



COLUMBUS STATE  
COMMUNITY COLLEGE

# Cougars Wellbeing Newsletter

October 2020 | Issue 2

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**White Chicken Sausage Chili**  
*Packed with Protein! (P. 8)*



**Sheet Pan Fajitas**  
*Delicious and easy! (P. 8)*

COLUMBUS STATE  
COMMUNITY COLLEGE

 **AccelWELL**  
*Inspire Purpose • Drive Performance*

# October

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

## Goal Tracker

List your top three goals for the month below.

# #Goals

- 1)
- 2)
- 3)

	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	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																															



## Flu Season News Flash

Wipe out the flu and schedule your flu shot today.

The flu affects millions of people each year and can result in severe illness—even death. A flu vaccine is the best defense to protect you and the people around you. The CDC recommends annual flu vaccinations for everyone 6 months and older.

Most health insurance plans cover the flu shot at 100%. You can get a flu shot at: network provider or health care professional, various retail pharmacies and some minute clinics.

Here are some: CVS® cvs.com/flu, Harris Teeter®, Kmart®, Meijer®, New Albertsons®, Publix®, Rite Aid®, Safeway®, United Supermarkets®, Walgreens®, Walmart® Stores Inc. and Sam’s Club®, The Little Clinic®, RediClinic®, Walgreens Healthcare Clinic®, Walmart Care Clinic. Call first to ensure that the location you want is offering flu immunizations. When you go to receive your flu shot tell them you want your flu immunization and to bill it as an immunization not a pharmacy visit. If you have United Health Care and go to a network provider you should not have to pay anything out of pocket. Please seek out one of these options for your flu immunization this year.



Contact Nichole Bowman-Glover, Wellness Program Coordinator, [nbowmang@csc.edu](mailto:nbowmang@csc.edu) with questions!

# OCTOBER

## Events

WED  
OCT  
7

### Prudential Seminar

presented via WebEx

11:00am-12:00pm EST

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

WED  
OCT  
21

### Voya: Foundations of Financial Wellness

12:00pm – 1:00pm

RSVP by 10/21/2020 to Nichole Bowman-Glover, Wellness Program Coordinator, [nbowmang@csc.edu](mailto:nbowmang@csc.edu)

THU  
OCT  
29

### AccelWELL Telephonic Health Coaching

with Emily Bailey, RD, CSSD, LD, NASM

Sessions Available 10:00am – 3:00pm

### The Way Forward: Budgeting and Building an Emergency Savings Fund

#### Discussing:

- Creating a savings plan
- Finding ways to save even more
- Building an emergency fund

[Register Now!](#)



#### HOW TO SIGN UP:

- Go to [signupgenius.com](http://signupgenius.com) and click the magnifying glass icon in upper right corner.
- In the “Search for a Sign Up” bar on the left, type [ebailey@accelwell.com](mailto:ebailey@accelwell.com). Check the “I’m not a robot” box, then click the search button. This will bring up the CSCC individual coaching session event.
- Click into your coaching event and locate the 20-minute time slot of your preference. Select the box next to **Sign UP**. Then click **Sign and Submit** at the bottom of the page.
- Please be sure to provide the telephone number in the box provided so your coach can reach you at the time of your session. All information will be private.

### Autumn 2020 Brain Breaks

#### Brain Breaks (Microsoft Teams): Grace Edwards

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

This serves as a quick break from the daily happenings of classes, meetings, and everyday work tasks. Join our 15-minute session of breathing exercises and seated and standing stretches at your desk or one step away!



# Workout of the Month

## OCTOBER'S SPOOKY PUSHUP CHALLENGE



This October, challenge yourself with a great total body exercise – PUSH UPS! Complete the number of pushups indicated each day below, but be careful, it gets spookier as you go!

### Modifications

Try breaking up the total pushups into rounds throughout your day. If in need of a modification, check out these great examples. As you get stronger, move to a harder variation.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1				5	5
WEEK #2	5	5	5	5	5
WEEK #3	10	10	10	10	10
WEEK #4	15	15	15	15	15
WEEK #5	20	20	20	20	20



# Mental Health & Wellness

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

<https://www.mentalhealth.gov/>

## Quick Facts

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects *everyone* directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread.

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

**Fact:** 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

## Ways to Help

Friends and loved ones can make a big difference. Only 44% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect, just as you would anyone else
- Refusing to define them by their diagnosis or using labels such as "crazy"

<https://www.mentalhealth.gov>

## Check out these top-rated self care apps.

*(not to be used in replacement of therapy or professional help)*

MoodKit



Breath2Relax



Happify



## Ways to Maintain Good Mental Health

- + Getting enough sleep
- + Eating right & exercising
- + Taking care of basic physical & emotional needs
- + Staying connected socially
- + Stopping to assess how things are going in life
- + Managing the stressors in life

# MENTAL ILLNESS AWARENESS WEEK

OCTOBER 2020

THEME:

SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9	10

What People with Mental Illness Want You to Know

Mental health conditions are important to discuss year-round, but highlighting them during Mental Illness Awareness Week provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW), advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

## Mental Illness Awareness Week Schedule:

- **Tuesday Oct. 6:** National Day of Prayer for Mental Illness Recovery and Understanding
- **Thursday Oct. 8:** National Depression Screening Day
- **Saturday Oct. 10:** World Mental Health Day
- **Saturday Oct. 10:** National Alliance in Mental Illness (NAMI) National Day of Hope



Get informed.	Get screened.	Get help.

