DECEMBER 2026

# COUGARS WELLBEING Newsletter

## A Word from Dr. Nic

### END OF YEAR PAUSE

As we approach the end of 2026, pause to embrace whatever this season looks like for you. It may bring happiness and celebration, or challenges and moments of sadness. Wherever you find yourself, permit yourself to honor what you need, slow down, and be kind to yourself. Show gratitude to those who bring meaning to your life, celebrate your progress, and take time to reflect on the personal goals you intend to carry into the new year. Remember, wellbeing looks different for everyone, so make space for what matters most to you.

Our December newsletter includes many resources to meet you where you are during this season. Page two features OhioHealth resources and an upcoming session, “Health for the Holidays.” Page six highlights the upcoming employee appreciation event: Peace, Joy, and Paws.

Take advantage of these opportunities to invest in your wellbeing.

**December 10 Biometric Screening Event**

Biometric Screenings are one way you can take care of yourself and help you better understand your overall health to have more informed conversations with your healthcare provider. Sign up for an appointment on December 10. Details on page two.



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Wellbeing 360

# DECEMBER SCREENING EVENT

We're hosting one additional Biometric Screening opportunity this Autumn Semester. Sign up for an appointment today!

**December 10, 8:00 a.m. to 3:00 p.m., WD 412** REGISTER NOW

Stay tuned for future Spring Semester Biometric Screening opportunities.

## DEC 6-12: NATIONAL HANDWASHING AWARENESS WEEK

**The Four Principles of Hand Awareness:**

1. Wash your hands when they are dirty and before eating.
2. Do not cough into your hands.
3. Do not sneeze into your hands.
4. Do not put your fingers in your eyes, nose, or mouth.



# OHIOHEALTH RESOURCES

The end of the year can be a time to prepare for the New Year or wind down and focus on ourselves. However your December plays out, we are here for you. Explore these three articles, and more, from the OhioHealth Blog:

- **5 Ways to Reduce Stress During the Holidays**
- **Am I too Sick to Work? A Guide to Making the Right Call**
- **What's "Appening": Build Your Exercise Toolkit with these 7 Fitness Apps**

# WEBINAR ALERT: HEALTH FOR THE HOLIDAYS

**December 7, 11:00 a.m. to 11:45 a.m., Virtual**

The Holidays can be difficult if you are focused on creating healthy habits. Step into the holiday season with a "non-diet approach" to eating to keep on track. Learn strategies to stay nourished, on track with your goals, and still enjoy yourself.

REGISTER NOW

# ONE-ON-ONE WELLNESS CONSULTANTS

Looking for personalized support? Schedule a **free Wellness Goal-Setting Consultation** with an OhioHealth Wellness Consultant to discuss your goals and identify practical steps for supporting your wellbeing. **Use this link to schedule your free Wellness Goal-Setting Consultation today!**



**Brianna "Bre" Newman** is an exercise physiologist and certified personal trainer with expertise in exercise, fitness, and wellness programming.



**Paige Boyer** has a background in health promotion and fitness and is certified in Mental Health First Aid. She brings experience in health education and individual wellness support.

# WELLBEING 360

## *End of Year Sessions*

Wellbeing 360 sessions give employees opportunities to focus on multiple dimensions of wellbeing, including physical, nutritional, emotional, and professional wellness. Explore what's available this month and choose the sessions that support your goals.

## CONNECT

### Sustaining What Supports You

REGISTER NOW

**TODAY, NOVEMBER 19**

This session helps you refine your self-care plan, prepare for seasonal shifts, and create a future-friendly approach you can continue to rely on in the months ahead.

## PLAN

### Financial Series: Caregiver Banking

REGISTER NOW

**NOVEMBER 24**

Participants will learn common causes of knee pain, when to seek care, and how strengthening, movement modification, and joint protection can reduce pain and improve function.

## NOURISH

### Festive and Mindful Eating

REGISTER NOW

**DECEMBER 3**

Recipe: Gingerbread Pancakes

## PROFESSIONAL WELLBEING

### Everything DiSC® on Catalyst™

DECEMBER 9: REGISTER NOW

**DECEMBER 9 and 22**

DECEMBER 22: REGISTER NOW

Strengthen workplace relationships, collaboration, and engagement using personalized DiSC® insights.

### Everything DiSC® Agile EQ™

REGISTER NOW

**DECEMBER 16**

Build emotional agility by learning to recognize what a situation needs and adapt your response.

### DDI: Connect Through Conversations

REGISTER NOW

**DECEMBER 3**

Learners will recognize the role of emotional intelligence in success as they develop foundational communication skills that apply to a wide range of workplace situations.

# ENGAGEMENT & REWARDS

## *Explore the Wellness Portal*

The Wellness Portal features a variety of wellbeing resources available to you in addition to the Engagement Program and Rewards Program tracking. Take time to explore all that the Wellness Portal has to offer, including the Discover section, which frequently updates with articles and podcast episodes tailored to your wellness interests and goals.

Looking for a quick way to check in on your wellbeing? Complete the Wellness Assessment in the Wellness Portal. The Wellness Assessment can help you better understand your current health habits, identify areas to focus on, and connect you with personalized resources to support your goals. This is also one of two steps to complete the Engagement Program for the current plan year!

