

# Cougars Wellbeing Newsletter



COLUMBUS STATE  
COMMUNITY COLLEGE

October 2021 | Issue 14

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Chicken, Asparagus Corn Chowder  
Try this delicious fall soup! (P. 11)

**SEPTEMBER  
RAFFLE WINNER:**

**\$50 Amazon Gift Card**

**Laurie Johns**

**CONGRATULATIONS!**

# 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						

List your top three goals for the month below.

#Goals

1)

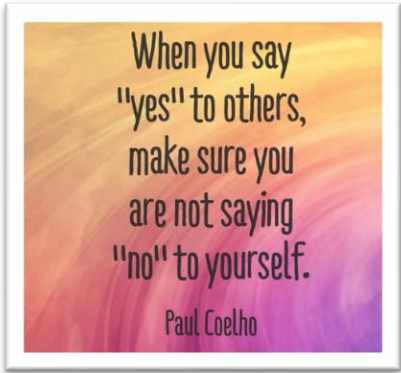
2)

3)

## 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																															

## notes



### Healthy Habits to Try this Month

- It is okay to say “no”. Practice saying no without feeling guilty.
- Enjoy 5 minutes everyday of silence or meditation for yourself to help your mental wellbeing.

# October

## E v e n t s

THU  
OCT  
14

### CancerBridge Seminar:

#### Virtual Wellness & Prevention Series: Breast Health with Dr. Cubbison

**Starts at 11:00am EST**

Join us for a presentation by Dr. Alyssa Cubbison to learn about screening guidelines for women with average vs. high risk for breast cancer and imaging options for detecting breast cancer.

**To Register:** <https://my.demio.com/ref/hWRYgSUQOtaje0qX>

TUE  
OCT  
19

### Rally Coins/Benefits Session

**Starts 11:00am EST**

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review the Rally Coin program for those who are on United HealthCare. Remember the Rally coin cycle runs from July 1, 2021 through June 30, 2022. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions.



#### **REMINDER:**

**This cycle July 1, 2021 - June 30, 2022 8 coins.** If you have questions, contact Nichole.

[Rally.Benefits](#)

(click the link to join)

THU  
OCT  
21

### CancerBridge Seminar:

#### Virtual Wellness & Prevention Series: Breast Cancer Risk & Prevention with Nurse Practitioners Jillian Garrick and Kathryn Cline

**Starts at 11:00am EST**

Join us for a presentation by Nurse Practitioners Jillian Garrick and Kathryn Cline. During this session you'll learn about risk factors for developing breast cancer, methods for reducing risks, how to perform self-exams, and available resources. **To Register:** <https://my.demio.com/ref/GSqYFvpJVQIBnJK9>

THU  
OCT  
21

### Voya Financial Seminar w/Barnett McGowan:

#### Retirement Wellness

**Starts at 12:00pm EST**

Learn the basics of how your pension works; what the retirement income gap is; and how you can use your 403b/457 benefits to close that gap.

(click link to join) [RetirementWellness](#)

TUE  
OCT  
26

## Ohio Deferred Compensation:

### Invest In Your Future

**Starts at 11:00am EST**

Join us for a great overview of Ohio Deferred Compensation.

(click link to join) [InvestinFuture](#)



# OHIO DEFERRED COMPENSATION

**Now - Oct. 31, 2021**

Visit our Ohio Deferred Compensation  
Plan [Virtual Booth](#)

## Attend our Virtual Booth



Explore our resources and education at our interactive event to help you make the right choices for your financial future.

- A special welcome and tutorial
- Meet virtually with a Retirement Specialist
- Visit our virtual classroom to learn from our:

#### Featured workshop

**Take Control of Your Financial Future** - Review insights and recovery opportunities from the pandemic, benefits of your employer Plan, tips for increasing retirement readiness, understanding health care expenses and details on how financial planning tools help you take actions

#### Short educational videos

Tour the interactive zone at our iPad station for your financial planning experiences:

*iPad 1:* Manage your account or easily enroll if you haven't yet

*iPad 2:* Register for webinars that can help you increase your financial wellness and help you make decisions about managing your money

*iPad 3:* Use financial tools and calculators to see how financial decisions, assets and planning may affect your retirement outlook.

THU  
OCT  
28

## 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 portal or app, select the **Upcoming Events image** on your dashboard or select “Events” from the menu options, then choose the available coaching event by clicking **Details**. Select a timeslot and click **Register**. \*Contact [coach@accelwell.com](mailto:coach@accelwell.com) with questions or for support.

