

# Cougars Wellbeing Newsletter

April 2025 | Issue 56

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**MARCH  
RAFFLE WINNER:**

**3-Month Headspace  
Subscription**

Lisa Petersen

**Congratulations!**

# APRIL



Spring Cleaning:

Purging the old to make way for the new things in our lives!!

"Life Spring Cleaning"

[Ultimate "Life" Spring Cleaning Guide: Physically, Mentally, and Emotionally — Sustainable Bliss | Self-Care and Intentional Living](#)

Your feedback is important to us so continue to communicate with us through wellbeing @csccl.edu about your wellbeing interests. There are more exciting wellbeing activities on the horizon.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

## April is Sexual Assault & Alcohol Awareness Months

[SAAM 2025](#)

[Get Involved in Alcohol Awareness Month | CADCA](#)

[Alcohol use disorder | Health & wellness | UnitedHealthcare](#)

[Substance Use Helpline | Member resources | UnitedHealthcare](#)

### Additional April observances:

[National Month of Hope \(April 2025\) | Days Of The Year](#)

[National Pet Day \(April 11th\) | Days Of The Year](#)

[National High Five Day \(April 17th, 2025\) | Days Of The Year](#)

Stay Connected to CSCC  
Wellbeing (CLICK on LINK):  
[Wellbeing | Columbus State  
Community College](#)



TIME is fast  
approaching!!!!!!



### Cougar Challenge 5K

CSCC Delaware Campus

Saturday, May 3, 2025

Get a Team/Sign up as an individual!

Walk/Run and/or Donate to support students

[Columbus State Cougar 5K Challenge](#)



## REMINDER: Open Enrollment May

Review your benefits. This is the time to make any changes or newly enroll.

Questions: [benefits@csccl.edu](mailto:benefits@csccl.edu)



## Financial Wellbeing



[Financial Capability Month \(April 2025\) | Days Of The Year](#)

### Homebuying Webinar | April 23 at 12pm

Our Homebuying in Today's Market is targeted for the home buying season in the Spring where new buyers seek out information before they look to purchase a home.

Decide if you are ready to buy a home

Learn how to choose a lender

Find out if you qualify for a down payment assistance program

Determine how you will finance your dream home

[Registration Link](#)

## Sustainability

Get involved: Join the group so you can be included in sustainability notifications.



**Earth Day 2025 – Get Involved!**



**Watch these new presentations from our last meeting.**

- Watch: [Urban Forest Benefits: Why Trees Are Worth the Investment](#)
- Watch: [Native Plants in Action: Habitat, Wildlife, and Restoration](#)



**Next Meeting – Friday, April 18 @ 2:15 PM (DE-106A & [via Teams](#))**

Join us for a guest panel discussion on what it's like to work in the field of sustainability! We'll hear from **Melanie Ford**, Grants Coordinator, *Sustainable Columbus* and **Lynn Stan**, Board Member, *Simply Living*. They'll share their career paths, current work, and advice for those interested in making a difference through sustainability.

Download the [Climate Action Now app](#) to advocate for climate action easily

Forward to a Friend - Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. Join the [Sustainability Group](#), and/or [our Discord](#).

**Employee Advisors:** Jennifer McCord, Allison Hendricks



## Well Wednesdays (employees & students welcome)

Here to help you live a longer healthier life!! Come **connect** with fellow employees & students.

Join us **In person or virtual at 12pm. Library Media Studio** or click on **Zoom** link

- **April 9: Flexible Fitness (Stretching)** (Erica Russell-Averette) | [Join via Zoom](#)
- **April 16: Stretch & Destress Yoga w/ Simple Breathwork & Meditation** (Lisa Cerrato) | [Join via Zoom](#)
- **April 23: Zumba (Low Intensity)** (Nichole Bowman-Glover) | [Join via Zoom](#)

Questions: Nichole Bowman-Glover, HR-Benefits, [nbowmang@csccl.edu](mailto:nbowmang@csccl.edu)

TUE  
APR  
8

### CancerBridge Exercise Series: The Arm Farm

**11am EST | [REGISTER NOW!](#)**

Join Chris Kolba as he gets our arms ready for tank top season which is just around the corner!



