



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

December 2021 | Issue 16

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Honey Mustard Sheet-pan Chicken
Try this easy, no mess, one-pan meal! (P. 9)



December

SUN	MON	TUE	WED	THU	FRI	SAT
			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



	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	F
	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																															

notes



Whether near or far, the holidays are the perfect time to reflect on how wonderful our friendships are.

Healthy Habits to Try this Month

- Cut back on holiday spending and try a DIY gift.
- Get in the spirit of the season and plan a fun winter activity with friends or family.

December

EVENTS

TUE
DEC
7

BMI Federal Credit Union

Understand and Improve Your Credit Score

11:00am EST via Microsoft Teams

Better understand why your credit score matters, how it works and the steps you can take to improve your score.



[CreditScore](#)

(Click to Join)

Support CSCC Nursing Students

WED
DEC
8

Virtual Health Fair

By CSCC Nursing Class of Autumn 2021

8:00am EST via Facebook Live

Topics: Mental Health, Diabetes, Exercise and Fitness, Emergency Nursing, Immunizations, Child Safety, Nutrition, Dementia, Cardiac, Cancer, Family Planning, Human Trafficking, Domestic Violence, Stroke, Complimentary Health, & Organ Donation.



COLUMBUS STATE
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Scan the QR code or click the link to the right to join!

[CSCC Health Fair \(facebook.com\)](#)

THU
DEC
9

Mammography screening coming to campus:

Location: The 11-S Parking Lot (between Nestor & Mitchell Halls)

9:00am – 4:00pm

The Columbus State employee wellbeing program is promoting mammography screenings with the James Mobile Mammography Unit. The screenings are open to all employees and will be held on the Columbus Campus. To set up an appointment, call the Mobile Mammography Department at **800-240-4477**. Medical coverage information or payment information will be requested when making an appointment.

Telephonic Health & Nutrition Coaching on Demand with Emily Bailey, RD, CSSD, LD, NASM



Private Sessions Available Monday – Friday, 8:00a – 4:00p

Request an Appointment:

1. Select the **Coaching** tab on the navigation bar.
2. Select **Appointments**, then **Request an Appointment** from the drop-down menu.
3. Fill in the prompts, then select **Send Request**.

*Or you may contact coach@accelwell.com to schedule a coaching session for the month of December.

DECEMBER RAFFLE OPPORTUNITY!

\$25 Amazon Gift Cards (2 winners)

[Click here](#) to watch this short video of how to manage the holiday stressors. Upon completion take [this](#) quick survey to enter the December raffle!

Handling the Holidays

The holidays are not always joyful times. In light of the past year and a half, we may enter the holiday season with mixed emotions. We want to encourage you to take care of you this holiday season.

Here are some suggestions:

- **Be realistic.** Identify your feelings. You have to know that you may feel down in the weeks ahead. This will help you avoid getting caught off guard. It can also help to stay away from holiday events that may cause you to feel worse. If you want to avoid the traditional events, start your own holiday tradition.

Remember: You get to write the script for yourself. Don't let old traditions control what you do.

- **Be gentle with yourself.** Don't try to be superhuman. If you start to feel sad, let yourself be and feel those emotions. Then try to get busy. A new project, book or other activity can help ease your heart.
- **De-stress.** What do you like to do to manage stress? Do things that feel safe and stress-free. Avoid overuse of alcohol and other substances to soothe yourself. They can make you feel depressed.
- **Ask for support and take it.** When someone offers help — whether it's a shoulder to cry on or a quiet dinner together — take it. It's important to lean on your support system.
- **Enjoy the moment.** Even if you're feeling down, you can still have some fun too. Open up and enjoy what you can.
- **Volunteer.** Give some time at a soup kitchen, animal shelter or senior center. Helping others can make you feel better — and it'll feel good spending time with others.
- **Let go of expectations.** It's okay if you don't feel like decorating nicely this year. Give yourself a break. If you don't want to track down gifts for everyone, buy gift cards instead. People who know and care about you will understand.
- **Get professional support.** Support from a mental health expert during the holidays is a great idea. And if sad or lonely feelings stay beyond the holidays, seek help. Skilled professionals can help you deal with the pain of depression, anxiety and any

Source: Matrix Integrated Psychological Services: Resources for Living 2020



CSCC Victim Advocacy Services

Victim Advocacy is available on Columbus Campus

Wednesdays & Thursdays 9:30am - 6:30pm.

