

# Cougars Wellbeing Newsletter

December 2025 | Issue 64

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**MENTAL WELLBEING**  
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**NOVEMBER  
RAFFLE WINNER:**

**Foldable Yoga Mat**

Maurice Anderson

**Congratulations!**

# DECEMBER



As we close out 2025, it's an excellent time to pause and appreciate our accomplishments. We can celebrate our growth, lessons, and resilience. The end of the year is a good time to reset, inviting us to release what no longer serves us and carry forward what strengthens us. As we prepare for the new year, we can refresh our routines, set clear intentions and open ourselves to new opportunities. With *reflection*, *gratitude*, and *purpose*, we step into "2026" ready for possibility and progress.

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

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic



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## Self-Care for Holidays and Financial Wellbeing Awareness Month

[Seasonal affective disorder \(SAD\) | UnitedHealthcare](#)

[Benefits of practicing gratitude | UnitedHealthcare](#)

[Financial well-being | UnitedHealthcare](#)

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Visit the CSCC Wellbeing webpage for more resources and to stay connected:

[Wellbeing | Columbus State Community College](#)



Take a pause ahead of finals week at HR's December employee appreciation event: Peace, Joy, and Paws. We recognize the need to unwind at this time of the year, so we thought we'd bring a little festive cheer to a day of fun, connection, and relaxation.

**DATE: Wednesday, December 3**

**TIME: Stop by anytime from 10:00 a.m. – 2:00 p.m.**

**LOCATION: WD Fourth Floor Gallery**

'Tis the season for hot cocoa, cookies, wintery crafts, and connection. This year, we'll have it all! Join us for some stress-free festivities and more, including:

- Holiday season financial planning with BMI Federal Credit Union
- Stress support and information
- Massages
- Meditation
- Yoga
- Therapy Dogs
- Relaxing crafts: Crochet, make snowflakes, or unwind by coloring

Take a break from the end-of-semester buzz with us on December 3. See you there!

Sponsored by HUMAN RESOURCES

## Wellbeing Meditation Moment



Take a mindful pause in your week! Certified meditation teacher Professor Mark Earley invites faculty and staff to join a welcoming, low-pressure space to explore the fundamentals of mindfulness and meditation together. No experience necessary.

Learn what meditation is (and what it isn't) while discovering a simple practice you can use anytime, anywhere. This is a great opportunity to pause, de-stress, and focus on your own wellbeing.

**When & Where: In-Person/Virtual**

**•Mondays: 8:00–8:30 a.m. — Davidson Hall, Room 307**

**Mondays: or virtual**

<https://csc.edu.zoom.us/j/93101576079?pwd=i0gEyleINcorgojP9ajJ3ZQQlnGLna.1>

Meeting ID: 931 0157 6079

Passcode: 897964

**•Thursdays: 12:30–1:00 p.m. — Davidson Hall, Room 454**

**Thursdays:**

<https://csc.edu.zoom.us/j/97951329739?pwd=ruwlyrkKZ8On4iHBRHM94BIkntZaYL.1>

Meeting ID: 979 5132 9739

Passcode: 779565

**(Sessions November 3-December 11)**

**Questions? Contact Professor Mark Earley at [mearley3@csc.edu](mailto:mearley3@csc.edu)**



# CancerBridge

**\*\*\*Wellbeing 360 Rewards Program Eligible\*\*\***

THR  
DEC  
4

## **CancerBridge Kitchen Series: Mindful Eating**

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

End the year by reconnecting with your food through mindful eating practices. Learn techniques to enhance satisfaction, reduce overeating, and enjoy every bite. Chef Mike will demonstrate the recipes: Dark Chocolate Bark with Nuts and Dried Fruit and Seared Pears with Granola.