### Ways to Get Help

Talk with your doctor	Connect with other individuals and families	Learn more about mental illness	Visit NAMI.org

First/Last Name & Organization: \_\_\_\_\_



# Activity of the Month

## Reach out & Check in

Mental Health is an essential part of our overall health and wellbeing. It helps determine how we handle stress, relate to others, and make healthy choices. Keeping a positive mindset can be taxing, especially during these hard times. That is why now, more than ever, we need to actively support each other. We encourage you to be the positive light in someone's life. For this activity, reach out to a person(s) of your choice by phone, FaceTime, text, email or even six feet apart. Reference the example questions for conversation inspiration.

IDONTMIND

### Just Checking In

Ten simple questions to check in on someone's mental health

- |   |  |
|---|--|
| 1. How are you feeling today, really? Physically and mentally.            | 6. What did you do today that made you feel good?                      |
| 2. What's taking up most of your headspace right now?                     | 7. What's something you can do today that would be good for you?       |
| 3. What was your last full meal, and have you been drinking enough water? | 8. What's something you're looking forward to in the next few days?    |
| 4. How have you been sleeping?  | 9. What's something we can do together this week, even if we're apart? |
| 5. What have you been doing for exercise?                                 | 10. What are you grateful for right now?                               |

### Pick someone to reach out to. (check mark all that apply)

- Family Member
- Friend
- Co-worker
- Other

### How did you reach out and check in? (check mark all that apply)

- In-person conversation
- Phone call/FaceTime
- Text message
- Email
- Other

Provide feedback on your experience here. For example, how did your person(s) react to your outreach? How did spreading positivity make you feel? Will this be something you continue to do intentionally? Etc.

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# THE DISH:

## Meal Planning AccelWELL Style



## White Chicken Sausage Chili

### Ingredients (Serves 6)

1 tablespoon olive oil  
 1 tablespoon dried parsley  
 3 cloves garlic, minced  
 1 tablespoon garlic powder  
 1 medium onion, chopped  
 1 teaspoon cumin  
 8 oz spicy or Italian seasoned chicken sausage  
 ½ teaspoon cayenne pepper  
 4 cups chicken broth  
 ½ teaspoon salt  
 2 (15 oz) cans northern white beans  
 1 (4 oz) can green chilies  
 1 tablespoon dried oregano

### Instructions

1. In a large stock pot, warm olive oil over medium-high heat. Add garlic and onions. Sauté for 2-3 minutes.
2. Add chopped sausage.
3. Sauté chicken for 5-7 minutes until cooked through.
4. While sausage cooks, puree 1 cup of canned white beans with 1 cup of chicken broth using an immersion blender or regular blender.
5. After chicken has cooked through, add remaining ingredients, including pureed beans and chicken stock.
6. Simmer for 10-15 minutes. Serve!

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

## Sheet Pan Steak Fajitas

### Ingredients (Serves 2)

2 tablespoons olive oil  
 1 large onion, thinly sliced  
 3 bell peppers, thinly sliced  
 2 (4-oz) sirloin steaks, thinly sliced  
 2 tablespoons taco seasoning  
 2 teaspoons smoked paprika  
 ½ teaspoon mild chili powder  
 Juice of 1 lime  
 Lettuce, tomatoes, tortillas, and plain Greek yogurt for serving

### Instructions

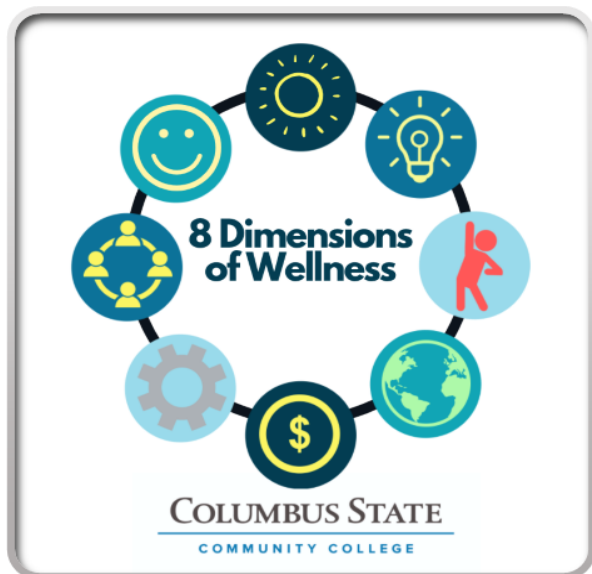
1. Preheat oven to 400 degrees F. Drizzle olive oil on a large sheet pan.
2. Add the onions, bell peppers, and steak to the sheet pan, along with the taco seasoning, paprika, chili powder and lime juice.
3. Toss everything together using your hands or a pair of tongs.
4. Bake 10-12 minutes or until steak is done to your liking.
5. Serve with tortillas, lettuce, tomato and plain Greek yogurt as a sour cream substitute.
6. Enjoy!

Source: <https://thebusybaker.ca>



# 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

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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