

Cougars Wellbeing Newsletter



COLUMBUS STATE
COMMUNITY COLLEGE

January 2021 | Issue 5

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Roasted Chicken Vegetable Soup
*Mitchell Hall: Holiday Recipes by Chef
Fernando! (P. 9)*

COLUMBUS STATE
COMMUNITY COLLEGE

 **AccelWELL**
Inspire Purpose • Drive Performance

January

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

Goal Tracker

	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	S	S
	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																															

New Year/New Lessons

GENERAL SELF DEFENSE TIPS

Brought to you by: The Columbus State Self Defense Program
Columbus State Police Department | Department of Recreation and Wellness



Your first line of defense is your situational awareness and your Self Defense knowledge. Scan your surroundings every 2-3 steps.



Wearing headphones while walking/running creates a vulnerability in your defense. Take out one ear bud to increase your ability to hear potential threats.



Regardless of how well educated you are in Self Defense, it won't matter if you can't execute the techniques. Maintaining your fitness level could make all the difference.



Play I Spy- If you get a gut feeling about an individual, **LISTEN TO IT.** Start to identify unique details and develop an exit strategy.



Your second line of defense is your body and your voice. Be vocal- Being polite does not take priority over your safety. Proper body positioning and posture goes a long way.



Stay off your phone, including texting, phone calls, and social media. You need to be alert. Pay attention to your surroundings.



Follow the Columbus State Self Defense Program



JANUARY 2021

E v e n t s

Thursday, January 28, 2021

Telephonic Health & Nutrition Coaching

with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 3:00pm

Complete the Activity on page 8 & email a picture to coach@accelwell.com by 1/31 to be entered into the raffle for the chance to win a [Mindfulness Coloring Book!](#)

HOW TO SIGN UP:

- [CLICK HERE](#) to sign-up for your private session.
- Select the 20-minute time slot of your preference and click the box next to Sign Up.
- Then click Sign and Submit at the bottom of the page.
- IMPORTANT – When registering, be sure to provide the telephone number in the box provided so Emily can reach you at the time of your session. All personal information requested when signing up (name, email, phone number) is kept confidential.



Employee Resource Groups

Employee Resource Groups (ERGs) allow members to connect with other employees who share similar interests and a common bond or background. These employee-led groups are designed to meet the unique needs of each affinity or identity, and aid in fostering a diverse, inclusive workplace aligned with the College's mission and values.

Reach out to the contacts for meeting information:

African/African American-Royce Carpenter & Michelle Baker

Individuals who belong to an ethnic group with total or partial ancestry from any of the Black racial groups of Africa.

Aspiring Leaders-Tywan Banks & Jessica Jones

Individuals in a work environment who may be generationally classified as millennials and digital natives. Young professionals were born after 1980 and likely brought up during the age of digital technology and therefore familiar with computers and the Internet from an early age.

Caregivers-Melissa Lamar

Individuals serving as family members or helpers who regularly look after one or more children or sick, elderly, or disabled persons.

Faith in Parenting-Debbie Strain

Individuals who are caring for a child or children regardless of relationship.

LGBTQ-Michael Hicks, George Johnson, Katina Fitch

Individuals who a) don't identify as straight; b) are primarily emotionally, physically, and/or sexually attracted to members of the same sex and/or gender; c) who have non-normative gender identity or as a political affiliation.

Women's-Crystal Clark & Kelly Hogan

Individuals whose gender presentation, whether by nature or by choice, aligns with woman identity.

REMINDER!

Starting 1/20/2021

[Spring 2021 Brain Breaks](#)

(Microsoft Teams):
Grace Edwards

Every Wednesday at 12:30pm
take a BRAIN BREAK!

Your mental/behavioral health is important to us!

Matrix-Employee Assistance Program (EAP): Call (614) 475-9500 or go to website/download app to make an appointment- full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits; **coming soon** access to virtual sessions twice per month (open to "all" employees)

Webinars: you can register for webinars or view archived webinars through your member login at www.matrixpsych.com

Registration Instructions

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

To access **Supervisor Training:** -Go to our website homepage at <https://www.matrixpsych.com> -Click on "Employee Assistance Programs" under "Services" -Select "For HR & Supervisors" -Click on "Supervisor Training" -Select "Login to Enroll" to create your own unique username and password

DOWNLOAD THE MATRIX APP

Your EAP (Employee Assistance Program) is available for you 24/7 to help with personal problems of any kind, but especially for times when counseling services might really help. By downloading the Matrix EAP app, you can have instant access to a trained counselor any time problems arise. Emergencies happen when you least expect them. Have your EAP handy at the touch of a button.

