

# Cougars Wellbeing Newsletter

May 2024 | Issue 45

## Table of Contents

**02** Upcoming Events

---

**08** Workout of the Month

---

**09** Managing Stress & Anxiety

---

**11** Activity of the Month

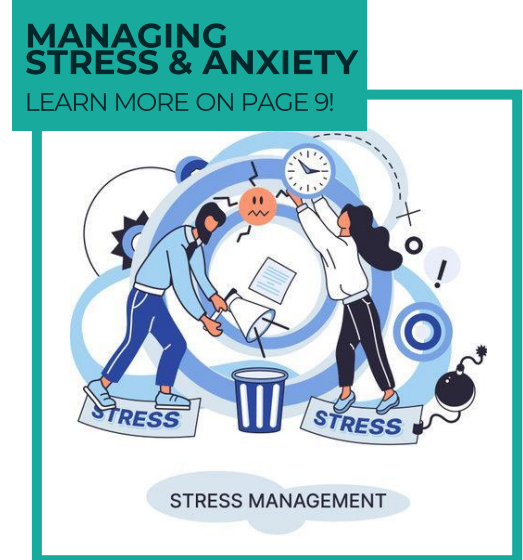
---

**12** The Dish  
*Recipes Curated by AccelWELL*

---

**13** Your Wellbeing Advisory Committee

---



**APRIL**  
**RAFFLE WINNERS:**  
Window Herb Garden

Fatmata Jalloh  
Nichole Bowman-Glover

*CONGRATULATIONS!*

# MAY

## May is packed with many observances.

### Mental Health Awareness Month

National Alliance on Mental Illness (NAMI)

[www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month](http://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month)

Experiencing a mental health crisis: Call, chat or text 988 to speak with a trained crisis counselor 24 hours a day, 7 days a week. 1 in 5 U.S. adults experience mental illness each year, and only half of them receive treatment. 1 in 20 U.S. adults experience a serious mental illness each year, and only two-thirds receive treatment. It's time to stop the stigma associated with mental health. (NAMI)

[National Alliance on Mental Illness | NAMI Franklin County](#)

[NAMIWalks](#) NAMI 5k Walk 2024-June 8th

### 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://mhaohio.org)

### National High Blood Pressure Education Month

[National Heart, Lung, and Blood Institute](#)

### Physical Fitness and Sports Month

[Health.gov](http://Health.gov)

### Skin Cancer Prevention and Awareness Month

[Skin Cancer Foundation](#)

### National Stroke Awareness Month

[American Stroke Association](#)

### Healthy Vision Month

[National Eye Institute](#)

### Arthritis Awareness Month

[Osteoarthritis Action Alliance](#)

### National Asthma and Allergy Awareness Month

[Asthma and Allergy Foundation of America \(AAFA\)](#)

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



## 2024-2025 Open Enrollment May 1-31, 2024

### Open Enrollment is an important time of year to:

- **Review** your current selections and decide if you would like to maintain or change your medical, dental or vision plan options. You may also add or remove family members from coverage.
- **Evaluate** your retirement savings strategy, consider contribution adjustments, or add/remove a supplemental saving option.
- **Adjust** your deductions or consider enrolling in the Flexible Spending Account (FSA) – you may deduct up to \$3,200 from your gross paycheck to help pay for deductibles, copayments, coinsurance, and some drugs.
- **Update** your contact information (address, phone number, email address), emergency contact and named beneficiaries.

### There are several resources to help you get ready to confirm your selections:

- **Workday** – Visit your “Benefits & Pay” tab to review your current elections.
- [Open Enrollment webpage](#) – Visit this site to access the new Benefits Guide, links to Open Enrollment information sessions and recordings, and helpful resources from our provider partners. This page will be fully updated beginning April 29.
- **Workday Playbook** – This step-by-step guide will walk you through how to update and submit your benefit elections in Workday. This will also be available beginning April 29.

