

Cougars Wellbeing Newsletter

November 2023 | Issue 39

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Stress & Your Body
Learn more on Page 12.

**OCTOBER
RAFFLE WINNER:**

Yoga Mat

Shenna Drugan

CONGRATULATIONS!

NOVEMBER

Plan and Track Your Goals Here!

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
	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
1																														
2																														
3																														

List your top three goals for the month below.

#Goals

1)

2)

3)

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

Follow Us



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"ACCELWELL"



"ACCELWELL"

NOVEMBER

Happy November!

Remember to take some time for yourself as we approach the holidays. The holidays can trigger happy and painful emotions. It is important to “Recognize” and address them. A simple gratitude moment is one quick remedy. Take a quick moment to think of one thing for which you are grateful. I’m grateful to be a part of the CSCC family.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

Submit your wellbeing ideas/suggestions to wellbeing@csc.edu.



Diabetes Awareness

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems. (NIH: National Institute of Diabetes and Digestive and Kidney Diseases)

Tips to manage:

- Manage your A1C blood glucose, blood pressure, and cholesterol levels. Ask your doctor what your goals should be and stay informed about your A1C level.
- Make lifestyle changes to slowly build healthy habits. Take small steps to eat healthier, be more physically active, and get enough sleep.
- Take care of your mental health. A mental health counselor may help you find healthy ways to cope with stress.
- Take your medicines on time, even if you feel healthy. Talk to your doctor or pharmacist for help if you have trouble managing your medicines.
- Work closely with your primary care provider. They can help you manage your diabetes and refer you to other health care professionals for related health problems.

([National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\) \(nih.gov\)](https://www.nih.gov))

[UAW: Prediabetes \(brainshark.com\)](https://www.brainshark.com)

NOVEMBER

Native American Heritage Awareness

In 2020, an estimated [3.7 million](#) people identified as American Indian and Alaska Native (AI/AN) alone, accounting for 1.1% of all people living in the United States. An additional 5.9 million people identified as American Indian and Alaska Native and another race group. [Together, the AI/AN alone or in combination population comprised 9.7 million people \(2.9% of the total U.S. population\) in 2020.](#)

As of 2022, there are [574 federally recognized AI/AN tribes](#), and a number of tribes recognized at the individual state level. There are also many tribes that are not state or federally recognized. Federally recognized tribes are provided health and educational assistance through a government agency called [Indian Health Service \(IHS\)](#), an operating division within the U.S. Department of Health and Human Services. The IHS provides a comprehensive health service delivery system for approximately 2.6 million American Indians and Alaska Natives who belong to [574 federally recognized tribes](#) in 37 states. Typically, this urban clientele has less accessibility to hospitals, health clinics or contract health services provided by the IHS and tribal health programs. Studies on urban American Indian and Alaska Native populations have documented a frequency of poor health and limited health care options.

It is significant to note that American Indians/Alaska Natives frequently contend with issues that prevent them from receiving quality medical care. These issues include cultural barriers, geographic isolation, inadequate sewage disposal, and low income.

Some of the leading diseases and causes of death among AI/AN are heart disease, cancer, unintentional injuries (accidents), diabetes, and stroke. American Indians/Alaska Natives also have a high prevalence and risk factors for mental health and suicide, unintentional injuries, obesity, substance use, sudden infant death syndrome (SIDS), teenage pregnancy, diabetes, liver disease, and hepatitis. **(US Department of Health and Human Services:**

Office of Minority Health)

[Native American Heritage Month 2023](#)

[National Native American Heritage Month | Indian Affairs \(bia.gov\)](#)

[Native American Heritage Month | Smithsonian Institution \(si.edu\)](#)

NOVEMBER

CSCC Sustainability Group

Join us to connect with fellow climate-conscious individuals, participate in learning and service events, and promote sustainable practices. We have over 150 members representing 40+ areas of study. The group is here to promote sustainability across CSCC and build community around climate consciousness.

[Sustainability Group - CougarConnect \(cscclive.com\)](https://cscclive.com/sustainability)

[Climate Cafe](#), Group discussion, Thurs, Nov. 9 at 4 pm, Mitchell Hall room 301

Online Viewing

October Movie of the Month: The Power of Big Oil [Click here to join in Discord](#).

ICYMI: Watch the recording with Matt Scott, Director of Storytelling with [Project Drawdown](#) spoke with us. [Check out the recording here](#). You can view all our past recordings on our [Cougar Connect page](#).

Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. For more information contact Allison Hendricks ahendricks11@cscclive.com.