Virtual assistance is still available!

Mondays, Tuesdays, & Fridays

To make an appointment: victimadvocacy@cscce.edu

We can chat face-to-face, online, or via telephone call.

Are you a survivor of IPV/domestic violence, or human trafficking?

Any member of the Columbus State community can receive support, information and resources from Victim Advocacy. Contact Advocate Corey Harris directly at 614-287-2198, or charris12@cscce.edu.

Columbus State Victim Advocacy provides support and resource information to victims of traumatic crime, **regardless of when or where** the crime occurred.

This Includes:

- Traumatic crime: *Assault and battery, Child abuse/family violence, Gun violence*
Gender-based violence: Intimate partner violence/domestic violence, Sexual or physical violence
Stalking or harassment, Human trafficking
- Vicarious trauma: *Witnessing a crime or violence, Second-hand exposure to a traumatic event*
- Any crime that impacts a survivor's ability to work/attend school successfully

Victim Advocates maintain survivors' privacy while providing supportive services; however, if you would like to speak with a *confidential resource*. Faculty and staff members can access the college's **Employee Assistance Plan** (EAP) through Matrix for confidential services.

How Victim Advocates can help:

- Providing information on reporting procedures to both on- and off-campus agencies.
- Providing information and education about Columbus State support resources.
- Providing information on victim resources available on and off campus.
- Addressing specific issues related to personal safety planning on and off campus.
- Accompanying to appointments, hearings, or meetings with Title IX, police, etc.
- Contacting professors on behalf of the victim, with the permission of the survivor.
- Providing emotional support to victims and co-survivors of traumatic crime.

Reminders

Employee Resources

Matrix Online Resources

You can register for webinars or view archived webinars through your member login

at www.matrixpsych.com

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the "Work & Family Resources" link to register

Matrix Employee Assistance Program (EAP): No cost - call (614) 475-9500 to make an appointment.

Counseling (virtual/in-person): full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits.

UHC-Behavioral Health Benefit - www.myuhc.com (search under "Find Doctor" type in mental health) copay applies for PPO and deductible and Coinsurance applies for the HDHP.

Mental Health America Ohio-pro bono counseling- (anyone) (614) 884-7227

[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\)](http://mhaohio.org)

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](http://csc.edu)

Employee Resource Groups

Employee Resource Groups (ERGs) are employee-led voluntary groups organized around common interests, characteristics, or affiliations; these groups were created to foster a sense of belonging and are integral to Columbus State's commitment to advance workplace diversity and inclusion, facilitate networking and connections, and promote professional development.



Reach out to the contacts for meeting information:

African/African American - Royce Carpenter & Michelle Baker

Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

LGBTQIA+ - Michael Hicks, George Johnson, Katina Fitch

Womens - Crystal Clark & Kelly Hogan



Workout of the Month

THE 2021 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. 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.



Savvy Holiday Shopping

Budgeting for the Holiday Season

The holidays don't have to throw your finances out of whack! Here are some tips and tricks to managing your money and cutting back on the holiday stress!

Holiday Stress

- Increased financial stressors often accompany the holidays.
- Stress from financial pressures can cause or exasperate chronic health conditions, and reduce quality of life.
- Planning ahead can make for a smoother and more enjoyable season with less financial stress.



TIPS TO REDUCE STRESS THIS HOLIDAY SEASON



REMEMBER WHAT THE SEASON IS ABOUT

Be in the moment while you are surrounded by the people who love and care about you instead of stressing about the trivial things.

HOST A HOLIDAY POTLUCK

Have each guest bring a dish so all of the preparation and stress isn't left to you!



AVOID PROCRASTINATION

Do as much as you can as early as you can so you can enjoy some much-needed relaxation time.



SPENDING SMARTER THIS HOLIDAY

EVALUATE YOUR FINANCES

Examine your current spending patterns and financial standing. From there, you can determine an appropriate budget for holiday spending.