For cancer-related questions: (855) 366-7700  
For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)



**Reminder to employees and spouses/domestic partners on UHC health coverage participation in the Wellbeing 360 Engagement Program is necessary to maintain paying 20% of healthcare premium. (2 activities to complete by JUNE 30, 2026)**

**(The Engagement Program does not apply to employees who are members of CSEA or Teamsters.)**

**Details: [Wellbeing 360 | Columbus State Community College](#)**

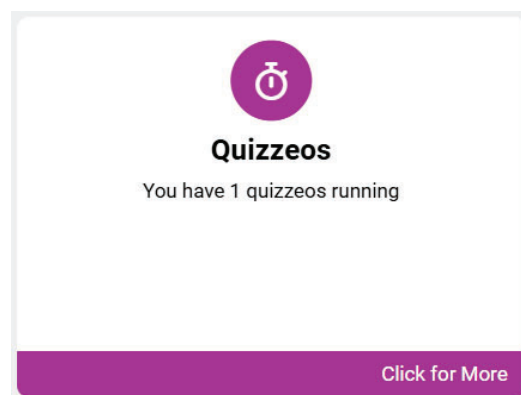


# Get Involved with AccelWELL!



## Quizeo currently available: Meditation Matters

Head to your [portal](#) dashboard and dive into our latest Quizeo to discover the powerful benefits of meditation. Learn how a simple daily session can sharpen your focus, boost your wellbeing, and fit seamlessly into your routine. Complete it today and take the first step toward a calmer, more centered you!



**Earn entry into a raffle to win this Bento Lunch Box for completing the Quizeo by 12/31!**





# WORKOUT OF THE MONTH



## MIND & BODY RESET

5 Minute Warm-up Walk: focus on steady breathing.

Circuit: 30 seconds each exercise, 3 rounds total



High plank knee drives



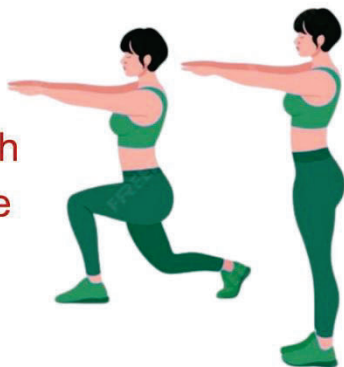
Side leg raises



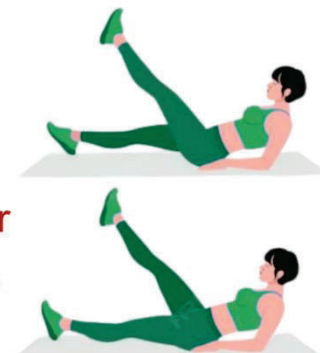
Inverted push-up



Lunge with  
arm raise



Flutter  
kicks



Cool down while you lower your heart rate and stretch. Inhale slowly through your nose, exhale gently through your mouth. Repeat “I am calm. I am present. I am grateful for this moment of movement.”



# MENTAL HEALTH

MENTAL HEALTH IS SOMETHING WE BUILD - NOT SOMETHING WE BATTLE.

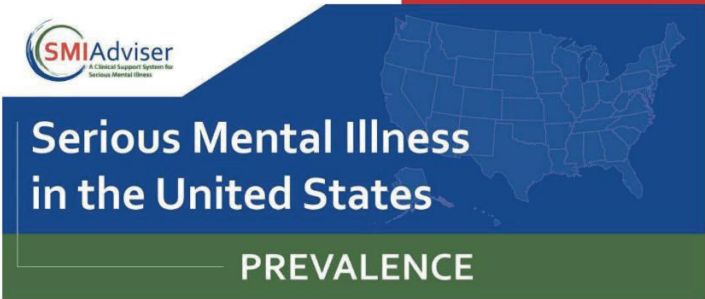


## Mental Health vs. Mental Illness

**Mental health** refers to our overall emotional, psychological, and social well-being. It affects how we think, feel, and act – how we handle stress, relate to others, and make decisions.

**Mental illness** refers to specific conditions that affect mood, thinking, or behavior – such as depression, anxiety, bipolar disorder, or schizophrenia. These are medical conditions that can range from mild to severe – they’re not a sign of weakness.