American Red Cross Blood Drive

Columbus State Community College: Nestor Hall Lobby
488 Mt Vernon Ave
Columbus, OH 43215

Tuesday, November 7, 2023

10:00 a.m. to 4:00 p.m.

To schedule an appointment, visit RedCrossBlood.org.

Sponsor code: cougars

FREE Covid 19 Tests

[COVID.gov - Free at-home COVID-19 tests](https://www.covid.gov/free-at-home-covid-19-tests)

Masithethe (Zulu for 'Let's Talk') is a monthly conversation series discussing topics related to Diversity, Equity, and Inclusion.

Masithethe Host: Primrose Igonor Director of Columbus State's Office of Diversity, Equity, and Inclusion
Supporting our Veteran & Military-Connected Students Inside and Outside The Classroom

A Student Panel Discussion

Tuesday, November 21, 2023

Noon - 1:30PM • WD Room 412

Refreshments provided.

For more information about the Masithethe Series, please email pignonor@cscclive.com.



Scan here to RSVP
for In-Person or
Remote attendance.



2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Retirement Wellness

by Barnett McGowan, JD,
Voya Financial Services

Wed 11/29 12pm

Click to join [RetirementWellness](#)



BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](#).

BMI Financial Resources: [Columbus State Community College \(bmifcu.org\)](#)

*****Take advantage of these in-person financial workshops:**
[Free Financial Workshops in Central Ohio \(bmifcu.org\)](#)

Prudential Financial Resources:

<https://www.prudential.com/financial-wellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>

Education First Credit Union:

Banzai has hundreds of articles ranging on financial topics from stock market basics to preparing for a baby. The courses and coaches use real-life scenarios to demonstrate the power of good financial planning. Financial calculators to help with: Budgeting, Savings, Retirement, Credit Card Payoff, Auto Refinance, Cost of Living & more.

[Wellness Center \[Financial Literacy Resources\] | Banzai](#)



CancerBridge

THU
NOV
9

Financial Wellness: Financial Planning for Life's Uncertainties.

11am EST | [Join Here](#)

Financial planning for life's uncertainties. This session will focus on putting a plan in place now to help protect your future self, your family, and your finances.

THU
NOV
30

Self Care Series: Winter Well-Being

11am EST | [Join Here](#)

Join us for our final session of the year! Get ready to navigate the winter holidays with healthy party ideas, exercise, and mood boosters.



Get Involved with AccelWELL!



THU
NOV
16

Telephonic Health & Nutrition Coaching with Emily Bailey, RD, CSSD, LD, NASM Private Sessions Available 10:00am – 3:00pm EST

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 select **Register**. Then, fill out the designated prompts and select a timeslot that best works for you. Lastly, click **Register**.

*Contact coach@accelwell.com with questions or for support.

Project Zero Campaign

Join Project Zero to focus on maintaining your weight and healthy habits over the holiday season. For you weigh in, take a picture of your feet on your scale, with the weight clearly showing. Navigate to the **Rewards** page on your portal, then upload your photo to the corresponding rewards activity by checking the box next to the activity and uploading your photo when prompted.

Maintain your weight at the weigh-out to earn entry into a raffle to win a meditative cushion!

You will achieve the goal if within a 4-pound variance of your official weigh-in. You will also achieve the goal by losing weight.

Weigh in by November 9th to join this campaign!

Welcome to the AccelWELL 3.0 portal & app!

Get ready to achieve your health and wellness goals with the AccelWELL wellness portal! And with our WellSteps companion app, you can have the same portal experience from your mobile device! You can register on a web browser (see directions below), then download the WellSteps app from the App Store or Google Play store to access your portal on the go!

Get started by following the steps below to create your new account.

Create your account

1. From a web browser, visit <http://accelwell.com/awlogin/> and select **AccelWELL Portal 3.0**.
 - Tip: Add the website address to your "Favorites" for easy access.
2. Click **Start**.
3. Enter your work associated email address in the username box. Click **Next**.
4. Select your company from the drop-down menu. Click **Next**.
5. Enter the verification code sent to your email. Click **Verify**.
6. Complete the registration page then click **Register**.
7. You will then be directed to complete your **PHA (Personal Health Assessment)**. These questions should take about 10 minutes or less to complete. Once completed, you'll receive your "Health Report Card".

If you have program questions or need assistance creating your account, please email coach@accelwell.com for support.