CancerBridge

THU  
APR  
17

### CancerBridge Support Series: Melanoma with Dr. Llana Pootrakul

**11am EST | [REGISTER NOW!](#)**

Join our expert-led webinar on melanoma to learn about the latest advancements in prevention, early detection, and treatment options. Gain valuable insights to stay informed and proactive in the fight against skin cancer.

THU  
APR  
24

### CancerBridge Self-Care Series: Mindfulness & Meditation

**11am EST | [REGISTER NOW!](#)**

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

**For cancer-related questions: (855) 366-7700**

**For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)**

# Get Involved with AccelWELL!

THU  
APR  
24

**Virtual 1-on-1 Health Coaching**  
**10:00am – 3:00pm**



**HOW TO SIGN UP:**

From your AccelWELL 3.0 [portal](#) or WellSteps app, select the **menu** in the upper right-hand corner. From there, select the **calendar tool** to be redirected to a calendar view of the month’s events. Find the correct day and event and click the blue **R**. Select your reminder preference, enter your preferred phone number in which to be reached for your telephonic session, and select a timeslot that best works for you. Lastly, click **Register**.  
**After signing up for a time, your Coach will call you at the number you provided when registering.**



**April 7<sup>th</sup> - May 11<sup>th</sup>**  
Join us in the Good Night Campaign to learn simple strategies to improve your sleep. You’ll get weekly tasks and reminders to help you experience a more restorative night!

**To complete the Campaign:** Starting Monday, April 7<sup>th</sup>, visit the **Campaign** page on your [portal](#) and complete the weekly tasks. New tasks are available each Monday, so we recommend setting a calendar reminder to keep yourself accountable! If you do miss a week, don’t worry! You can always go back and complete the weeks you missed.

**Complete all tasks within the campaign by 5/11 to earn entry into a raffle to win a [Sunrise Alarm Clock](#)!**

If you are unable to participate in this campaign due to health restrictions, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation by contacting [coach@accelwell.com](mailto:coach@accelwell.com).

## NEW THIS MONTH: 8-Week Group Coaching with AccelWELL!!

**April 29<sup>th</sup> – June 17<sup>th</sup> | 12:00p – 12:30p**

Join in on this 8-week group coaching program focused on **weight loss** to gain valuable education around managing your weight & **find a community** at CSCC to support you in your efforts!

**Limited to the first 30 participants to register! Registration closes April 25<sup>th</sup>!!**

WEEK	DATE	TOPIC	LOCATION
1	April 29 <sup>th</sup>	Defining Goals	Room WD304 (Virtual available)
2	May 6 <sup>th</sup>	Building Healthy Habits & Sustainable Lifestyle Changes	Zoom
3	May 13 <sup>th</sup>	Healthy Snacking & Managing Cravings & Your Metabolism	Zoom
4	May 20 <sup>th</sup>	Hydration & Its Importance	Zoom
5	May 27 <sup>th</sup>	Maintaining Motivation & Dealing with Setbacks	Room WD304 (Virtual available)
6	June 3 <sup>rd</sup>	Tracking Progress	Zoom
7	June 10 <sup>th</sup>	Overcoming Plateaus & Strategies to Breakthrough	Zoom
8	June 17 <sup>th</sup>	Reviewing and Adjusting Goals & Celebrating Achievements	Zoom

**HOW TO REGISTER:**

From your AccelWELL 3.0 [portal](#) or WellSteps app, select the **menu** in the upper right-hand corner. From there, select the **calendar tool** to be redirected to a calendar view of the month’s events. Find the Group Coaching event on April 29<sup>th</sup> and click the blue **R**. Then select a communication preference and click **Register**.

If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto:coach@accelwell.com) for support.





