NOVEMBER 2026

COUGARS WELLBEING Newsletter



A Word from Dr. Nic

GRATITUDE, HARMONY, & GROUNDING

As we enter November, take a moment to pause, reflect, and appreciate the things that bring meaning to your life. This month, we encourage you to nurture your emotional wellbeing, practice kindness, strengthen connections, and create harmony as the holiday season approaches. We also recognize Diabetes Awareness Month and National Family Caregivers Month, highlighting the importance of health awareness, ongoing self-care, and supporting those who care for others.

Remember, wellbeing isn't about everything being perfect. It's about making small, intentional choices that support your wellbeing journey. Give yourself permission to slow down, celebrate the little things, care for your health, and recognize that caring for yourself is just as important as caring for others. Make your wellbeing a priority this November.

Fall Biometric Screening Events

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 November 5 or December 10. Details on page two.



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Wellbeing 360

FALL SCREENING EVENTS

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



Open Screening Dates

- **November 5, 8:00 a.m. to 12:00 p.m., Delaware Campus**

  There will be therapy dogs, chair massages, and educational sessions.
- **December 10, 8:00 a.m. to 3:00 p.m., WD 412**

REGISTER NOW

NATIONAL DIABETES MONTH

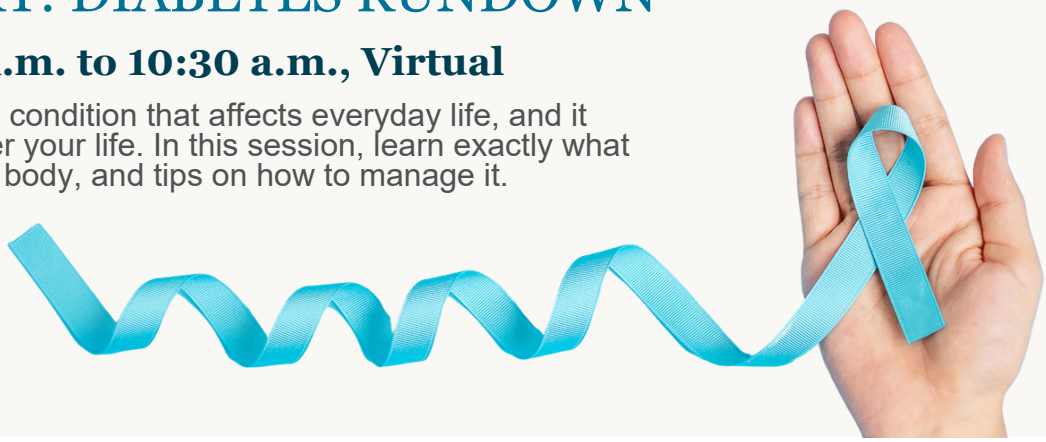
Diabetes affects over 40 million Americans and 115 million American adults are living with prediabetes. Learn more about diabetes, how to take care of your health, and potentially prevent the disease on the **American Diabetes Association webpage**. Available resources include webinars, recipe toolkits, and much more.

WEBINAR ALERT: DIABETES RUNDOWN

November 9, 10:00 a.m. to 10:30 a.m., Virtual

Diabetes is a serious medical condition that affects everyday life, and it can often feel like it takes over your life. In this session, learn exactly what diabetes is, how it affects the body, and tips on how to manage it.

REGISTER NOW



NATIONAL FAMILY CAREGIVERS MONTH

Take time this month to recognize and show support for vital caregivers. Explore resources and the Family Caregiver Toolbox on the **Caregiver Action Network webpage**.

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

November 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.

MOVE

3-Part Exercise Series

REGISTER NOW

NOVEMBER 3

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

Holiday Hosting Made Easy

REGISTER NOW

NOVEMBER 5

Recipe: Roasted Vegetable Stovetop Mac and Cheese

What is the Latest Research About Alcohol and Health?

REGISTER NOW

NOVEMBER 18

Review current scientific evidence on alcohol consumption and its effects on health, including how alcohol interacts with nutrition and overall wellness.

CONNECT

Sustaining What Supports You

REGISTER NOW

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.

PROFESSIONAL WELLBEING

Everything DiSC® on Catalyst™

NOVEMBER 10: REGISTER NOW

NOVEMBER 10 and 30

NOVEMBER 30: REGISTER NOW

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

Everything DiSC® Agile EQ™

REGISTER NOW

NOVEMBER 17

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

DiSC® Productive Conflict

REGISTER NOW

NOVEMBER 18

Learn to effectively address workplace conflict and redirect destructive behaviors.

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 Challenge

INVEST IN YOURSELF

The **Invest In Yourself Challenge** encourages participants to prioritize their physical, mental, and emotional wellbeing through small, meaningful daily actions. Investing in your wellbeing doesn't require a major overhaul. Small, intentional choices add up over time! Throughout this challenge, we'll explore simple ways to care for your body, mind, and energy.

Track your daily goal from November 11 to December 8 and **earn 25 rewards points to count towards redeeming gift cards.**

- Registration open: November 4 to November 18
- Challenge begins: November 11
- Challenge ends: December 8

Click here to join the Invest in Yourself Challenge!