Wellbeing Resources

Matrix Online Resources (all employees)

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 Resources for Living button under Work and Family Wellness Resources heading on next screen to take you to the correct page to search for webinar
-Click on Tools-Upcoming Webinars on the next page (webinars are archived)
Access Phone Number: 800-328-4071

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://www.mhaohio.org)

National Association of Mental Illness (NAMI) Programs – National Alliance on Mental Illness | NAMI Franklin County

See this month's highlights on Wellbeing page:
[Well-Being | Columbus State Community College \(csc.edu\)](http://www.csc.edu/well-being)

Recreational Cooking Classes and More
[The Mix – at Columbus State \(csc.edu\)](http://www.csc.edu/the-mix)

LinkedIn Learning

The Organizational Development and People Analytics (ODPA) department has two new recommended pieces of training:

- [Uncover unconscious bias in recruiting and interviewing](#)
- [Communicating with confidence](#)

Other recommended courses are available on the [LinkedIn Learning page](#) or [click here](#) to sign into your account. If you need help with signing in, please use [these instructions](#) to get started or contact ODPA at employeelearning@csc.edu with questions.

Tickets at Work

Don't forget to check out your savings marketplace, our one-stop shop for exclusive and convenient savings on the products, services, and experiences you know and love.

It's cost-free and easy to enroll. Just visit [here](#) and begin receiving discounts on:

- Electronics
- Appliances
- Theme Parks
- Hotels
- Movie Tickets
- Rental Cars
- Gift Cards
- Apparel
- Cars
- Flowers
- Fitness Memberships
- Groceries
- Special Events
- And More!

Discount Tickets Cleveland

[Companies :: FieldHouse+ Special Offers | Rocket Mortgage FieldHouse](#)

USE ACCESS CODE: **COUGAR**

A few things to Once you select the game of your choice, please click the "Use Access Code" button to enter your code listed above to proceed with your purchase and receive your special offer pricing.

note for this special offer:

- Tickets are limited and are on a first-come, first-served basis
- This ticket offer is only available online

Sexual Assault Response Network of Central Ohio (SARNCO)

Provides advocacy and emotional support services in conjunction with medical and social services at OhioHealth Emergency Departments and other local facilities in central Ohio.

- 24-hour sexual assault help line (614-267-7020)
- 24-hour Emergency Department advocacy
- Rape, abuse & incest national network
- Sexual violence prevention program
- Aftercare advocacy
- Campus advocacy at The Ohio State University
- Recovery resources

988 Crisis & Suicide Lifeline

The Lifeline provides compassionate, accessible care and support via phone, text, or online chat to anyone experiencing mental health-related distress. You can use **988** if you have thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. You can also **dial 988** if you are worried about a loved one who may need crisis support.

Compliance

The Office of Compliance works to support a healthy learning and working environment for all students, staff and faculty. By overseeing the College's non-discrimination and anti-harassment policies and initiatives, our goal is to create a learning and working environment that is safe, respectful and productive. If you have an issue in this area, please contact this office. [Compliance | Columbus State Community College \(csc.edu\)](#)



Employee Resource Groups

[Employee Resource Groups | Columbus State Community College \(csc.edu\)](#)

Columbus State's Employee Resource Groups (ERGs) are here for you! As a program of the Office of Diversity, Equity, and Inclusion, ERGs are for any employee who wants to promote equitable practices and a culture of inclusion at Columbus State. ERGs offer affinity spaces, networking, and whole-person development as well as learning and action opportunities for anyone who wants to get involved with equity and inclusion work.

Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager - Liz Rose-Cohen
African/African American - Royce Carpenter & Michelle Baker
Caring for Those Who Care - Melissa Lamar & Debbie Strain
Prism LGBTQIA + - George Johnson-Gamm

Women's - Crystal Clark & Kelly Hogan
Newly forming: A World of Experience (for immigrants and children of immigrants) - Katherine Lopez, Raquel Pina, & Luz Salinas

Matrix Corner

November webinars

[Where are my keys? Tips to getting organized](#)

Are you forever promising yourself you're going to get more organized? Many of us do the same thing. Join this webinar to learn:

- Why is getting organized so challenging?
- What stands in the way?
- How can organization improve your life?

11/9 at 3-4 pm ET

[Coping with loss due to violence](#)

Violence can have an enormous impact on our society, both for victims of violence and for those that are indirectly affected. Join this webinar to discuss:

- The impact of violence
- Grief and other emotions stemming from violence
- Ways to cope with grief and loss
- Ways to help children with grief and loss due to acts of violence

11/16 at 3-4 pm ET

[Dollars and Sense: Teaching your kids good money skills](#)

As parents we teach our kids many life skills so they can live a successful life. Each child has a different approach to learning so finding what works for your child can make all the difference. Join us to learn how you can help your kids learn healthy money habits in a way that they can understand.