# WORKOUT OF THE MONTH



# TOTAL ARM TONE-UP



**BICEP CURL**



**BENT OVER  
TRICEP EXTENSION**



**FRONT RAISE**



**SEATED TRICEP  
EXTENSION**



**SEATED LATERAL RAISE**



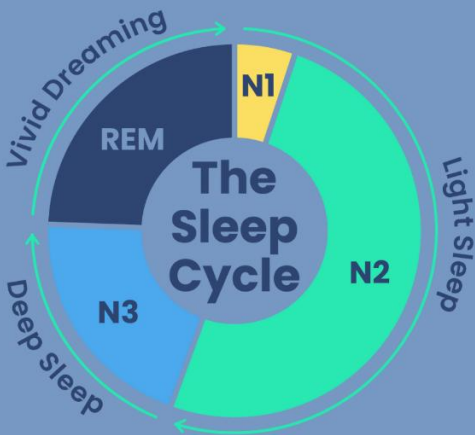
**BENT OVER ROW**

**5 ROUNDS - 10 REPS EACH EXERCISE**

*To prevent injury, form is critical when performing all exercise. Please reach out to [coach@accelwell.com](mailto:coach@accelwell.com) if you have any questions about the movements and how to perform them correctly. It is always recommended to consult your physician to assess your individual medical status and specific needs prior to making any major changes to your dietary intake and/or exercise regimen.*

# SLEEP WELL, LIVE WELL

SLEEP IS ESSENTIAL FOR OUR BODY'S PHYSICAL AND MENTAL RECOVERY. WITHOUT IT, OUR HEALTH, PRODUCTIVITY, AND MOOD SUFFER.



## CIRCADIAN RHYTHM

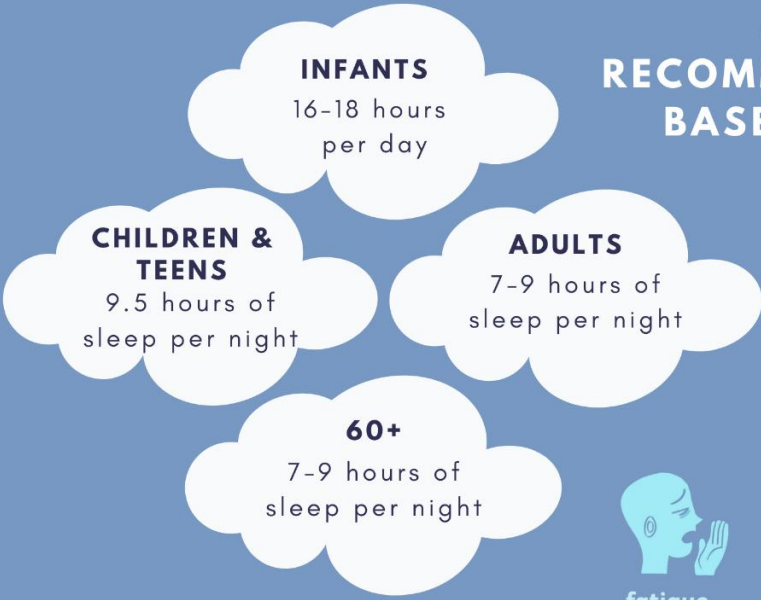
This refers to your body's internal clock, it regulates your sleep-wake cycle over a 24-hour period. It is influenced by external cues like light and darkness, helping you feel awake during the day and sleepy at night. The circadian rhythm plays a key role in determining sleep patterns, body temperature, hormone production, and even eating habits, ensuring your body functions optimally at different times of the day.



