

# Cougars Wellbeing Newsletter

December 2020 | Issue 4

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#### Thanksgiving Slaw

*Recipe by M.B. Einerson*

*adapted from The Kitchn (page 7)*



#### Harissa and Maple Roasted Carrots

*Recipe by M.B. Einerson*

*adapted from Bon Appétit! (page 7)*

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

List your top three goals for the month below.

#Goals

1)

2)

3)

## Goal Tracker

	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1																															
2																															
3																															

## Navigating the Holidays

### Eliminate the Stressors

- The American Psychological Association has identified the top four main stressors of the holidays:
  - *Pressure of gift giving*
  - *Difficult family conversations*
  - *Finances and*
  - *Managing expectations*
- You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.
- With changes and uncertainties this year, it's important to find opportunities to be grateful and practice mindfulness during the holiday season

### Practice Mindfulness

- Take steps to prevent holiday stress by practicing different forms of mindfulness and meditation
- Here are additional resources for getting through stressful situations:
  - <https://www.apa.org/topics/holiday-stress>
- With a gratitude and positive thinking, you can find peace and joy during this holiday season!



# DECEMBER

## Events

WED  
DEC  
9

### Prudential Seminar

#### YOUR FINANCIAL WAY FORWARD

See further details below to schedule a check-up



Prudential

### For Columbus State Community College Employees

COVID-19 has posed unprecedented challenges. You may have struggled to keep your family and your finances healthy despite a stock market downturn, job insecurity, perhaps even the loss of a loved one. And, you've likely come to understand the need to manage your finances differently in the future. At times like these, getting your finances in order can seem even more overwhelming, leaving you to wonder where to begin.

The Way Forward program was created to offer you a convenient way to get help from a dedicated financial professional. **Financial Professional Brenda Millhouse-Huebner** is available for 30-minute financial wellness check ups to review your current financial situation and to help you navigate future financial challenges with confidence. As part of The Way Forward program, **Brenda** is here to help tackle timely topics, such as creating a spending plan, dealing with debt, preparing for the unexpected, and more.

To schedule your virtual financial wellness check-up, you may click the link below to select a time that works best for you.

### [Schedule your Financial Wellness Check-up!](#)

If you have a question or concern, please contact us at [Pathways@Prudential.com](mailto:Pathways@Prudential.com) or (844) 592-8993.

FRI  
DEC  
11

### Exercising for Your Mental Health

12:00pm by Dustin Lacovone

Please RSVP by [12/10/2020](#) to  
Nichole Bowman-Glover, [nbowmang@csc.edu](mailto:nbowmang@csc.edu)

### REMINDER!

#### [Autumn 2020 Brain Breaks](#)

(Microsoft Teams):  
**Grace Edwards**

Every Wednesday at [12:30pm](#) take a  
BRAIN BREAK!

### AccelWELL Video Available in December

#### Navigating the Holidays through Mindfulness & Meditation

Click the link below to watch the video! AccelWELL Coach Erika shares ways to make the very most of the holidays, including a mindfulness meditation and useful tips to help you reduce unwanted stress that often accompanies the season.

[- CLICK HERE TO VIEW -](#)

Reach out to [coach@accelwell.com](mailto:coach@accelwell.com) with questions or to consult a coach!



# Workout of the Month

## THE 2020 FINISHER

*Finish the year strong with this high-intensity workout using the one item you always have with you – your body! Body-weight exercises are a great way to add cardiovascular and resistance training into your exercise routine without breaking the bank and inconveniently carrying around heavy equipment.*

*Physical activity is never one-size-fits-all. Each individual has a preference to what, when, where, and why they exercise. That being said, go through the steps below and customize a body-weight workout that best fulfills your need for exercise!*

### CHOOSE 5 EXERCISES

Wall Sit  
Mountain Climbers  
Air Squats  
Jumping Jacks  
Triceps Dips  
High Knees  
Plank  
Russian Twists  
Alternating Lunges  
Sit Ups  
Jump Squats  
Pushups  
Burpees  
Arm Circles

### CHOOSE INTENSITY LEVEL

LEVEL I:  
15 seconds work / 45  
seconds rest

LEVEL II:  
20 seconds work / 40  
seconds rest

LEVEL III:  
30 seconds work / 30  
seconds rest

LEVEL IV:  
40 seconds work / 20  
seconds rest

LEVEL V:  
45 seconds work / 15  
seconds rest

### CHOOSE WORKOUT DURATION

BEGINNER:  
2 Rounds

INTERMEDIATE:  
3 Rounds

ADVANCED:  
4 Rounds

EXPERT:  
5 Rounds

ELITE:  
6 Rounds

### CHOOSE FREQUENCY

BEGINNER: 1 day a week  
INTERMEDIATE: 3 days a week  
ADVANCED: 5 days a week

*Proper form is crucial to prevent injury when performing any physical activity. If you have questions, please email [coach@accelwell.com](mailto:coach@accelwell.com). 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.*

# Embrace your Spirit

**Spiritual Wellness** is being connected to something greater than yourself and having a set of values, principles, morals and beliefs that provide a sense of purpose and meaning to life, then using those principles to guide your actions.



## 8 Dimensions of Wellness



When you find meaning in your life experiences, you will be able to develop a harmony with your inner self and the outside world – granting more balance in your life.

## Personal Reflection

Take a moment to assess your own spiritual wellness by asking yourself the following questions.

1. What gives my life meaning and purpose?
2. What gives me hope?
3. How do I get through tough times? Where do I find comfort?
4. Do I make time for relaxation in my day?
5. Do my values guide my decisions and actions?