11/30 at 3-4 pm ET



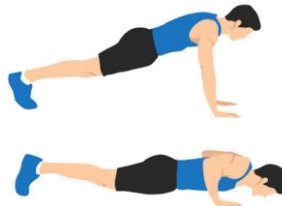
Workout of the Month

fitness feast NOVEMBER

REPEAT THIS CIRCUIT 2X THROUGH FOR A FULL WORKOUT!



20 HIGH KNEES



10 PUSH UPS



25 CRUNCHES



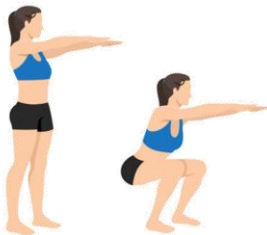
60 SECOND PLANK



45 SECOND WALL SIT



20 LUNGES (EACH SIDE)



30 SQUATS



10 BURPEES



50 JUMPNG JACKS

**To prevent injury, form is critical when performing all exercise. Please reach out to coach@accelwell.com if you have any questions about the movements and how to perform them correctly. 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.*

STRESS & YOUR BODY

WHAT IS STRESS?

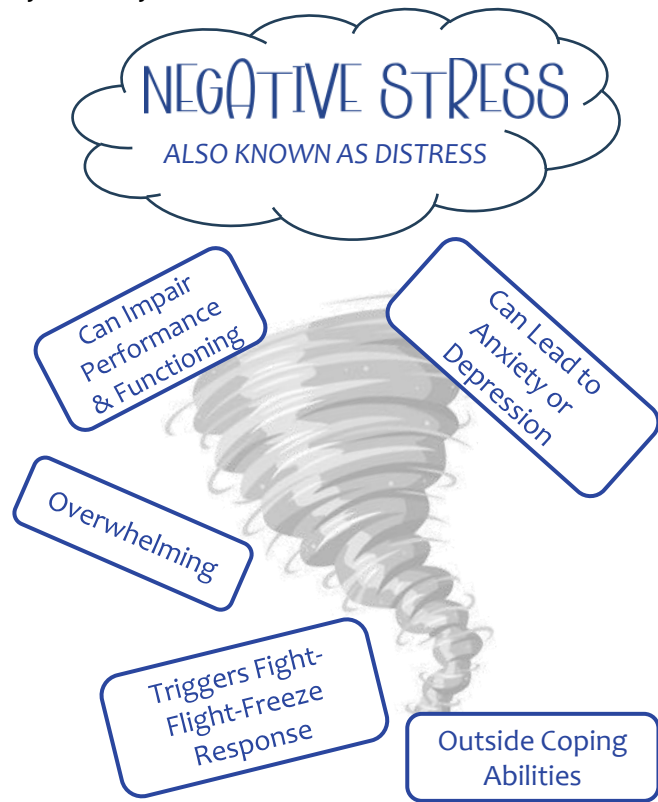
Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.



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

DID YOU KNOW?

Most of us have come to think that stress is bad for us, but it is really part of our fundamental survival system. Stress can be harmful and dampen the immune response if it is chronic or ongoing. But short-term stress (the "fight-or-flight") response may actually be beneficial.








THE STRESS RESPONSE

- When you feel threatened or in danger, your body's stress or "fight or flight" response is automatically triggered. Your nervous system releases a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action.
- Your heart beats faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed up your reaction time, and enhance your focus.
- Over time, repeated activation of the stress response takes a toll on the body. Research suggests that chronic stress contributes to high blood pressure, promotes the formation of artery-clogging deposits, and causes brain changes that may contribute to anxiety, depression, and addiction.

STRESS ON THE BODY

SHORT-TERM STRESS RESPONSE

-  Increased Heart Rate
-  Increased Blood Pressure
-  Liver Converts Glycogen to Glucose and Releases it into the Blood
-  Changes in Blood Flow (decreased digestive system activity)
-  Increased Metabolic Rate

<https://www.health.harvard.edu/>

LONG-TERM STRESS RESPONSE

-  Retention of Sodium and Water by Kidneys
-  Increased Blood Volume and Blood Pressure
-  Proteins and Fats Converted to Glucose for Energy
-  Increased Blood Glucose
-  Suppressed Immune System

www.nutritionwithjudy.com

nwj

COUNTERING CHRONIC STRESS



Get active. Physical activity can positively affect your mood and reduce stress.