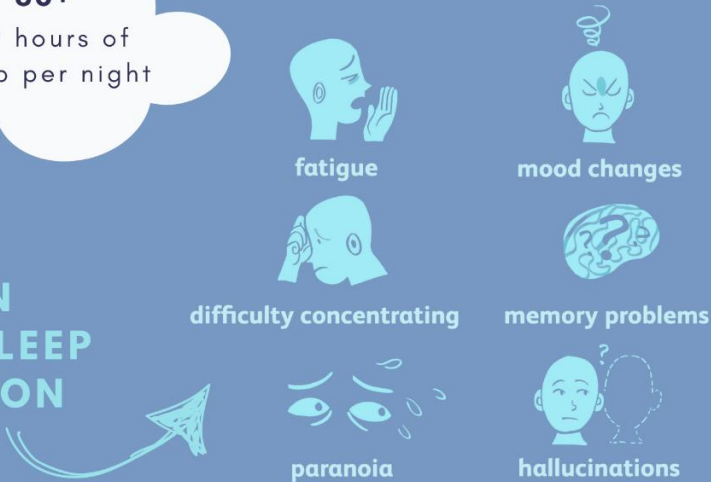
## THE 4 STAGES OF SLEEP

- Stage 1 (light sleep):** your body and brain begin to slow down from normal activity, you begin "drifting off."
- Stage 2:** your body temp drops, heart rate slows, and brain waves become more regular. This accounts for most of your sleep and helps with memory consolidation.
- Stage 3 (deep sleep):** the restorative stage where your body is repairing itself and growth hormones are released, leading to a "refreshed feeling" upon waking.
- Stage 4 (REM sleep):** this is when most dreaming occurs. Your brain is active, but your muscles are relaxed to prevent acting out dreams. This stage is crucial for memory processing and emotional regulation.

## SLEEP RECOMMENDATIONS BASED ON AGE



## COMMON SIGNS OF SLEEP DEPRIVATION



# TIPS TO IMPROVE SLEEP



1

## DEVELOP A SLEEP SCHEDULE/ROUTINE



A consistent sleep schedule builds a foundation for better rest. By aiming for similar sleep & wake times each day, your body can better regulate its circadian rhythm. This also helps regulate hormones that affect hunger, stress, and energy.

2

## AVOID CAFFEINE & NICOTINE LATE IN THE DAY

It's best to avoid caffeine and nicotine at least 4-6 hours before bedtime. Both substances can delay sleep onset, reduce the amount of deep sleep, and leave you feeling less rested in the morning.



3

## EXERCISE! (JUST NOT RIGHT BEFORE BEDTIME)



Physical activity circulates oxygen to your muscles, increasing your heart rate & body temperature, making it harder to relax and fall asleep at night. Exercise is extremely beneficial for your overall health, just make sure to finish exercising roughly 1-2 hours before bed.

4

## DEDICATE A ROOM TO SLEEPING

Make your bedroom a comfortable place with minimal distractions. Create a better sleep environment with these tips below:

- use a white noise machine, or a fan to help regulate the noise level in your room.
- find the perfect temperature that works for your body - the recommended range is between 60°F-72°F.
- blue light (produced by electronics) suppresses the production of melatonin, a hormone that helps regulate sleep. It's best to limit blue light exposure 30-60 minutes before bed.





# ACTIVITY OF THE MONTH



## Bedtime Bingo



Do you feel confident in your bedtime routine? See if you can get a bingo! If you successfully get five in a row, challenge yourself to see if you can cover the whole board!

<b>Box Breathing</b> hold 3 sec out 3 sec in 3 sec hold	<b>No TV in the bedroom</b>	<b>Drink non-caffeinated tea</b>	<b>Psychological sigh</b> Breathe in, take in a little more, exhale	<b>Write down three things you are grateful for</b>
<b>Intentionally move for 10 minutes</b>	<b>Bedtime meditation</b> Meditation Apps or YouTube are helpful tools!	<b>Phone down 30 minutes before bed</b>	<b>No caffeine within six hours of going to bed</b>	<b>Write down all thoughts to clear your mind</b>
<b>Use black-out curtains</b>	<b>No nap today</b>	<b>Free Space!</b>	<b>Identify your ideal sleep temperature</b>	<b>Use a noise blocker</b> White noise, fan, etc.
<b>Nap under 30 minutes</b>	<b>Use an eye mask</b>	<b>Turn on Do Not Disturb (DND) on your phone before bed</b>	<b>Last heavy meal at least 3 hours before bed</b>	<b>Read before you go to sleep</b>
<b>Make a to-do list for tomorrow</b>	<b>Share your thoughts with a friend or partner</b>	<b>No TV 30 minutes before bed</b>	<b>No alcohol</b> Try a mocktail instead!	<b>Try tart cherry juice to increase melatonin</b>