CONSIDER MEETING WITH A FINANCIAL PLANNER

Give yourself a gift this holiday and meet with an expert who can help you with your financial goals looking ahead into the new year.



OPT FOR CASH

If you really struggle to control your spending, leave the credit cards at home and use cash.



AVOID THE IMPULSE BUYS

Create a list and stick to it! Set a hard limit for impulse buys, especially in-store.



CUT THE COST

Wrap presents with old newspaper for a vintage look without the price tag!

OR

Buy a go-to gift for family and friends and buy in bulk! (e.g. wine, books, coffee, etc.)



SEARCH FOR DISCOUNT CODES OR COUPONS

Sites like RetailMeNot.com and CouponCabin.com can help you find codes for online shopping. Regardless of whether you buy online, price out items before you shop so you know where to find the best deals.



CHANGING UP GIFT GIVING

Consider some of these fun and more economical alternatives to gift giving

DIY Gifting - Homemade gifts are super thoughtful and often more economical. You can prep them in big batches, and they are perfect for gifting to teachers, coworkers, friends and extended family!

Opt out of gifts and go for an experience. Going out for dinner, to see a show or museum, etc. can often times be more memorable than "things."

Offer your time and talents or even an experience. "Gifting" a night of free babysitting, lawnmowing, home repairs, etc. is an economical gift that can always be appreciated!

THE DISH:

Meal Planning AccelWELL Style



Honey Mustard Sheet Pan Chicken

Ingredients (Serves 4)

- Nonstick cooking spray
- ¼ cup plus 2 tablespoons extra-virgin olive oil, divided
- 2 tablespoons fresh lemon juice, divided (from 1 lemon)
- 1 tablespoon Dijon mustard
- 1 tablespoon whole-grain mustard
- 1 tablespoon honey
- 3 garlic cloves, minced
- Kosher salt and freshly ground black pepper
- 2 pounds bone-in, skin-on chicken thighs (4 medium thighs)
- 1½ pounds Brussels sprouts, halved
- ¼ large red onion, sliced



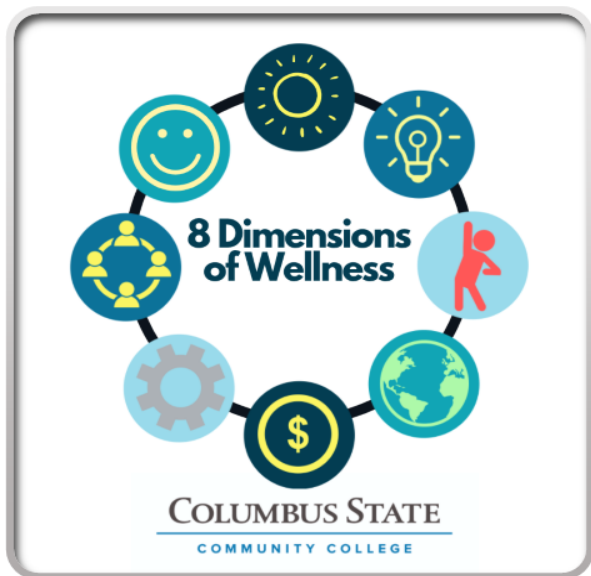
Instructions

1. Preheat the oven to 425°F. Grease a large baking sheet with nonstick cooking spray and set aside.
2. In a medium bowl, whisk together ¼ cup of the olive oil, 1 tablespoon of the lemon juice, Dijon mustard, whole-grain mustard, honey and garlic. Season with salt and pepper to taste.
3. Using tongs, dip the chicken thighs into the sauce, coating both sides. Place the thighs on the prepared baking sheet and discard any remaining sauce.
4. In a medium bowl, combine the Brussels sprouts and red onion. Drizzle with the remaining 2 tablespoons olive oil and lemon juice; toss until well coated. Arrange the sprouts and onion around the chicken on the baking sheet, making sure they aren't overlapping. Season with salt and pepper.
5. Roast until the chicken is golden brown and has an internal temperature of 165°F and the Brussels sprouts are crispy, 30 to 35 minutes.

Source: <https://www.purewow.com/>

Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Student Central

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 Department

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/Jolene Broshious..

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