

Cougars Wellbeing Newsletter

September 2024 | Issue 49

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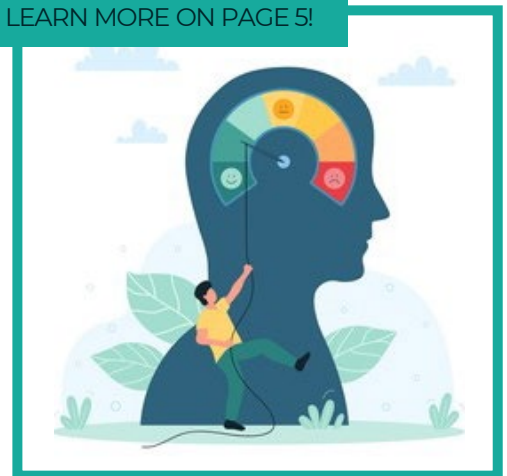
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RESILIENCE:
ACCEPTING CHANGE
LEARN MORE ON PAGE 5!



**AUGUST
RAFFLE WINNER:**

\$50 Amazon Gift Card

David Hill

CONGRATULATIONS!

SEPTEMBER

All Employee Self Care Awareness/Screening Event September 26, 2024! The Center for Workforce Development- 4th floor | 9:00 a - 3:00 p

- Register for Biometric Health Screening
- Visit the Wellbeing Fair for new ideas
- Be inspired by our national keynote speaker at 11:00 am
- Stop by for a chair massage, flu shot, hearing or vision screening
- Attend a “Know Your Numbers” or other informational workshop
- Raffles, prizes, and healthy snacks
- ... AND MUCH MORE!!



Columbus State continues to strive to be your wellbeing partner by providing resources to help improve your wellbeing and the wellbeing of your family.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

CSCC HR Benefits



September is Self-Care Awareness Month

Self Care

Self care is important to maintain overall wellbeing. It can be anything from a retreat to simply taking five minutes to gaze out the window. You have to make yourself a priority. You won't be any good to anyone else if you are not good to yourself.

Vaccinations

[Diseases and the Vaccines That Prevent Them | CDC](#)

(Flu & COVID vaccinations offered 9/26/2024 & Delaware 9/30/2024)



SEPTEMBER IS
SELF CARE
AWARENESS
MONTH



CancerBridge

General Financial Wellness

THU
SEPT
12

11am – 12pm EST | [REGISTER NOW!](#)

More and more research is showing that wellness is a holistic proposition. Physical, mental, and financial wellness are often inextricably tied together. This session will examine those connections and provide some guidance on steps that can be taken to provide a firm foundation for financial wellness.

2024 Self-Care Series: Savoring and Slowing Down- A Mindful Eating Practice

THU
SEPT
26

11am EST | [REGISTER NOW!](#)

A leisurely, enjoyable meal can feel like a radical act of selfcare! See how you can transform your mealtimes into wellness breaks with mindful eating. **Have a meal or snack prepared to eat during the session if you'd like to participate in the mindful eating practice exercise.

For cancer-related questions: (855) 366-7700

For questions about these events: hello@mycancerbridge.com

Sustainability

Help Create the Regional Climate Action Plan - SURVEY

With support from [@EPA](#) Central Ohio is creating a regional climate action plan! Take this short 10-min survey to inform the initial draft plan. The EPA provided \$1 million to help us create a climate action plan for a healthy and just future for Central Ohio. Share your thoughts.

Upcoming Autumn Semester Events:

- [Get to Know IMPACT Community Action](#) - Mon, Oct. 7 at noon via Teams Online
- [Tour Columbus Micro Systems](#) - Fri, Nov. 1 at 1 pm at company location in NE Columbus

Get involved:

Download the [Climate Action Now app](#) to advocate for climate action easily

Forward to a Friend - Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. Join the [Sustainability Group](#), and/or [our Discord](#).

