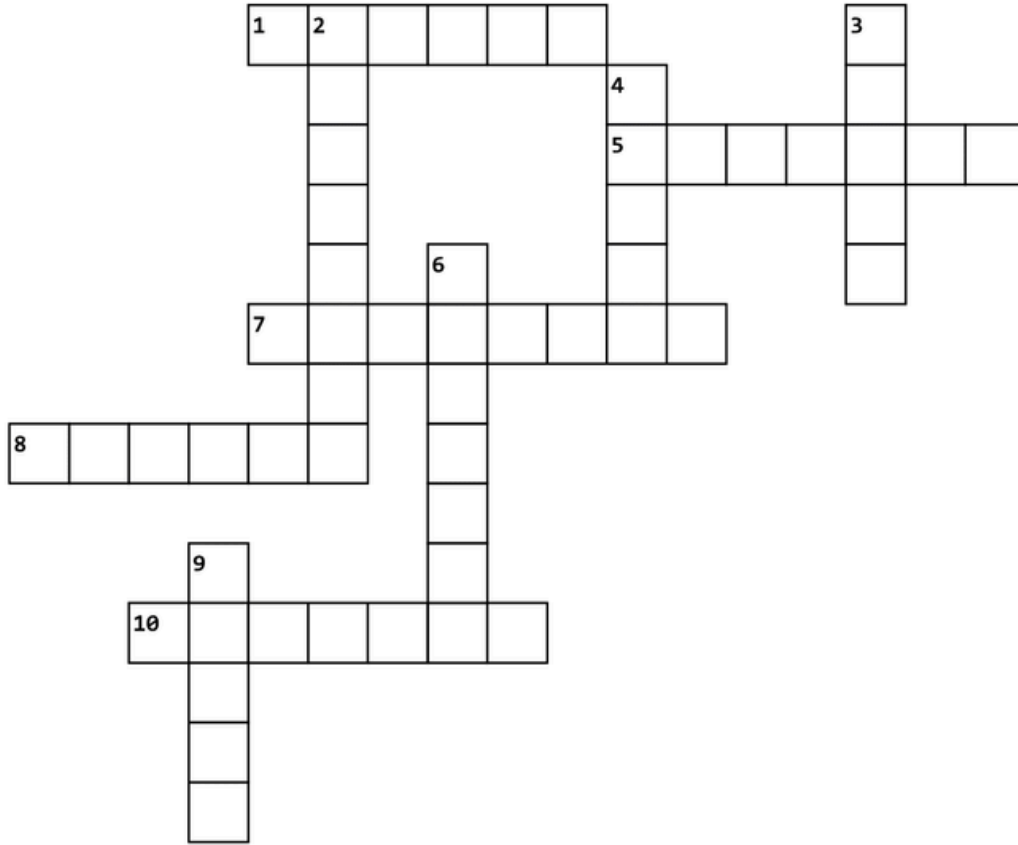
Soup makes amazing leftovers and is even more delicious the next day. If you plan to freeze the soup, do not add the noodles. Instead, add cooked noodles while reheating. Serves 6.

SOCS WELLNESS

book bingo




January Wellness Puzzle



Across

1. Set realistic financial goals aligned with your _____, such as budgeting or saving for future experiences.
5. Focus on intellectual growth by learning new skills or _____ to promote personal growth and fulfillment.
7. This year, prioritize self-love, personal growth and a _____ life.
8. Roast carrots, sweet potatoes, red beets or parsnips to incorporate into stews for _____ and sustenance.
10. If you plan to freeze minestrone soup, do not add the _____. Instead, add cooked noodles while reheating.

Down

2. Integrative health is a holistic _____ that harmonizes mind, body and spirit.
3. Top off your salad, oatmeal or yogurt parfaits with pomegranate _____ or kiwis.
4. The _____ person is treated in integrative health, not just symptoms.
6. You can incorporate integrative health by exploring acupuncture, _____ or herbal remedies alongside conventional treatment.
9. _____ vitamin C intake with citrus fruits as snacks, in salads or as freshly squeezed juice.

Name _____