*Note: mental health and mental illness aren’t opposites. You can experience good mental health while managing a mental illness—or have poor mental health without a diagnosed condition.*



**13.1 Million Adults**

had serious mental illness (SMI) in the past year

That is 5.2% of adults



Join our #MissionForBetter at [SMIadviser.org](https://SMIadviser.org)

Readings for this infographic were made possible in part by Grant No. 58080H01 from SAMHSA. The views expressed in written conference materials or publications and any opinions and positions do not necessarily reflect the official policies of the Department of Health and Human Services nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Mental illness can affect anyone, regardless of age, background, or lifestyle. It’s more common than many people realize. According to the CDC:

- >50% of Americans will be diagnosed with a mental illness or disorder at some point in their life
- 1 in 5 Americans will experience a mental illness in a given year
- 1 in 5 children currently or at some point in their life have experienced a mental illness
- 1 in 25 Americans live with a serious mental illness like schizophrenia, bipolar disorder, or depression

### Early support makes a big difference.

Recognizing signs – like changes in mood, energy, sleep, or concentration – and seeking help early can prevent conditions from worsening.

### Mental health changes over time.

Factors like stress, physical health, relationships, and environment can all improve or strain your mental well-being.

\*For immediate mental health support, dial or text 988 to connect with the [988 Suicide & Crisis Lifeline](https://988lifeline.org)



# BOOST YOUR MENTAL WELLBEING

## *10 Actions That Make a Difference*

### EXERCISE

When you move your body, stress-relieving and mood-boosting endorphins are released.

### SELF-TALK AWARENESS

Self-talk can either lift us up or weigh us down. Positive self-talk builds resilience and emotional balance.

### GRATITUDE

Gratitude helps you shift from what's missing to what's meaningful. It's a mindset that helps you focus on what's good in your life, even during challenging times.

### ACTS OF KINDNESS

People who practice kindness regularly experience higher life satisfaction and lower levels of anxiety and depression. Simple things like offering a smile, sending a kind message, or helping a friend can create a ripple effect of positivity.

### MICRO-MEDITATION

This involves small bursts of mindfulness that are used to tackle negative thoughts, difficult situations, feelings of stress and lack of energy.

### SUNSHINE EXPOSURE

Exposure to natural sunlight triggers the brain to release serotonin, a hormone that boosts mood, helps you feel calm, and supports focus.

### FOCUS ON THE PRESENT

Being "present in the moment" allows you to let go of past negative experiences. Be aware of physical sensations, sounds, smells, and tastes of daily activities.

### TAKE A BREAK

Know when to step away in the moments when everything feels like it is too much. This can help lower stress, restore focus, and boost creativity.

### OPEN UP

Find a positive supportive person in your life. Opening up creates space for understanding and support. Honest communication can also strengthen relationships and remind you that you're not alone.

### PRIORITIZE SLEEP

During sleep, the brain processes emotions, stores memories, and clears out toxins - giving your mind a fresh start each day.

## QUICK & EASY MICRO MEDITATIONS



**Deep belly breathing**

Close your eyes and take slow, deep breaths. Inhale for four counts, exhale for six. Focus only on the feeling of your breath.



**Mindful eating**

Chew slowly as you focus on the texture, taste, smell, and how that food makes you feel.



**Visualization**

Close your eyes, imagine a calming place like a beach or a forest. Breathe slowly as you picture yourself there, using all your senses.



# ACTIVITY OF THE MONTH



## TAKE CONTROL OF YOUR MENTAL WELLBEING

USING THE 10 TECHNIQUES DISCUSSED IN THIS MONTH'S EDUCATION ABOUT IMPROVING YOUR MENTAL WELLBEING, IDENTIFY 3 TACTICS THAT YOU DO WELL NOW. THEN IDENTIFY 3 TACTICS THAT YOU WANT TO IMPROVE ON.

### DO WELL



1.

2.

3.

### DO BETTER



1.

2.

3.