**Wellness Portal**

## *Rewards On-Demand Workshop*

## HEALTH LITERACY 101

Healthcare can be confusing. In this workshop you will build a working understanding of premiums, out-of-pocket maximums, when you should go to urgent care versus the emergency room, and more.

The workshop takes approximately 45 minutes to one hour to complete and includes videos and questions to test your knowledge.

Complete the Health Literacy 101 on-demand workshop to earn 25 points towards your Wellbeing 360 Rewards Program gift cards.

**On-Demand Workshop**



*Engagement and Rewards Program activities are available to eligible full-time employees. Wellbeing resources and many activities throughout this newsletter are available to all employees.*

# EAT WELL + MOVE WELL

To stay active, your body needs plenty of rest. On days when you are low on energy, practice active rest by going on a 15- to 30-minute walk or try stretching at home.

## WELLNESS BALANCE TIP

Wellbeing is about balancing all areas of wellness in your life. You need sleep just as much as you need to move your body.

Don't overdo it; try to find your balance.

If working out five days a week exhausts you and makes your day-to-day more difficult, change your routine to accommodate all areas of wellness. Try working out three times a week and practicing active rest on the remaining four days. Give yourself grace and allow your body to rejuvenate between workouts.

## WARM UP FOR SUCCESS

Sixty seconds of each movement; repeat three rounds.

1. March in place
2. Arm circles
3. Hip circles
4. Bodyweight squats

## *Recipe Feature*

### OVERNIGHT OATS

**Ingredients:** Makes 1 serving.

- ½ cup rolled oats
- ½ cup milk of choice
- ¼ cup Greek yogurt
- 1 Tbsp chia seeds
- 1 Tbsp maple syrup
- ½ tsp vanilla extract
- ½ tsp Cinnamon
- ½ tsp ground flaxseed
- 1 Tbsp shredded coconut
- ¼ cup diced strawberries
- ¼ cup blueberries
- 1 Tbsp semi-sweet chocolate chips

**Directions:**

Combine the oats, milk, yogurt, chia seeds, and maple syrup in a container. Add toppings as desired. Store in the refrigerator for at least two hours or overnight.

If refrigerating for longer than two hours, you may consider adding fruit when you are ready to eat to avoid the fruit getting soggy.

**Read more about the recipe here, including nutritional information.**



## FULL BODY PYRAMID WORKOUT

Perform each exercise in a pyramid structure. 2 reps of each exercise, then 4, then 6, then 8, then 10 reps of each. Work back down the period by doing 8 reps of each exercise, then 6, then 4, and end with 2 reps of each exercise.

1. **Bodyweight Squats**: Stand with your feet shoulder-width apart. Lower into a squat stance with control and drive through your feet to stand.
2. **Reverse Lunges**: Count each leg as one rep. Step back with one leg and keep your front knee aligned with your front foot.
3. **Push-ups**: Keep your core braced and your body in a straight line as you lower your body in a push-up, controlling your form through your chest.
4. **Mountain Climbers**: Count each knee drive as one rep. In plank position, drive knees toward chest.

# WELLBEING RESOURCES

## December 2: Peace, Joy, and Paws

Especially at this time of the year, Columbus State employees often spend great time and energy supporting students, their colleagues, and balancing everything before the semester ends. You deserve dedicated time to recharge, relax, and reconnect at Peace, Joy, and Paws. **Prioritize your wellbeing and join Human Resources for your well-deserved end-of-semester break on December 2 from 9:30 a.m. to 1:00 p.m. in WD's 4th Floor Gallery.**

**Check out the schedule at this link**, which includes times to join a paint-and-sip activity, partake in OhioHealth Stretch it Out sessions (Rewards Eligible), visit with therapy dogs, and more.

## Emotional Wellbeing

### *Celebrating Your Accomplishments*

We often measure success by major life milestones like marriage, buying a home, or having children, forgetting that everyday accomplishments deserve celebration too. Everyone's journey looks different, and there is no universal timeline for success. Instead of comparing ourselves to others, especially through social media, we can practice self-kindness and recognize the things that make our lives meaningful. Celebrate the big moments, but don't overlook the small joys, personal achievements, meaningful connections, and everyday experiences that make life special. Every day offers a reason to celebrate the life you're living, right where you are.

**Explore Mental & Emotional Resources**

## Education First Credit Union Holiday Financial Tips

1. **Make a detailed expense list:** Write down all essential holiday costs, including small items like greeting card stamps and extra wrapping paper, not just major gifts.
2. **Set a hard budget in advance:** Decide your total spending limit ahead of time, then divide it by recipient, item, food, entertainment, and potential sales.
3. **Treat holiday spending as discretionary:** Never take on high-interest credit card debt or loans to cover seasonal costs.
4. **Watch credit card use:** Plan ahead, save a little bit from each paycheck, consider homemade gifts, and avoid letting last-minute impulse purchases derail your January finances.

**Explore Financial Wellbeing Resources**

You support student success.

**WE SUPPORT YOUR SUCCESS.**