### RAFFLE OPPORTUNITY!

#### Win a Wellness Goodie Basket!

Complete the activity of the month in your monthly newsletter and submit a copy to [coach@accelwell.com](mailto:coach@accelwell.com)

Deadline to submit is 10/31/21.

## Access to the AccelWELL 2.0 Portal & App!

As part of our commitment towards supporting your health and wellbeing, Columbus State Community College has partnered with AccelWELL Inc., a holistic health and wellness company out of Worthington, Ohio, in order to provide free solutions to support you in your health.

We are excited to announce all employees now have access to the **AccelWELL 2.0 Wellness Portal & App!** This is in addition to the **Telephonic Health & Nutrition Coaching** already available to you with an AccelWELL Coach. Think of AccelWELL as your healthy living resource, here to help you become the very best version of yourself – mind, body and soul. How you utilize their services will be completely up to you! Learn more about the new portal and app below!

## Steps to Access the AccelWELL 2.0 Portal & App...

Review the 2021 **AccelWELL Portal Guide** for complete sign-up instructions and key features to start exploring! Please note, you will be asked to provide an **Employee ID** during the account creation process.

This ID will be: **CSCC + Your 7-digit Cougar ID Number (example: CSCCXXXXXX)**

*If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto:coach@accelwell.com) for support.*

## Your new portal features:

- **Complete Mobile App Functionality** – Access every feature from your mobile device! See instructions in the guide attached for downloading the “Healthy Path” app and setting up your account.
- **Event Sign-Ups** – Sign up for CSCC’s monthly coaching day directly through the portal. Confidential telephonic coaching is available every 4th Thursday of the month. Sign up for the September event today!
- **Direct Messaging with Health Coaches** – Directly contact or receive messages from your Health Coach using a new secure messaging system. Request an appointment all through your portal. See the guide attached for details!
- **Health Trackers** – You can sync your compatible device(s), such as Fitbit or Garmin, and connect Apple’s Health app through the new Healthy Path app.
- **Wellness Assessment** – The new wellness assessment evaluates lifestyle behaviors to determine how they contribute to or detract from your optimal health.
- **Wellness Advisor** – Discover areas of risk based on your wellness assessment, and use the wellness advisor to view recommended goals & activities to improve your well-being!
- **To-Do Activities** – Check out your new one-stop shop to view personal goals and activities – add items from the Wellness Advisor that you’d like to work towards improving!
- **Learning Modules** – Over 24 learning modules are available on a wide variety of health and wellness topics. Prioritize your wellbeing & enroll in one today!



# Reminders

## October Awareness Topics:

**Mental Health Community Resources** [National Alliance on Mental Illness](#) | [NAMI Franklin County](#)

**Breast Cancer Awareness** [Breast Cancer](#) | [Breast Cancer Information & Overview](#)



## Employee Resources

### Matrix Online Resources

You can register for webinars or view archived webinars through your member login at [www.matrixpsych.com](http://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](http://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)

## Recreational Cooking Classes and More

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

## Membership Drive

### Cougars Living Well Team

(Microsoft teams)

Current members bring new friends to the team and be entered into a drawing.

New members will be entered into a raffle drawing.

"WHO" have you asked  
to join the Cougars Living  
Well team???



### Teams Interest Form:

[https://forms.office.com/Pages/ResponsePage.aspx?id=d9OpYCfIoUG78BqtNNtMicB\\_gCCml0dGtJiyRe\\_g8H1UQUg0UFFOREpCRkgyRzJHTjFNRkFWSVMwWS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=d9OpYCfIoUG78BqtNNtMicB_gCCml0dGtJiyRe_g8H1UQUg0UFFOREpCRkgyRzJHTjFNRkFWSVMwWS4u)

## 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

## Yoga: Mind & Body

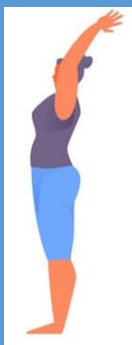
This October, take an intentional 5 minutes a day to practice each of these poses, focusing solely on your body and your breath. Allowing your mind to rest is crucial for recovery from the stressors of every day life. Our thoughts and how we think can correlate with how our bodies feel, positively or negatively. Tune in to that connection between your body and mind.