# SLEEPY MOCKTAIL

## Ingredients (Serves 1)

- 4 ounces 100% tart cherry juice (unsweetened and not from concentrate)
- 2 ounces sparkling water
- 1 lime wedge
- Ice Cubes

## Instructions

1. Add ice cubes to a glass.
2. Squeeze the orange wedge into the glass for a fresh hint of orange flavor.
3. Pour in the cherry juice, then top with lime carbonated water.
4. Stir gently to mix and enjoy immediately!

[Mocktail Recipe](#)



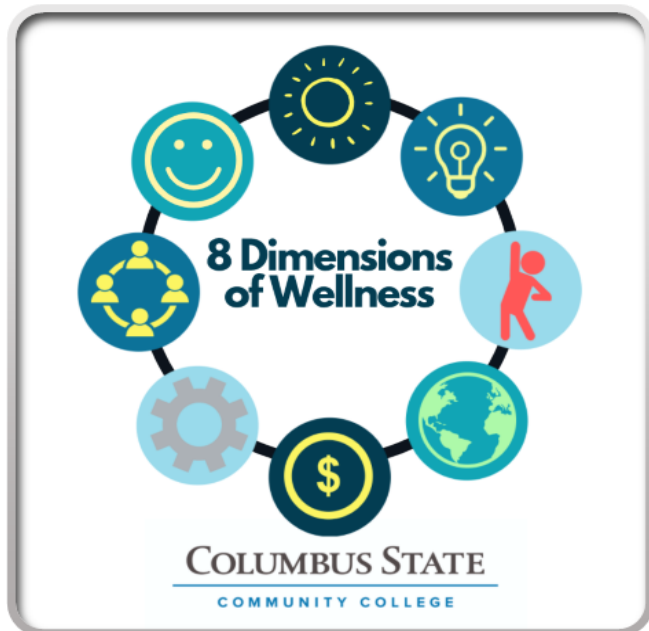
## BENEFITS OF TART CHERRY JUICE

- **IMPROVES SLEEP:** Tart cherry juice contains melatonin, a hormone that regulates sleep, making it a natural remedy for better rest.
- **REDUCES INFLAMMATION:** The anthocyanins in tart cherries have anti-inflammatory properties, which can help with conditions like arthritis.
- **AIDS IN MUSCLE RECOVERY:** It's popular among athletes for reducing muscle soreness and speeding up recovery after exercise.
- **SUPPORTS HEART HEALTH:** The antioxidants in tart cherry juice may help lower blood pressure and improve overall cardiovascular health.
- **BOOSTS IMMUNITY:** Rich in vitamins and antioxidants, it strengthens the immune system.



# Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Tommy Tucker, Mitchell Hall

Vena Hill, Human Resources

Jason Love, Human Resources

Yvette Johnson Veterinary, Imaging & Surgical  
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

Shawntera Hollinshead, Police Communications &  
Admin

Join us on Microsoft Teams: **“Cougars Living Well”** **Join Us Today!**

*Cougars Living Well* is a place for you to engage in conversations about health and wellness, share resources and words of encouragement, and receive updates about all the wellbeing services and resources available to you. To join this public Team, **log into Teams, click “join or create a team,” search for *Cougars Living Well* and click “Join Team.”** If you have questions or need assistance joining *Cougars Living Well*, please reach out to Nichole Bowman-Glover/Vena Hill.



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