Focus on what you can change. Having a sense of control can help you feel more grounded.



Try tai-chi or other relaxation exercises. Activities like tai-chi, yoga, meditation, or breathing exercises may take you out of your comfort zone, but they can be a worthwhile experience for many people.

Give yourself some grace. Kindness can go a long way, particularly when you're giving it to yourself.



Prioritize your sleep. When you sleep, your brain unpacks much of the day's activities and stressors during the various phases of sleep, including rapid-eye-movement.

Avoid self-isolation. Surround yourself with a support network of people who care about your wellbeing and use that network when you need it. Contact a mental health professional for additional support.



Activity of the Month

MENTAL HEALTH & STRESS MANAGEMENT

Bingo

Complete the Mental Health & Stress Management Bingo card by checking off boxes as you complete the action item(s). A complete Bingo can be 5 boxes horizontal, diagonal OR vertical.

LISTED POSITIVE ATTRIBUTES ABOUT YOURSELF	PRACTICED MEDITATION	CAUGHT UP WITH FRIENDS	PROCESSED YOUR FEELINGS	COMPLIMENTED YOURSELF
EXERCISED (WALKED, RAN, BIKED, DANCED, ETC.)	CALLED A LOVED ONE	COOKED A HEALTHY MEAL	PLAYED WITH A PET	LISTED 10 THINGS YOU'RE GRATEFUL FOR
TOOK A BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED YOURSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	RELAXED AND LISTENED TO MUSIC	COMPLETED A DIY PROJECT (CRAFTED, TRIED A NEW RECIPE, ETC.)	PACKED A HEALTHY LUNCH
WENT TO BED 30 MINUTES EARLIER	SPENT TIME IN NATURE	DECLUTTERED 2-3 THINGS FROM YOUR HOME OR OFFICE	REFLECTED AND WROTE IN A JOURNAL	PRACTICED COMPASSION



The Dish:

Healthy Recipes Curated By AccelWELL

Cream of Turkey & Wild Rice Soup

Ingredients (Serves 6)

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms
- ¾ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped shallots
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked chicken, or turkey
- ½ cup reduced-fat sour cream or plain Greek yogurt
- 2 tablespoons chopped fresh parsley



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

Instructions

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots; cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper; cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley; cook until heated through, about 2 minutes more.

What is the water to wild rice ratio for the best wild rice?

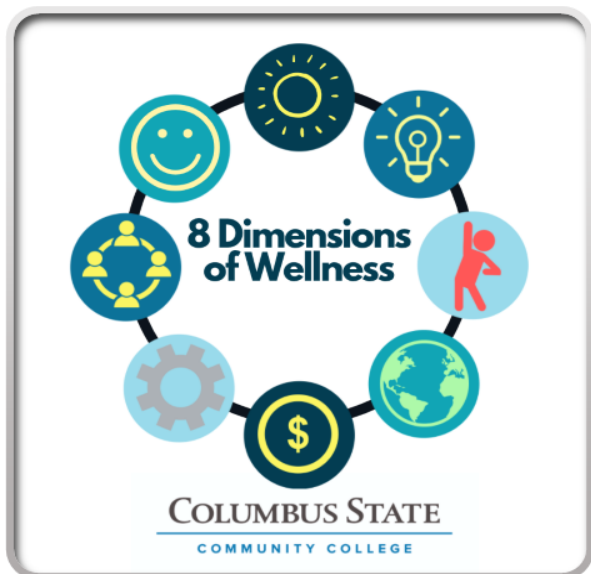
- Stovetop Method: The ratio of liquid to wild rice for cooking it on the stove top is 3 to 1 for cooking it on the stove top. 1 cup of uncooked wild rice yields 3 ½ cups of cooked wild rice.
- Rice Cooker Method: 1 cup wild rice to 2 cups of liquid
- Microwave: 1cup wild rice to 3 cups of liquid
- Instant Pot Method: 1 cup wild rice to 1 ½ cups of liquid.
- Instant Pot Method: 1 cup wild rice to 1 ½ cups of liquid.

For additional information on wild rice cooking, check out the full details at <https://foolproofliving.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, Human Resources

Jason Love, Human Resources

Jackie Miller, Nursing Department

Jolene Broshious, Compliance

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

Primrose Igonor, Office of Diversity, Equity and
Inclusion

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 Jason Love/Jolene Broshious.

Follow Us on Social Media!



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