Employee Advisors: Jennifer McCord, Allison Hendricks

SEPTEMBER

VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

THIS MONTH'S TOPIC:
RESILIENCE
WITH COACH KYLIE

[WATCH HERE!](#)



I am a certified Personal Trainer, Group Fitness Instructor, and Fitness Nutrition Coach. I have a Bachelor's Degree from Georgia Institute of Technology in business, where I played Division-1 softball for 4 years. I have been in the health & wellness space working in doctors offices and gyms with a wide variety of individuals. I love encouraging & helping people find the healthiest version of themselves and achieve their goals. I've been with AccelWELL since February 2024 and love developing new relationships in the health & wellness space. In my free time, I enjoy spending time with family and friends at the lake, exercising, and being outside.

CONTACT US

Email: coach@accelwell.com
Your Coaches are here for you!

FOLLOW US



2024 Financial Wellbeing:

Preparing you for expected & unexpected change

BMI Federal Credit Union

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

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

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

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](#)

Get Involved with AccelWELL!



**THU
SEPT
26**

Onsite Health & Nutrition Coaching
with Emily Bailey, RD, CSSD, LD, NASM

Nutritional Presentation: 9:00 am

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.

Participate in the Steps Campaign this month to win an Amazon Echo Dot!



If you participate in this walking challenge, you will be entered into a raffle to win an Amazon Echo Dot. You don't want to miss this opportunity!

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](http://www.nami.org)

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](http://www.columbusstate.edu/compliance)

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

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.



Employee Resource Groups

[Employee Resource Groups | Columbus State Community College](#)

Columbus State's Employee Resource Groups (ERGs) are here for you! 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:

African/African American – Andrew Moss, Vincent Hill, Marja Davis

Caring for Those Who Care - Melissa Lamar & Debbie Strain

Prism LGBTQIA + - Sage Bottger & Matt Stuckey

Women's - Crystal Clark & Kelly Hogan

A World of Experience (for immigrants and children of immigrants)

- Katherine Lopez, Raquel Pina, & Luz Salinas

WORKOUT OF THE MONTH

SEPTEMBER

MORNING YOGA FLOW

FLOW THROUGH EACH POSE AT YOUR DESIRED PACE.
COMPLETE 3-4 MORNINGS PER WEEK.



HERO POSE



DOWNWARD DOG



RUNNER'S LUNGE



LOW LUNGE



WARRIOR 1



REVERSE WARRIOR



TRIANGLE POSE



DOWNWARD DOG



PIGEON POSE



CHILD'S POSE



MEDITATION



BUTTERFLY BEND
FORWARD

Resilience: Accepting Change

WHAT IS RESILIENCE?

"The ability to cope and recover from setbacks. Finding happiness and success again after something difficult or bad has happened."

ADOPT A
GROWTH
MINDSET



TYPES OF RESILIENCE

PHYSICAL

How the body deals with change & recovers from physical demands, illnesses, or injuries.

MENTAL

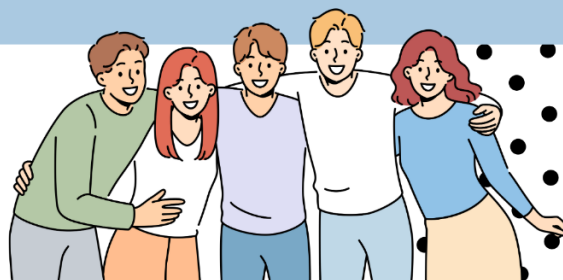
Using mental strength to adapt and solve problems, move forward, and remain hopeful.

EMOTIONAL

Calming the mind & managing emotions when dealing with negative experiences.

SOCIAL

Finding community, connecting with others, and working together to solve problems.



Invest in supportive
RELATIONSHIPS

Resilience Techniques

$$E + R = O$$

Event + Response = Outcome



This formula applies to everything that happens in our lives. We can rarely control the event, but the way we react will always have an effect on the outcome.