- Open the App Store or Google Play from Your Mobile Device
- Search for Matrix EAP
- Install the App
- Wait Until Installation is Complete
- Explore the App

Download on the App Store

GET IT ON Google play

UHC-behavioral health benefit- www.myuhc.com (search under "Find Doctor" type in mental health)

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

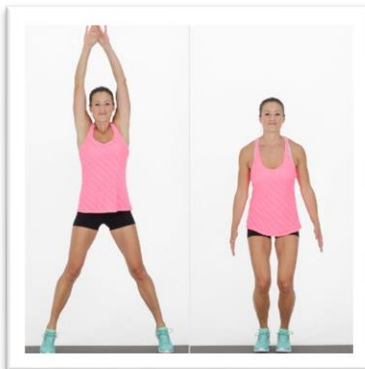
[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\)](http://mhaohio.org)

Workout of the Month

Jump Into January

Jump into the New Year with January's Workout of the Month! Aim to complete the series below three days per week. Modifiers—if you have joint pain/issues, take it slow and/or remove the jumps and step it out! Challengers—complete the series three times through with a minute break in between. Shoot for 3-5 times per week.

Jumping Jacks - 50



Jump Rope – 2 minutes

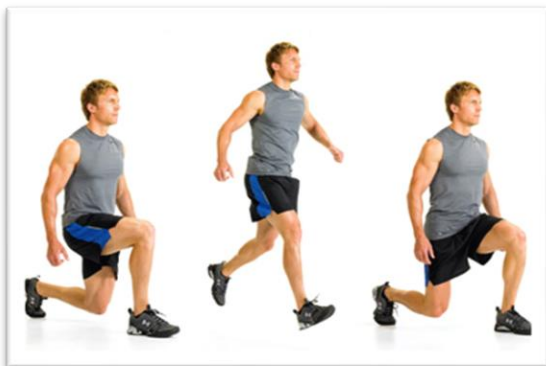
**Tip: If you don't have a rope, pretend!*



Jump Squats – 20



Jumping Lunges – 5 per leg, 10 total



Skater Jumps – 5 per leg, 10 total



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.

Intellectual Wellness



Intellectual Wellness:



Is engaging in creative and stimulating mental activities to expand our knowledge and skills to help discover the potential for sharing our gifts with others.



Use It or Lose It:

Mental exercise is just as critical as physical exercise in keeping your brain fit and healthy. Mental exercises may improve your brain's functioning and promote new brain cell growth, decreasing your likelihood of developing dementia. Like your muscles, you have to use your brain or you lose it.

<https://healthybrains.org/>

An intellectually well person...

- *Has a curiosity and a desire to learn new things.*
- *Values experiences.*
- *Stays stimulated with new ideas and shares them.*
- *Responds to challenges and opportunities to grow.*
- *Makes plans, develops strategies & problem solves.*
- *Develops good time management.*
- *Is able to challenge themselves to see all sides of an issue.*
- *Has the ability to engage in clear thinking, to recall, and to think independently, creatively, critically, scholastically & culturally.*

Healthy Brain Tip

STAY CONNECTED.

Leading an active social life can protect you against memory loss. Spending time with others, engaging in stimulating conversation, and staying in touch and connected with family and friends are good for your brain health. Studies have shown that those with the most social interaction in their community experience the slowest rate of memory decline.

<https://healthybrains.org/>

ASK YOURSELF:

- Am I open to new ideas?
- Am I fully present in each moment with a clear and open mind?
- Do I seek personal growth by learning new skills?
- Do I search for lifelong learning opportunities and stimulating mental activities?
- Do I look for ways to use creativity?

Intellectual Wellness Takes Practice

How to Nourish your Intellectual Wellbeing

Source: B Health

Explore

Interacting with the world around you stimulates your mind. You can boost your intellectual wellness by simply taking a walk, paying a visit to a museum or a play, or exploring a place you have never been to before. Go with others, go alone, and take everything in.



Reading has many benefits including improvement in memory, vocabulary growth, sharpening our brains and even better sleep. No matter what book you read, you can always escape from the worries and stresses of the everyday world, as well as feed your mind and nurture your intellectual curiosity.