### MOUNTAIN

Stand with your feet slightly apart . Keep you arms up with your elbows by your ears and slightly arch your back and bend backwards.

Keeping your head in line with your shoulders and arms, try to look up and back increasing your back bend as far as is comfortable.

Hold for 30 seconds - 1 minute.



### CHILD'S POSE

Start on all fours. Breathe in and out.

Move your hands slightly forward and move your buttocks back towards your heels about half way.

Bend your head down and relax your neck. Then bring your buttock down to rest on your heels. Breathe normally and feel the stretch.

Hold for 30 seconds - 1 minute.



### DOWNWARD FACING DOG

Start on all fours.

Exhale and straighten your legs, letting your heels lift off the floor.

Then lift your buttocks as high as possible and slowly push your heels to the ground. Straighten your arms and relax your head.

Hold for 1 -3 minutes.



### UPWARD FACING DOG

Lie down on your stomach with your legs straight and the tops of your feet against the floor.

Place your hands palm down on the floor next to your waist and press to lift your torso.

Pull your belly in to tighten your abs and lift your chest slightly toward the ceiling.

Hold for 15 - 30 seconds.



### WARRIOR 2 POSE

Stand in a wide position with your feet parallel and approximately three feet apart. Extend your arms straight out from your sides.

Turn your left foot out 90 degrees, then bend your knee into a lunge. Be sure to keep your knee above your ankle and pointing over your toes.

Hold for 15 - 30 seconds on both sides.



### SEATED FORWARD BEND

Sit on the ground with your back straight and your legs straight out in front of you, flexing your feet.

Raise your arms above your head, inhaling as you do so.

Exhale as you bend at the hips and reach your arms out towards your toes.

Stretch with your arms out as far as you're able to reach them.

Hold for 15-30 seconds.



*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.*

# Mental Health: Establishing Boundaries

**Boundaries** mean anything that marks a border; real or imagined lines that mark the edge or limit of something or the limit of a subject, principle or relationship.

**Personal boundaries** are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. Boundaries are essential to healthy relationships and, really, a healthy life.

**Whether it's in work or in our personal relationships, poor boundaries may lead to resentment, hurt, anger, and burnout.**

**UNHEALTHY** Boundaries are characterized by:

- Sharing too much too soon or, at the other end of the spectrum, closing yourself off and not expressing your need and wants.
- Feeling responsible for others' happiness.
- Weak sense of your own identity.
- You base how you feel about yourself on how others treat you.
- You allow others to make decisions for you; consequently, you feel powerless and do not take responsibility for your own life.



**HEALTHY** Boundaries allow an individual to:

- Have high self-esteem and self-respect.
- Share personal information gradually, in a mutually sharing and trusting relationship.
- Protect physical and emotional space from intrusion.
- Have an equal partnership where responsibility and power are shared.
- Be assertive. Confidently and truthfully say YES or NO and be OK when others say NO to you.
- Separate your needs, thoughts, feelings, and desires from others.
- Recognize that your boundaries and needs are different from others.
- Empower yourself to make healthy choices and take responsibility for yourself.

## **Effective Communication**

Be assertive. Assertive language is clear and nonnegotiable, without blaming or threatening the recipient." You can be assertive by using "I statements."

### **HOW TO USE I STATEMENTS**

I feel \_\_\_\_ when \_\_\_\_ because \_\_\_\_\_.  
What I need is \_\_\_\_\_.

### **EXAMPLE**

I feel violated when you read my journal because I value privacy. What I need is a space that I know is private to record my thoughts.





# Mental Health: Establishing Boundaries

## How to Set Boundaries:

It starts with self-awareness. If you do not like the way you feel or act, know that you have the power to change it. You are the master of your universe; you control 100% of your actions and reactions. No is a full sentence. It is not an action to be undertaken only at certain times; it is a lifelong habit that we need to diligently practice in order to achieve our goals in work and life.



## Learn To Say “No”

Saying no won't be easy if you're used to saying yes all the time. But learning to say no is an important part of simplifying your life and managing your stress. And with practice, you may find saying no gets easier.

- **Be brief.** Avoid elaborate justifications or explanations. Be clear and be decisive.
- **Be honest.** The truth is always the best way to turn down a friend, family member or co-worker.
- **Be respectful.** Complimenting the group's effort while saying that you can't commit shows that you respect what they're trying to accomplish.
- **Be ready to repeat.** You may need to refuse a request several times before the other person accepts your response.