<https://www.lhsfna.org/>

## 6 Ways to Embrace your Spirit

- **EXPLORE YOUR CORE:** Identify your WHY—the purpose, cause or belief that inspires you. Knowing your WHY gives you a filter to make choices, at work and at home, that will help you find greater fulfillment in all that you do.
- **LOOK FOR DEEPER MEANINGS:** Looking for deeper meanings in your life and analyzing recurring patterns will help you see that you have control over your destiny.
- **GET IT OUT:** Expressing what is on your mind will help you to maintain a focused mind (i.e. writing, talking)
- **TRY YOGA:** Yoga is taught at all different levels and can reduce emotional and physical strains on your mind and body. Specifically, it can help lower stress, boost the immune system, lower blood pressure, and reduce anxiety, depression, fatigue, and insomnia.
- **THINK POSITIVELY:** Once you start viewing your life in a positive manner, you will find yourself thinking differently and refocusing your mind to a happy, healthy place.
- **TAKE TIME TO REFLECT OR MEDITATE:** While managing your time and daily tasks can be hard, it is crucial to devote time to connecting with yourself. Whether in the morning when you wake up, during your lunch break, or before you go to sleep, take five to 10 minutes to meditate or reflect each day.

Source: Illinois State University





# THE DISH:

## *Recipes for Meal Planning*



## Thanksgiving Slaw

### Ingredients (Serves 8)

#### Dressing

- ½ cup vegetable oil
- ¼ cup apple cider vinegar
- 2 tablespoons maple syrup
- 4 teaspoons Dijon mustard
- ½ teaspoon kosher salt
- ½ medium red onion, finely chopped \*

#### Salad

- 1 small head green cabbage (about 2 ½ pounds, or about 8-10 cups shredded)
- ½ bunch Tuscan kale - ribs removed and leaves chopped
- ¾ cup sliced almonds, toasted (or substitute hazelnuts and pistachios)
- ¾ cup dried cranberries
- ¾ cup fresh parsley leaves, coarsely chopped
- Kosher salt
- Ground black pepper

### Instructions

1. Whisk the vinegar, oil, maple syrup, Dijon, and salt together in a large bowl. Add the red onion and stir to combine. Let sit at least 10 minutes for the flavors to meld.
2. Cut the cabbage into eight wedges through the core, then cut the core from each piece. Thinly slice the cabbage wedges crosswise to shred. Remove ribs from kale and slice into chiffonade.
3. Add the shredded cabbage, almonds, cranberries, and parsley to the dressing and toss to combine. Taste and season with salt and pepper as needed.

Source: Mitchell Hall: Holiday Recipes

## Harissa and Maple Roasted Carrots

### Ingredients (Serves 8)

- 2 cloves garlic, very finely minced or grated
- ¼ cup olive oil
- ¼ cup pure maple syrup
- 1 tablespoon harissa paste
- 2 teaspoons cumin seeds (alternative ¼ to ½ teaspoon ground coriander)
- Kosher salt & ground black pepper
- 2 ½ lb. carrots (*my favorite are small rainbow carrots with a bit of the stem still intact but any locally raised carrots are fine – if carrots are larger cut them into uniform thickness – just don't use "baby" carrots whittled from giants*)
- 1 lemon, thinly sliced, seeds removed

### Instructions

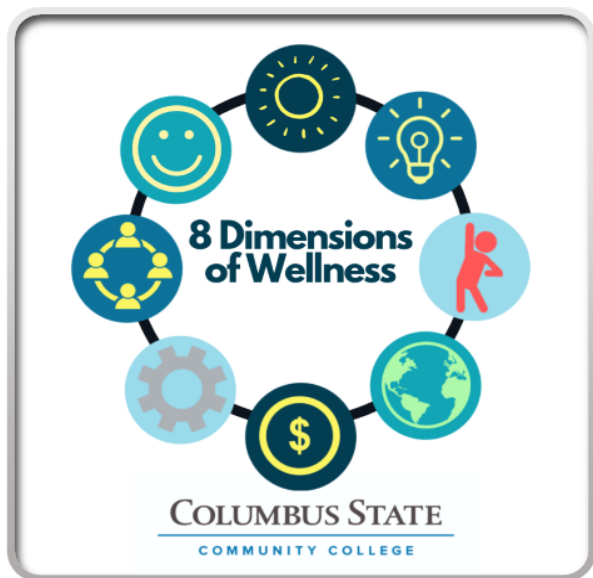
1. Preheat oven to 375°F. Whisk garlic, oil, maple syrup, harissa, and cumin or coriander in a small bowl. Season with salt and pepper.
2. Toss carrots and lemon slices with the garlic mixture and place in a large roasting pan or sheet pan lined with parchment paper. Roast, tossing occasionally until the carrots are tender and the lemon slices are caramelized, 35 to 40 minutes.

\*Note: Carrots can be roasted ahead, covered and refrigerated. Bring to room temperature or reheat slightly before serving.

Source: Mitchell Hall: Holiday Recipes

# Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellness Program Coordinator, Human Resources



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Financial Aid Department

Jason Love, Human Resources

Jackie Miller, Nursing Department

Justin Grote, Admissions Department

Darien Velasquez, Marketing & Communications

Jolene Broshious, Equity & Compliance

Yvette Johnson, Veterinary, Imaging & Surgical Technology

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 of 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 Jason Love.

## Follow AccelWELL on Social Media!



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