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

Sitting at a desk eight hours a day slows down your metabolism and impacts your body's ability to regulate blood sugar. Incorporate small doses of movement into your daily routine with new habits.

DAILY MOVEMENT TIPS

- Set a timer to do 10 squats every hour.
- Use a smaller water glass so you have to get up and move more frequently to fill your water throughout the day.
- Working from home? Use a restroom on another floor so you incorporate more steps into your regular habits.
- Take a 10 to 20 minute walk after dinner every day.

NO EQUIPMENT WORKOUT

Traveling for the holidays? This routine boosts energy, eases travel stiffness, and can keep you consistent wherever your journey takes you!

Mobility Flow Warm Up:

- Alternating Bird-Dogs (5 reps each)
- Bear Hugs (10 reps)
- Leg Swings (5 reps each direction)
- Tall Plank Shoulder Taps (10 reps)

Complete Two to Three Rounds:

- 30 seconds of Jumping Jacks
- 20 Alternating Reverse Lunges
- 10 Push-Ups
- 20 Squats
- 30-second Elbow Plank

Cool Down Stretch (30-60 seconds each):

- Standing Quad Stretch
- Hamstring Stretch
- Chest Opener
- Shoulder Stretch
- Deep Breathing



Ingredients: Makes 4 servings.

- 1 lb. ground chicken
- 1/2 cup crumbled feta
- 3/4 cup old-fashioned rolled oats
- 1 small red onion; halved (1/2 diced and 1/2 grated and squeeze with paper towl to remove excess liquid)
- 1/3 cup packed fresh dill leaves and fine stems, finely chopped
- 1 tbsp. ground cumin
- 1/2 tsp. plus 1 tbsp. ground turmeric
- Kosher salt & black pepper
- 3 tbsp. olive oil
- 1/2 tsp. red pepper flakes
- 4 cups low-sodium chicken broth or water
- 4 cups packed baby spinach (about 5 ounces)
- 2 lemons (1 juiced and 1 cut into wedges for serving)

Directions:

Add chicken, feta, 1/4 cup oats, grated onion, most of the dill (reserve ~2 tbsp.), cumin, 1/2 tsp. turmeric, and 1 tsp. salt. Combine. Lightly wet palms and shape into balls (smaller than golf ball size). You will have ~25 turkey meatballs.

Heat oil in a wide pot over medium heat until simmering. Add diced onion, season with salt, and cook until it begins to soften (~2 minutes); stir occasionally. Add remaining 1 tbsp. turmeric and red-pepper flakes and stir ~30 sec. Push onions to the side in the pan and add meatballs. Cook until browned on two sides (5-7 min.).

Pour in broth and remaining 1/2 cup oats. Bring to a gentle boil, then immediately reduce heat to maintain an active simmer. Season with salt. Cook, gently stirring occasionally to ensure nothing sticks to the bottom, until oats have softened and meatballs are cooked through (~4 minutes more). Stir in spinach and lemon juice until spinach is wilted (~2 minutes more).

Adjust seasoning to taste. Spoon into bowls, top with pepper and remaining dill. Serve with lemon wedges.

View Nutritional Information here.

WELLBEING RESOURCES

November 6: Medicare Education Session

Are you nearing retirement and want to be informed? Do you have a family member approaching the age of Medicare eligibility? Join Human Resources and the **Seniority Benefit Group** for a virtual information session covering all things Medicare and Medicare enrollment. The virtual session is November 6 from 12:00 p.m. to 1:00 p.m.
Save this link to join the session.

Election Stress: Staying Informed without Staying Upset

Election coverage can be distracting and distressing, and coverage is ramping up right now. Media companies' competition for your attention ensures overwhelming triggering commentary and stories that can increase anxiety, irritability, and dissension among family and friends. Awareness and deciding you won't be victimized by it can keep you from being overtaken by it all. Here are some time-tested tips on political media triggering:

1. **Choose a set time to check in and get any updated news.**
2. **Choose reliable news sources, realizing none are purely unbiased.**
3. **Switch to print- or text-only news so you reduce the emotional messaging mixed with news.**
4. **Put up digital roadblocks by using content filters and app settings to scrub election noise completely out of your feeds and off your devices.**
5. **Notice physical signs that you have reached your limit, such as muscle tension, rapid breathing, or difficulty concentrating. Take a walk, contact someone supportive, or focus on an activity you can control.**

You do not need to absorb every opinion to participate responsibly. If election stress starts disrupting sleep, relationships, or job performance, consider confidential assistance from your EAP (Matrix).

Explore Mental & Emotional Resources

Financial Wellbeing

The 50/30/20 rule can be a great place to start when it comes to saving regularly. With this budgeting method, 50 percent of your income goes toward needs, 30 percent toward wants, and 20 percent to savings. It's a good idea to set aside some of the savings in a separate account for an emergency fund (BMI Federal Credit Union).

Explore Financial Wellbeing Resources

You support student success.
WE SUPPORT YOUR SUCCESS.

