

Cougars Wellbeing Newsletter

August 2025 | Issue 60

Table of Contents

02 Upcoming Events

05 Workout of the Month

07 Emotional Resilience

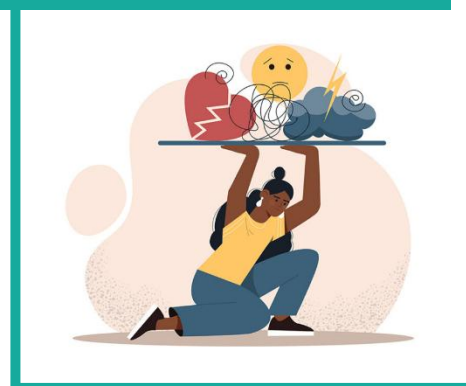
09 Activity of the Month

10 The Dish
Recipe Curated by AccelWELL

11 Your Wellbeing Advisory
Committee

STRATEGIES FOR EMOTIONAL RESILIENCE

LEARN MORE ON PAGE 7!



JULY RAFFLE WINNER:

Foam Roller Set
Therese Davenport
Congratulations!

AUGUST

Save the Date: 2025 Know Your Numbers Health Fair

Self-Care Resources & Health Screening
KNOW YOUR NUMBERS

Thursday, September 26th 7:00 am - 3:00 pm

The Center for Workforce Development - 4th Floor



Mark your calendars for the September 26 Know Your Numbers Health Fair!

Join the Human Resources Team on Friday, September 26, from 7:30 a.m. to 3:00 p.m. on the 4th floor of the Center for Workforce Development. All employees and any spouses or domestic partners who are covered on a Columbus State medical insurance plan are welcome to join the event:

- Get a Biometric Screening.*
- Get vaccinated.
- Visit with therapy dogs.
- Get a massage.
- Complete a mammogram (prior registration required).
- Get a hearing and vision screening.
- Listen to the Keynote speaker and additional sessions.
- Obtain a variety of educational items.
- Participate in raffles, get healthy snacks, and much more!

[Explore additional wellbeing benefits here.](#)

*Biometric Screening appointments are limited. Registration information will be emailed in the coming weeks to allow you and your covered spouse or domestic partner to reserve appointments. Appointments will be available on September 26 and October 14.

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

Remember, HR SUPPORTS YOUR SUCCESS.

Dr. Nic

**August is Sleep Health
and Health Literacy
Months**

[Help with sleep & tips for good sleep | Health & wellness | UnitedHealthcare](#)
[Sleep apnea symptoms and treatments | Health & wellness | UnitedHealthcare](#)
[Types of health insurance costs | UnitedHealthcare](#)
[How to manage health care costs | UnitedHealthcare](#)
[UAW: Health Insurance 101](#)



Wellbeing 360 Rewards Program Eligible

THU
AUG
7

CancerBridge Kitchen Series: Healthy Eating on a Budget

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

Eating well doesn't have to break the bank. Learn budget-friendly shopping strategies, meal-planning hacks, and recipes that are both nutritious and affordable.

Recipe: Sweet Potato & Black Bean Tacos with Avocado Crema

TUE
AUG
19

CancerBridge Financial Series: Financial Tips for Caregivers

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

Caring for yourself or your loved one's finances can be a daunting task. Having the right tools can make a tough situation a little easier. In this session you will learn key tips and solutions to best position yourself for success in navigating the unknown.

WED
AUG
20

Quarterly Nutrition Series: Plant-Based Protein

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

We will discuss cutting back on animal foods while still getting plenty of protein. This presentation will include easy plant-based protein ideas to help you make positive changes that are also delicious!

THU
AUG
28

CancerBridge Self-Care Series: Sleep Well for Wellness

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

Discover why sleep is the foundation for all well and discuss strategies for a restful night's sleep.

(**If you can't attend at the 11am time, still register and you will receive the recording.)**

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

For questions about these events: hello@mycancerbridge.com

Financial Wellbeing

Terri's (BMI) Financial Wellness Tip: Refinancing A Car Loan

If you bought a car in the last few years at a high interest rate, and your credit score has improved, you might consider refinancing your loan. This involves paying off your old loan and replacing it with a new one. With a higher credit score you may get a better rate, which will reduce the total amount of interest you pay.

Use the Auto Refinance Calculator to see your potential monthly payment and overall costs and check then out BMI Federal Credit Union's current auto refinance offer!

Presented by BMI Federal Credit Union. Federally insured by NCUA. Eligibility requirements apply. Equal Housing Lender. NMLS ID: 410831

We have tools and resources to help you evaluate your current situation and make smart plans for the future—because your financial well-being matters.

BMI Federal Credit Union

Free financial workshops

[Free Financial Workshops in Central Ohio](#)

Financial Coaching, education, and other resources.

