



COLUMBUS STATE  
COMMUNITY COLLEGE

# Cougars Wellbeing Newsletter

September 2021 | Issue 13

## Table of Contents

**02** Inspirational Goal Planner

**03** Upcoming Events

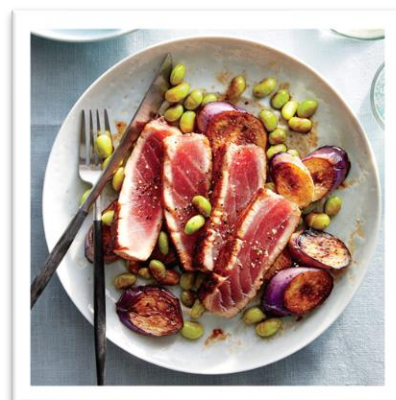
**06** Workout of the Month  
*Bodyweight Step Circuit*

**07** Emotional Wellness  
*Sympathy vs. Empathy*

**08** Activity of the Month  
*Reach out and Check in*

**09** The Dish  
*Meal Planning Recipes*

**10** Your Wellbeing Advisory  
Committee



Seared Tuna Eggplant & Edamame  
*A perfect light and refreshing meal! (P. 10)*

**AUGUST**  
**RAFFLE WINNER:**  
*Resistance Bands*

Alex Broshious  
*CONGRATULATIONS!*

september

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		

Goal Tracker



List your top three goals for the month below.

#Goals

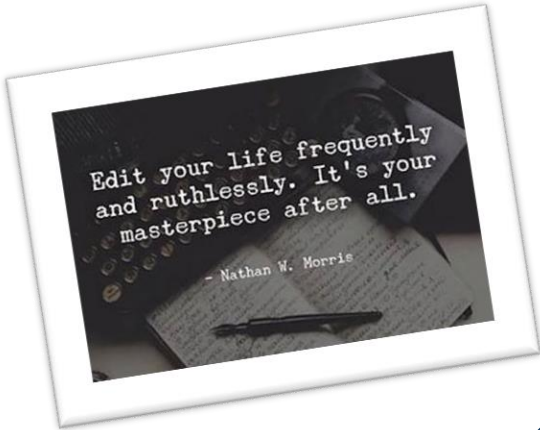
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1																														
2																														
3																														

notes



Healthy Habits to Try this Month

- Go for a walk and get in those steps. Aim for at least 7,000 steps a day.
- Decrease eating out and pack a healthy lunch for work.

# September

## E v e n t s

WED  
SEP  
8

### Prudential Seminar:

#### Protecting Yourself from Identity Theft

11:00am-12:00pm EST presented via WebEx

- \* Types of identity theft
- \* How to protect yourself
- \* What to do if it happens to you
- \* If you have a question or concern, please contact us at [Pathways@Prudential.com](mailto:Pathways@Prudential.com) or (844) 592-8993



[Click Here to Register Now!](#)

TUE  
SEP  
14

### CancerBridge Seminar:

Starts at 11:00am EST

Learn how Integrative Medicine can help reduce cancer risk. Dr. Mariann Giles will share more about the importance of nutrition, sleep, mind-body practices, exercise, and Integrative therapies such as massage on our overall health. **To Register:** <https://my.demio.com/ref/jbBkukcXqUVw9ixi>

WED  
SEP  
22

### Voya Financial Seminar w/Barnett McGowan:

#### Balancing Student Loan Payments And Saving For Retirement

Starts at 12:00pm EST

PSLF Program and how to not be one of the 98% of people who get their application rejected. (click link to join) [VoyaSept](#)

THU  
SEP  
23

### 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 \$50 Amazon Gift Card!

Watch this [video](#), then complete this [survey](#) to enter the raffle!  
Deadline to enter is 10/1/21.

TUE  
SEP  
28

### Rally Coins & Health Benefits Session

Starts 12:00pm EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review 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.BenefitsSession](#)

(click the link to join)

# College of Recreation and Wellness

The Department of College Recreation & Wellness (CRW) will be back in Autumn Semester. We are looking forward to welcoming students and staff back to our convenient health and wellness programs and facilities in a safe, comfortable environment.

**Columbus Campus and Delaware Campus fitness centers:** Both fitness centers will reopen at the start of the Autumn Semester. Please follow the [CRW webpage](#) for hours of operations.

**Personal Training:** Virtual personal training will continue, with the addition of in-person personal training starting on Monday, October 4. If you are interested in registering for either personal training mode, contact **Danielle Smith**, specialist, at [dsmit103@csc.edu](mailto:dsmit103@csc.edu).

**Self-Defense Program:** We will welcome back the successful self-defense program on Monday, October 4. Please follow the [self-defense webpage](#) for further information on class hours, class location, and class restrictions for safety.

**Wellness Series:** The CRW 21-22 academic year wellness series – Be Well, Stay Well – will focus on the meaning of being well holistically. The series will provide several sessions each semester, both virtually and in person. The series schedule will be available on the CRW webpage.