### IF YOU WANT TO IMPROVE....

1. Exercise
2. Sunshine Exposure
3. Self-talk awareness
4. Focus on the present
5. Gratitude
6. Take a break
7. Prioritize sleep
8. Open up
9. Kind act for someone
10. Micro-meditation

### TRY THIS....

1. Go on a daily walk
2. Eat outside on your lunch break
3. Compliment yourself
4. Set time limits on apps
5. Name 2 things you're grateful for
6. Journal or go on a walk
7. Go to bed at the same time
8. Find a person you trust to talk to
9. Call a family member or friend
10. Practice deep belly breathing



## SLOW ROASTED WINTER SALMON

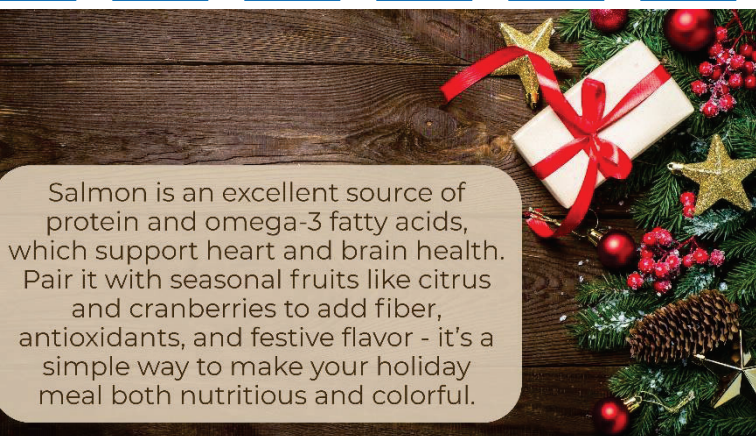
### Ingredients (Serves 8)

- 1 whole salmon fillet (about 2 pounds)
- 6 tbsp maple syrup
- 6 tbsp olive oil
- 1 ½ tbsp dijon mustard
- 1 ½ tbsp chili paste (omit if you don't like spice)
- Juice + zest of one large navel or blood orange
- ½ a blood orange, thinly sliced
- 1 navel orange, thinly sliced
- 1 ¼ cups fresh cranberries
- Sea salt
- Fresh rosemary



### Instructions

1. Preheat oven to 325 degrees.
2. In a small bowl, whisk together maple syrup, olive oil, mustard, chili paste, juice & zest of orange. (This is your sauce mixture)
3. Place the salmon in a large baking dish, skin side down. Arrange orange slices on salmon, then sprinkle the cranberries around the sides. Pour the sauce from above evenly across the top of the fish. Sprinkle everything generously with sea salt & add some fresh rosemary.
4. Bake for 25-30 minutes, or until the fish is cooked through (cooking time can really vary per oven and size of the piece of fish, so be sure to keep an eye on the fish). You'll know it's done when the fish can easily be flaked with a fork and the cranberries and citrus have cooked down to form the sauce.
5. Garnish with more fresh rosemary (optional) before cutting and serving the pieces of fish with the cranberry sauce.



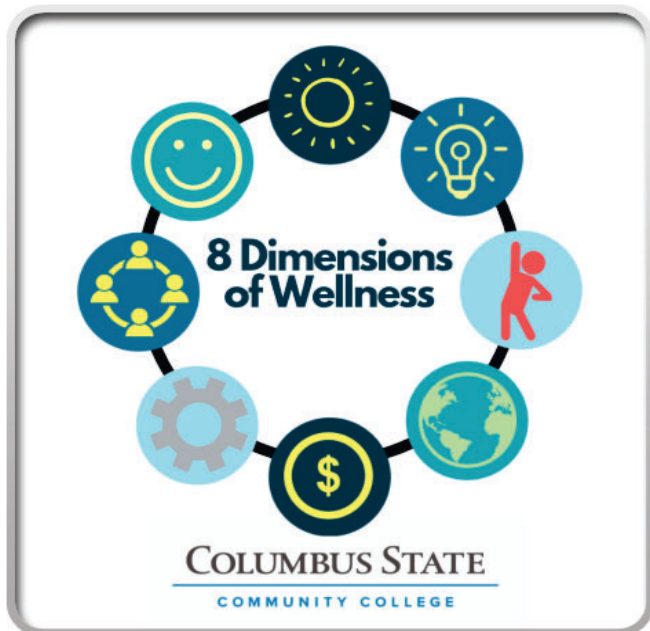
Salmon is an excellent source of protein and omega-3 fatty acids, which support heart and brain health. Pair it with seasonal fruits like citrus and cranberries to add fiber, antioxidants, and festive flavor - it's a simple way to make your holiday meal both nutritious and colorful.

[Winter Salmon Recipe](#)



# 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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