[Financial Education Central Ohio | BMI Federal Credit Union](#)

TODAY is the day to schedule your mammogram!!!

CSCC hosting The James Mobile Mammography Unit

September 26, 2025

9:00 AM – 4:00 PM

CSCC Columbus Campus

Please call the Mobile Mammography Department to schedule an appointment at **614-293-4455/800-240-4477**. Please call at least two weeks in advance to schedule.

Our experts recommend women age 40 and above and those at high risk of breast cancer should have an annual mammogram. Take advantage of this high-quality, convenient service.

Eligibility criteria: Not pregnant, not nursing, asymptomatic or it's been five years or more since a breast cancer diagnosis. You must be 35 years of age or older. Women between ages 35-39 must have a written prescription from their doctor.

Matrix Mental Health Tip



Micro-breaks are short, intentional pauses in your work lasting 30 seconds to 5 minutes. They interrupt the buildup of physical and mental stress. Take them throughout the day to reset focus, lower tension, and improve performance. Stretch, stand, walk, breathe deeply, or sip water. It sounds simple, but many skip micro-breaks because they are caught up in the intensity of their work. Being in “go mode” reduces awareness of your need to recharge. Mini breaks help prevent burnout and boost productivity. Set a phone timer if needed, or take a break when you notice mental fog, forgetfulness, irritability, impatience, eyestrain, body tension, slumping, or dozing off.

Get Involved with AccelWELL!

THU
AUG
28

Virtual 1-on-1 Health Coaching

10:00am – 3:00pm

Wellbeing 360 Rewards Program Eligible



AccelWELL

Inspire Purpose • Drive Performance

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.

Learn with AccelWELL: Give your wellness a leafy green boost 🌿

Hear from AccelWELL Registered Dietitian, Grace, in this quick [video](#) to discover the powerful benefits of spinach—plus tasty, simple ways to make it a regular part of your routine!



After watching the above video,
complete [this survey](#) to
**earn entry into a raffle to
win a Stanley Water
Bottle!**





WORKOUT OF THE MONTH

August Challenge

Perform 15 reps of each exercise, 3–5 days a week. Each week add on 5 reps per exercise, with a final goal of 30 reps per exercise!



Lunges



Squats



Tricep Extension



Glute Bridges

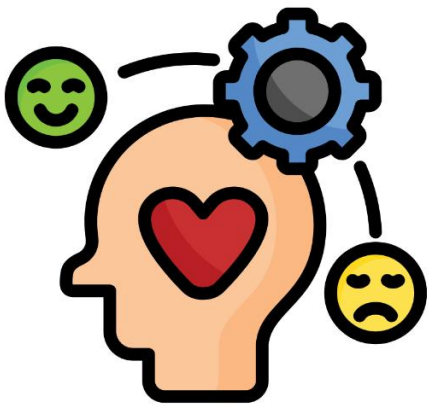


Crunches



Tricep Dips

STRATEGIES FOR EMOTIONAL RESILIENCE



Mental health is the foundation for how we cope with life, connect with others, and make decisions. When we care for our mental well-being, we create space for growth, balance, and long-term resilience.

Emotional resilience is the ability to adapt to stress, challenges, or adversity without becoming overwhelmed.

THERE ARE 3 BUILDING BLOCKS THAT HELP TO BUILD BETTER RESILIENCE.

1. **Physical:** strength, energy, good health, and vitality.
2. **Psychological:** attention & focus, self-esteem, emotional awareness, and the ability to reason.
3. **Social:** interpersonal relationships, communication, group conformity, and likeability.

"Resilience doesn't mean you won't feel pain; it means you'll find a way through it."

Emotional resilience isn't about winning the battle. It is about finding the strength to power through the storm and keep your sail steady!



NEVER
• give up •



When working to improve emotional resilience, focus on the following:

1. Self-Awareness
2. Persistence
3. Emotional Control
4. Flexible Thinking
5. Interpersonal Relationships
6. Stress Management

Learn more about these 6 strategies on the next page



SELF-AWARENESS

The ability to tune into your own feelings - this helps you recognize your emotions so you can respond to challenges with control rather than reacting impulsively.



EMOTIONAL CONTROL

The ability to identify and regulate your emotions so they don't overwhelm your thinking or behavior. People with higher levels of emotional control can manipulate their feelings and are less likely to let stress negatively affect their life.

PERSISTENCE

The ability to keep going despite setbacks, stress, or failure. You stay committed to your goals even when challenges arise - take action, **do not give up!** This is a key trait that helps resilient people bounce back & grow stronger through adversity.

FLEXIBLE THINKING

This is a powerful social skill that incorporates optimism, adjustability, rationality, and positive thinking. This helps you stay open-minded, find new solutions, and shift gears instead of getting stuck in negative thought patterns.