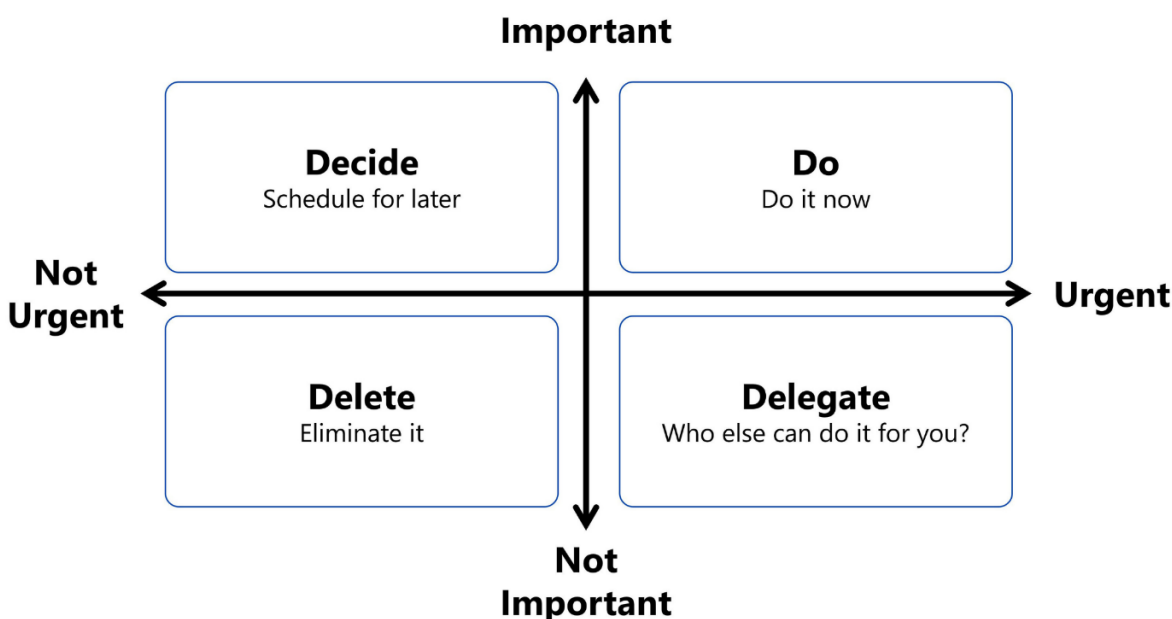


Your **response** is the most important. This is the portion of the formula you CAN control. Being able to mindfully select your response is the key to success. Take a deep breath & count to five before responding.

THE EISENHOWER MATRIX



Another strategy for managing stress and dealing with change, this was developed as a way to organize daily tasks.



ACTIVITY OF THE MONTH



$$E + R = O$$

Mindset

EVENTS are always happening.
I always choose how I **RESPOND**.
My response always creates **OUTCOMES**.

In the chart below, begin by filling in an event in your life (people, circumstances, environmental factors, etc.). Next, fill in your response (attitude, actions, words). Based on your response, fill in the desired outcome you hope to create (results, impact, experiences, consequences, etc.).

E (EVENT)	+	R (RESPONSE)	=	O (OUTCOME)
E	+	R	=	O
E	+	R	=	O

Adopting the E + R = O mindset and working through the above exercise can be challenging. Here are some helpful thoughts to consider as you work to understand this mindset..

If you don't control your response, who does?

Since you don't control events, what will you do with them?

Since only you control your response, what does that require of you?

Since you don't control outcomes, how do you create the best ones as often as you can?



APPLE & SQUASH QUINOA SALAD

Ingredients (Serves 6)

- 1 cup dry quinoa
- 5 cups chopped butternut squash
- 4 cups spinach or chopped kale
- 1 medium apple
- 1 15-oz can chickpeas, rinsed and drained
- 1/2 cup pecans
- 3 tbsp olive oil divided
- 2 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1/2 tsp maple syrup
- 1/8 tsp cinnamon
- 1/8 tsp dried sage
- Salt & pepper to taste

Instructions

1. Preheat the oven to 400°F.
2. Toss chopped butternut squash in one tbsp of olive oil in a medium bowl and add pepper for extra flavor. Place the coated squash on a baking sheet and roast for 30 - 40 minutes, flipping halfway through.
3. As squash is roasting, bring 2 cups of water to boil, add dry quinoa and let simmer for 8 - 10 minutes.
4. Prepare apple and pecans: core apple, chop it into mini bite size pieces. Chop pecans and toast them in a small fry pan.
5. Add quinoa, squash, spinach, apple, chickpeas and pecans into a large bowl and toss together.
6. Whisk together the remaining ingredients, pour over the salad and toss again to coat. Serve immediately.