For further information, please email [csc.crw@csc.edu](mailto:csc.crw@csc.edu), follow the [CRW webpage](#), and CRW social media sites: [Instagram](#), [Facebook](#), [Twitter](#), and [Podcasts](#). We look forward to working with you soon!

## Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](#)

## September Awareness Topics

**Sickle Cell Awareness** [Home - Sickle Cell Disease Association of America Inc.](#)

**Cholesterol Awareness** [Cholesterol Information | cdc.gov](#)

**Gynecological Awareness** [Gynecologic Cancer Awareness Feature | CDC](#)

## Online Mental Health Resources (available to “All” Employees)

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

## Additional Mental Health Resources

**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://ProBonoCounselingProgram-MentalHealthAmericaofOhio(mhaohio.org))

## Membership Drive

### Cougars Living Well Team

(Microsoft teams)

### Raffle Drawing!! Bed, Bath & Beyond/Dicks Sporting Goods Gift Card

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

New members will be entered into a raffle drawing.

### Teams Interest Form:

[https://forms.office.com/Pages/ResponsePage.aspx?id=d9OpYCfioUG78BqtNntMicB\\_gCCml0dGtJiyRe\\_g8H1UQUg0UFFOR\\_EpCRkgyRzJHTjFNRkFWSVMwWS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=d9OpYCfioUG78BqtNntMicB_gCCml0dGtJiyRe_g8H1UQUg0UFFOR_EpCRkgyRzJHTjFNRkFWSVMwWS4u)

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



# Reminders

## Flu & COVID Preventive Measures

### Did you know?

- Common colds are the leading cause for children missing school and adults 4 missing work.
- During an average flu season 20% of the population will get the flu.
- The flu can be spread to others from 6 feet away.
- The best way to prevent the flu is to get vaccinated annually.

### Is it a cold or the flu?

The common cold and the flu are both upper respiratory infections. However, they are caused by different viruses and the symptoms may be more severe with the flu virus verses a cold. Keep in mind that symptoms alone may not be enough to tell the difference between the two. While a common cold can be caused by more than 200 viruses (rhinovirus is the most common); the seasonal flu is caused by the influenza A or B virus. This is why there is a vaccine available for the flu and not for colds.

It is possible to have the flu, as well as other respiratory illnesses, and COVID-19 at the same time.

Some of the symptoms of flu and COVID-19 are similar, which may make it hard to tell the difference between the two based on symptoms alone. Diagnostic testing may help your health care provider determine if you have the flu or COVID-19

- Protect yourself and others by staying away from people who are sick and by staying home from work and social activities if you are ill. Wash your hands. Handwashing is the most protective way to keep germs away. When washing your hands be sure to lather well with soap including the backs of your hands, under your nails and between your fingers. Scrub for at least 20 seconds, rinse well and dry.
- Live a healthier lifestyle by eating healthier, exercising, getting adequate sleep and managing your stress levels.
- Get the annual flu vaccine. The flu vaccine may reduce flu illnesses, doctor visits, and missed work and school due to the flu, as well as prevent flu-related hospitalizations.

Flu and covid vaccines can protect you, your loved ones, and your co-workers from the flu and covid. You can also protect those around you by staying home if you are sick.

Source: United HealthCare & Centers for Disease Control

### Mask Up:

Wear a face mask that covers your nose and mouth. And Keep your distance (at least 6 feet) from others when you can.



### Lather Up:

Wash your hands often with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer.



### Sleeve Up:

Getting a flu vaccine is more important than ever. Everyone 6 months and older should get a flu vaccine every season.



## 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

## Bodyweight Step Circuit

Complete 3-4 rounds of the exercises below for a great burn!

**Challenger:** Complete 5 rounds with only 30 seconds of rest in between each exercise.

[Click Here](#) to follow along with an AccelWELL coach and learn about modifications.

### 1. 20 stepping lunges (10 each leg)



### 2. 10 plank jacks (or side step)



### 3. 10 squat side steps (5 each leg)



### 4. 10 chair step-ups (5 each leg)



### 5. 20 jumping jacks



*To prevent injury, form is critical when performing all exercise. Please reach out to [coach@accelwell.com](mailto: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.*





# EMOTIONAL WELLNESS

Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

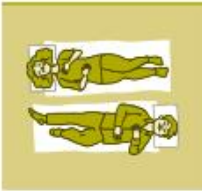


### BRIGHTEN YOUR OUTLOOK

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

#### To develop a more positive mindset:

- ☐ Remember your good deeds.
- ☐ Forgive yourself.
- ☐ Practice gratitude. Create positive emotions by being thankful every day.
- ☐ Spend more time with your friends.
- ☐ Explore your beliefs about the meaning and purpose of life.
- ☐ Develop healthy physical habits.



### REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it’s needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

#### To help manage your stress:

- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Build a social support network.
- ☐ Set priorities.
- ☐ Show compassion for yourself.
- ☐ Try relaxation methods.
- ☐ Seek help.



### GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It’s vital to your well-being. When you’re tired, you can’t function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night’s sleep.

#### To get better quality sleep:

- ☐ Go to bed and get up each day at the same time.
- ☐ Sleep in a dark, quiet place.
- ☐ Exercise daily.
- ☐ Limit the use of electronics.
- ☐ Relax before bedtime.
- ☐ Avoid alcohol before bedtime and stimulants like caffeine or nicotine.
- ☐ Consult a health care professional if you have ongoing sleep problems.

# EMPATHY VS SYMPATHY

## Sympathy

Sympathy is primarily about observation and an acceptance that someone else is going through challenging experiences. It can amount to "feeling sorry" for someone, which is an acknowledgment of a situation. It's not a concept that requires someone to experience the emotion that another person is going through deeply. Sympathy is "feeling with," instead of deeply feeling for them. With this, there's a natural detachment from the situation.

## Empathy

Empathy is a much broader, more intense emotional reaction to a situation someone else or a group of people is experiencing. Instead of feeling with someone, you're feeling for them. You're experiencing a fraction of their emotions because you see things from their perspective.

See examples below to help understand the difference.

Pity	Sympathy	Empathy	Compassion
I acknowlege your suffering	I care about your suffering	I feel your suffering	I want to relieve your suffering
ENGAGEMENT			
"Oh no! Such a shame that happened"	"I am so sad and sorry you're experience that"	"I understand exactly what you're going through it's so frustrating.	"I know what that's like I want to help you in any way I can.



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



# Activity of the Month

## Reach out & Check in

Mental and Emotional 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 we need to actively support each other showing sympathy and empathy. 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. Submit this reflection page to [coach@accelwell.com](mailto:coach@accelwell.com). Feel free to send your responses in a simple email.

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.

2. What's taking up most of your headspace right now?

3. What was your last full meal, and have you been drinking enough water?

4. How have you been sleeping?

5. What have you been doing for exercise?

6. What did you do today that made you feel good?

7. What's something you can do today that would be good for you?

8. What's something you're looking forward to in the next few days?

9. What's something we can do together this week, even if we're apart?

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.

# THE DISH:

## *Meal Planning AccelWELL Style*



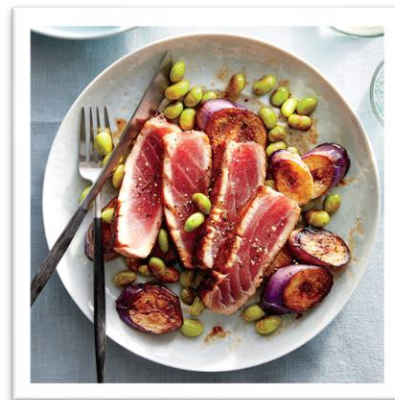
## Seared Tuna with Eggplant & Edamame

### Ingredients (Serves 4)

- 3 tablespoons olive oil, divided
- 1 pound eggplant, peeled and cubed
- 2 cups frozen shelled edamame or lima beans, thawed
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 4 (6-ounce) tuna fillets, 1 inch thick
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

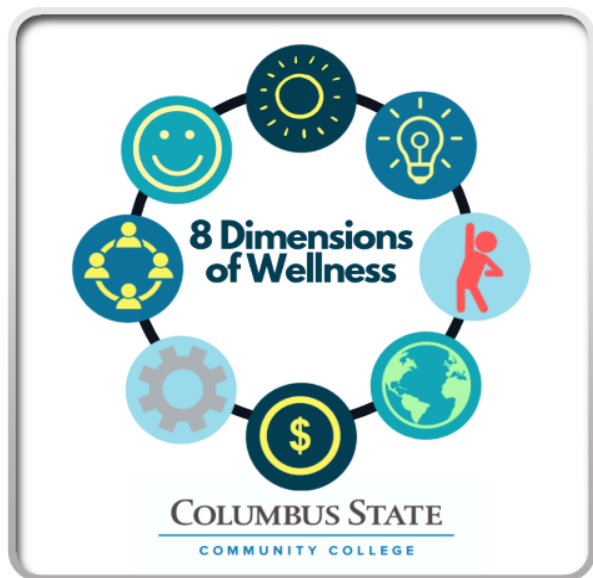
### Instructions

1. Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil to pan; swirl to coat. Add the eggplant and cook 2 minutes or just until beginning to brown, stirring frequently.
2. Add the edamame and 1 tablespoon olive oil; cook 9 minutes or until eggplant is tender and edamame is beginning to brown, stirring occasionally.
3. Stir in soy sauce cooking for 1 minute more. Remove from heat and drizzle with sesame oil. Transfer to a platter and cover to keep warm.
4. Lightly brush tuna fillets with remaining 1 tablespoon olive oil; sprinkle with salt and pepper.
5. Heat pan over high heat until very hot. Add tuna to pan; cook 3 minutes on each side or until outside is browned but center is still pink. Let stand 5 minutes.
6. Thinly slice against the grain. Serve tuna with eggplant mixture.



# 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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