The ability to create and think creatively is known to improve memory retention as well as emotional stability. Art is well known for being therapeutic and fun! It helps bring a physical representation to emotions. You can write, play an instrument, or even learn a new language - creating anything new is stimulating!

TRY NEW THINGS

Feeling stuck? Get out of your routine and try something new. Make simple tweaks like taking a different route to work, or watching something you normally wouldn't. You never know what you might discover when you get out of your comfort zone. Debate an issue with a friend, but choose the viewpoint opposite the one you hold. It may sound hard, but focusing attention on information that is different than our beliefs is a good thing!

Reminder ...

It's easy to let caring for our intellectual wellness go by the wayside when there are so many other things to keep track of in life: work, home, family, gym, etc. But your intellectual wellness is equally a crucial part of your overall well-being. Make a new goal to explore ways to expand your intellectual wellness. [CLICK HERE](#) to check out 17 tips for Brain Fitness!



First/Last Name & Organization: _____



Activity of the Month - January

Challenge Yourself

When was the last time you challenged yourself to try something new? It's easy to let caring for our intellectual wellness go by the wayside when there are so many other things to keep track of: work, home, family, gym, etc. Prioritizing time to challenge your brain is also important for our health and wellbeing.

For this month's activity, plan ways to focus on your intellectual wellness in 2021. When creating your commitments, consider engaging in creative and stimulating mental activities to expand your knowledge and skills. Make sure your commitments are specific and meaningful so you follow through.

Examples: read an interesting article once a week this month, do a daily crossword, visit a new museum, try painting with watercolors, or learn a new language. Check out pages 6-7 in your newsletter for more ideas and inspiration!

****Once complete, email a copy or picture to coach@accelwell.com by 1/31/21 to be entered into the raffle for the chance to win a [Mindfulness Coloring Book!](#)**

Commitment 1

Commitment 2

Commitment 3

THE DISH:

Meal Planning AccelWELL Style



Chef Fernando Roasted Chicken and Vegetable Soup

Ingredients

- 1 whole Chicken
- 8 ounces cremini mushrooms, thinly sliced
- 6 ounces yellow onions, diced
- 6 ounces red bell peppers, diced
- 6 ounces butternut squash, diced
- ½ ounce fresh chives, minced
- ½ gallon chicken stock
- Canola or corn oil, as needed
- Salt & pepper, to taste

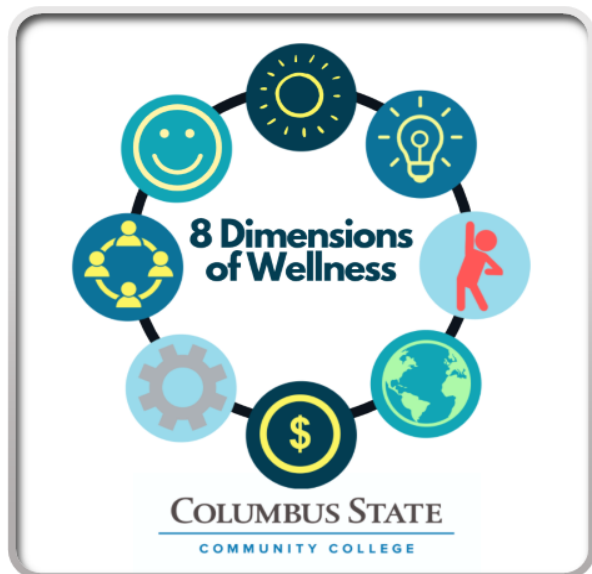
Instructions

1. Pre heat an oven to 350 degrees.
2. Using a paper towel, pat dry the chicken then drizzle it with oil, salt and pepper.
3. Roast the chicken in the oven until it reaches a golden-brown color and an internal temperature of 165 degrees.
4. While the chicken is cooking, heat a sauce pot over high heat. Add about 2 ounces of oil and heat over high heat.
5. Add the red peppers, mushroom and onions and sweat over medium heat until they are soft.
6. Add the squash and broth to the pot, bring to a simmer and simmer over medium heat until the butternut squash is soft and cooked through.
7. Once all the vegetables are cooked turn off the heat and reserve the soup.
8. Once the chicken is done, remove from the oven and shred into bite size pieces.
9. Add the shredded chicken to the soup, season with salt and pepper to taste, and add the chives.
10. Serve hot.



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 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.

Follow Us on Social Media!



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