<https://www.simplyquinoa.com/>





HOW TO CHOOSE A GOOD APPLE

- Apples come in a variety of colors - the richer the color, the better the flavor!
- Pick apples that feel heavy for their size with smooth, unbruised skin.
- Ripe apples are firm and crisp to the touch.
- Best apples for baking: Honeycrisp, Granny smith, Golden delicious, Pink lady
- Best apples for savory dishes: Gala and Fuji
- Best apples for salads & fresh eating: Ambrosia, Gala and Honeycrisp

WHITE TURKEY CHILI

Ingredients (Serves 8)



- 2 tbsp extra-virgin olive oil
- 1 large white onion, diced
- 4 garlic cloves, minced
- 1 pound ground turkey
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp cayenne pepper
- Salt and pepper, to taste
- 4 cups chicken broth
- One 15-ounce can corn kernels
- One 15-ounce can white beans
- 1 avocado, diced

Instructions

1. In a large pot, heat olive oil over medium heat. Add onion and sauté 6 to 8 minutes. Add garlic and continue to cook until fragrant, 1 to 2 minutes.
2. Add turkey and cook until browned, 5 to 7 minutes. Add cumin, coriander & cayenne, season with salt and pepper, cook until fragrant, 1 to 2 minutes.
3. Stir in the broth. Bring the soup to a simmer over medium heat. Reduce heat to low and simmer 30 to 35 minutes.
4. Stir in corn and beans, simmer for 2 to 3 minutes.
5. To serve, spoon chili into bowls and top with 1 to 2 tbsp of a avocado. Serve immediately.

[https:// www.purewow.com/ recipes/](https://www.purewow.com/recipes/)

APPLE PIE ENERGY BITES

Ingredients (20 Servings)

- 1 cup medjool dates (approx. 10)
- 1 cup dried apple rings, packed tight
- 1/2 cup almonds or nut of choice
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 2 tbsp peanut butter
- 1 tbsp coconut oil
- 1 tbsp of water or more nut butter
- for rolling: 1 tbsp maple sugar + 1 tsp cinnamon

Instructions

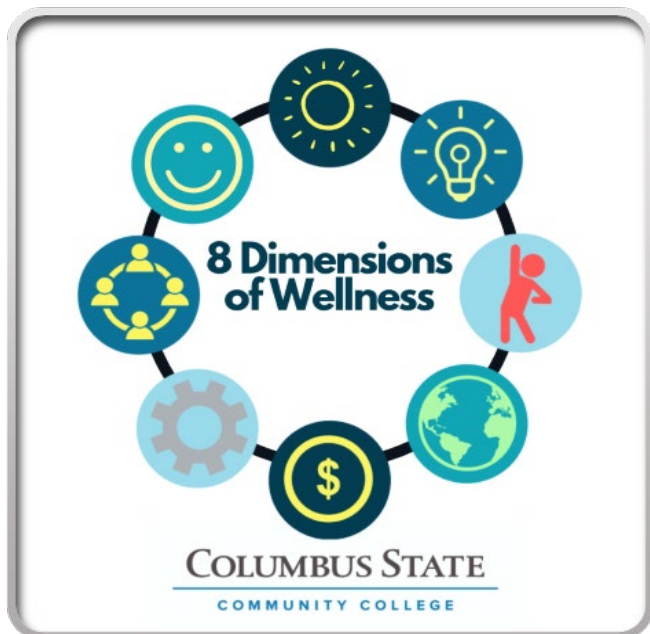
1. Add dates and apples to a food processor and process on high until finely ground. Add nuts and grind again until combined.
2. Add spices, peanut butter and coconut oil, process again until dough begins to form. If the mixture is too dry, add water one tbsp at a time until the mixture comes together into a sticky dough.
3. Form mixture into balls, repeat until no dough remains.
4. Roll the balls in maple sugar-cinnamon mixture, then store in the fridge or freezer.



Apple Pie Energy Bites

Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Tommy Tucker, Mitchell Hall

Vena Hill, Human Resources

Jason Love, Human Resources

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

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 Nichole Bowman-Glover/Vena Hill.



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Inspire Purpose • Drive Performance