Focus on yourself and your rights: We can't change others, their actions nor is it our responsibility. Boundaries help change the situation for you. We can focus on what is within our control such as our boundaries, actions, behaviors, and thoughts.

- **I have the right to say no, without feeling guilty**
- **I have the right to be treated with respect (by both myself and others)**
- **I have the right to make my needs as important as other people's**
- **I have the right to accept my mistakes without being hard on myself**
- **I have the right not to meet unreasonable expectations other people may have of me**

Putting yourself first can be a challenge, but now is the time to do so. Learning to set boundaries can be a valuable skill that helps you heal and enriches your relationships in the future. Available

## Resources for Mental Health:

- <https://nami.org/>
- <https://mhanational.org/>
- <https://www.nimh.nih.gov/>

Boundaries help us be aware of ourselves and our relationships. They're important for self-care and making yourself a priority. **If you feel like you're unhappy, resentful, insecure in relationships, being taken advantage of, or losing a sense of identity, think about whether you have unhealthy boundaries and consider setting healthy ones.**

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

# Activity of the Month

*Setting boundaries with yourself and the people in your life is an essential part of a healthy lifestyle. This can be a challenge, but learning to set boundaries is a valuable self-care skill that can help strengthen our mental and physical health, as well as our relationships.*

Reflect on the questions below to explore and understand boundaries needed in your life to maintain self-health and healthy relationships. **Upon completion, submit a copy to [coach@accelwell.com](mailto:coach@accelwell.com) to enter the raffle for a wellness goodie basket.**

## Examples of Boundaries:

- Saying no to an event or invitation.
- Asking for what you need.
- Putting your computer and phone away at the same time every night to spend important time with family.
- Telling others you’d prefer to not be bothered for 10 minutes each morning. You need time to yourself.
- Being clear about topics you are open to discussing and not discussing.
- Sticking to a budget.
- Creating a social media time-limit.

What is one boundary I would like to hold for my wellbeing?

How do I feel when this boundary has been violated?

What will I have to let go of to enforce this boundary in my life?

How will setting this boundary impact my wellbeing & relationships?

# THE DISH:

## *Meal Planning AccelWELL Style*



## Chicken Asparagus Corn Chowder

### Ingredients (Serves 4)

- 2 tablespoons olive oil
- $\frac{3}{4}$  cup cut fresh asparagus (1-inch pieces)
- 1 small onion, finely chopped
- 2 tablespoons all-purpose flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon pepper
- 1 can (14.5 ounces) chicken broth
- $\frac{1}{2}$  cup fat-free half-and-half
- 1  $\frac{1}{2}$  cups cooked chicken breast, cubed
- $\frac{3}{4}$  cup frozen corn or fresh off the cob

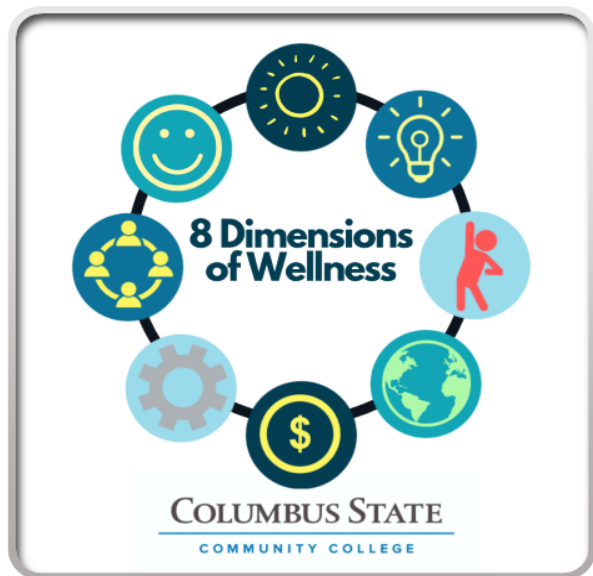


### Instructions

1. In a large saucepan, heat oil over medium heat. Add asparagus and onion; cook and stir until tender, 3-4 minutes.
2. Stir in flour, salt, garlic powder and pepper until blended; gradually stir in broth and half-and-half. Bring to a boil, stirring constantly; cook and stir until slightly thickened, 3-5 minutes. Add chicken and corn; heat through.

# 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..

## Follow Us on Social Media!



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"ACCELWELL"