INTERPERSONAL RELATIONSHIPS

Strong, healthy relationships provide emotional support, perspective, and a sense of belonging. The supportive connections you build with others can help you cope with stress and recover quicker from life's challenges. We are social creatures - building strong interpersonal relationships can change the way we see the world & ourselves.

STRESS MANAGEMENT

Learning how to effectively cope with stress contributes directly toward building resilience. Using healthy strategies like breathing, problem solving, and setting boundaries helps you stay balanced, think clearly, and recover faster from setbacks.

TRY THIS OUT

Gratitude journaling: list everything you are thankful for, even in times of stress. Make a list of any negative thoughts & try replacing them with a positive alternative.



ACTIVITY OF THE MONTH



RESILIENCE REFLECTION

Life loves to throw curveballs. Think about the last obstacle you encountered. What happened? How did you react? What was the outcome?

Reflect on your last response. Do you feel like you could have reacted better? Is there something you could have done differently to calm down before reacting?

Write out your plan for the next time life throws you a wild pitch. How will you control your response to see the best possible outcome?



SHEET PAN STEAK

Ingredients (Serves 4)

- 1.5 lbs flank steak
- 2 tbsp olive oil
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1 lb baby potatoes, halved
- 1 lb asparagus, trimmed
- 1 tbsp fresh parsley, chopped for garnish

Instructions

1. Preheat oven to 425°F. Line a baking sheet with aluminum foil for easier cleanup.
2. In a mixing bowl, combine olive oil, garlic powder, onion powder, smoked paprika, salt, and black pepper. Stir well to create a marinade. Place the flank steak in the bowl with the marinade, coating both sides evenly. Let it marinate for at least 10 minutes while you prepare the vegetables.
3. Spread the halved baby potatoes on the baking sheet and drizzle with olive oil, salt, and pepper. Toss to coat evenly. Roast potatoes in the preheated oven for 10 minutes. After 10 minutes, remove the baking sheet from the oven. Push the potatoes to one side of the sheet and place the marinated flank steak on the other side. Add the trimmed asparagus around the steak and lightly drizzle with olive oil, salt, and pepper.
4. Return the baking sheet to the oven and roast for an additional 10-15 minutes, or until the steak reaches your desired level of doneness (135°F for medium-rare). Once done, remove the sheet pan from the oven and let the steak rest for about 5 minutes before slicing.
5. Slice steak against the grain and serve with roasted potatoes and asparagus. Garnish with fresh parsley.



Sheet Pan Steak Recipe



HOW TO BUILD AN EASY SHEET PAN DINNER

Pick A Protein

Chicken
Steak
Salmon
Tofu
Sausage

Choose 2-3 Veggies

Bell peppers, zucchini, asparagus, broccoli, green beans, tomatoes, baby potatoes, carrots, brussels sprouts, or sweet potatoes.

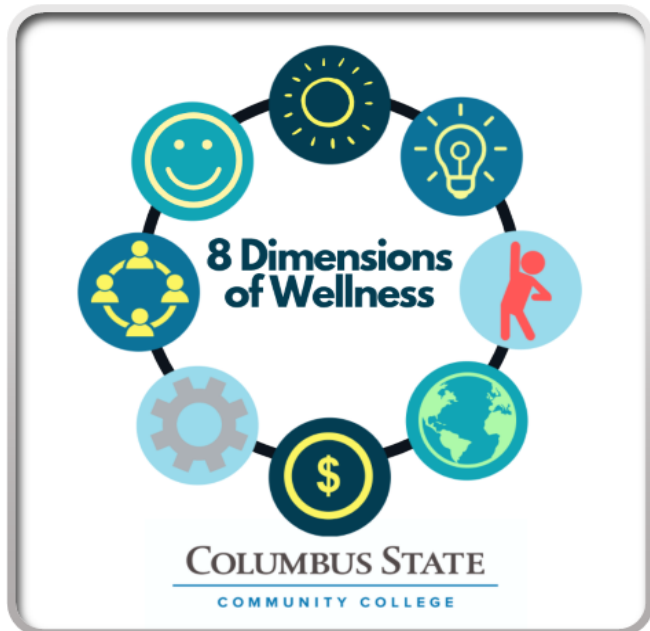
Season Generously

Olive oil, salt, pepper, garlic powder, oregano, basil, parmesan, balsamic drizzle, chili powder, cumin, soy sauce, or garlic.

Toss ingredients in oil + seasoning, spread in a single layer on a sheet pan. Bake at 400°F for 20-30 minutes, flipping once. Use parchment paper or foil for easier cleanup.

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.

We'd love to connect with you on [LinkedIn](#) & [Instagram](#)!



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