**Questions? Reach out to our team anytime! [benefits@csc.edu](mailto:benefits@csc.edu)**

---

## Columbus Campus Runners - Conversational-Pace 5k Run Club

Each Friday morning at 6:30am, join us in front of a local coffee shop before we tread the concrete paths around central Columbus college campuses. All are welcome! Contact to get exact location David Millikin, [dmillikin@csc.edu](mailto:dmillikin@csc.edu)



---

## 2024 AEP Ohio Columbus 10K (Walk/Run)

Sunday, June 2nd, 2024, North Bank Park in Downtown Columbus

Register online at <https://runsignup.com/Race/Register/ColumbusStateTeam>

Columbus State Associates receive a \$5 Discount on their registration for the 2024 AEP Ohio Columbus 10K

Use code **24columbusstate5** at checkout

(\*Discount for associates only and is NOT valid for kids run.)

CSCC team-David Millikin [dmillikin@csc.edu](mailto:dmillikin@csc.edu)



**THU  
MAY  
9** **2024 Exercise Series: Aging and Weightlifting**  
**11am EST | [Join Here](#)**  
This webinar will identify age related changes and how incorporating strength training can significantly improve your ability to function and perform in all aspects of life.

**THU  
MAY  
16** **2024 Support Series: Modifiable Risk Factors for Cancer Prevention**  
**11am EST | [Join Here](#)**  
This presentation will cover the lifestyle choices and behaviors that we can change to reduce our chances of developing cancer.

**THU  
MAY  
23** **2024 Self Care Series: Using Visualization for Calm and Clarity**  
**11am EST | [Join Here](#)**  
Learn to use your power of imagination for relaxation and resilience by exploring different visualization practices

**For cancer-related questions: (855) 366-7700**  
**For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)**

---

## Cougar Con 2024: May 17 · 1pm - May 18 · 8pm

Do you love comics, anime, graphic novels, amazing art, video games, tabletop games, and cool goodies dedicated to your favorite show or comic or hero or character? Have you always wanted to go to a ComicCon but couldn't quite make it? Do you like anime and comics conventions? If so, you should attend CougarCon 2024, Columbus State's action-packed convention dedicated to comics, anime, games, and pop culture!

[CougarCon 2024 Tickets Eventbrite](#)



---

## Sustainability

### Ready to Garden?

Check out this year's [gardening trends from Beter Homes and Garden](#).

#1: Eco-Conscious Gardens!

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 Contacts:** Jennifer McCord, Allison Hendricks, Lisa Carpenter, Angela Howard



MAY

# VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

**THIS MONTH'S TOPIC:**  
**MANAGING STRESS & ANXIETY**  
**WITH COACH ERIKA**

**[WATCH HERE!](#)**



## *HI! MY NAME IS ERIKA GARDNER!*



I am a Certified Holistic Health Coach through the Institute of Integrative Nutrition, experienced AFAA Group Exercise and TRX Total Body Resistance instructor. Growing up as a competitive gymnast, I learned at a young age the importance of self-discipline, determination, and dedication. My gymnastics career was not entirely positive unfortunately – I battled through my own uncertainties and self-image struggles. With the support of friends and family, I found resources to help me understand that health means so much more than appearance, nutrition, and physical exercise. Health and wellness quickly became my purpose and my passion, inside and out of the gym. Health is not a given. Health is not a one-size-fits-all. Health is about finding what works best for YOU and YOUR lifestyle. It's important to be grateful for what you have, but never stop working for what you want. Outside of sharing my passion, you can find me exploring new Metroparks, planning a trip to the mountains, experimenting with new recipes, or spending quality time with friends and family.

## CONTACT US

Email: [coach@accelwell.com](mailto:coach@accelwell.com)  
*Your Coaches are here for you!*

## FOLLOW US



"Accel\_well"



"Accelwell"



"Accelwell"



# 2024 Financial Wellbeing:

## Preparing you for expected & unexpected change

### COPEC

Financial Fridays Workshops (Virtual)

[COPEC Retirement Decisions Workshop - Financial Wellness Education \(copeceducation.org\)](https://copeceducation.org)

### BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](https://bmficu.org).

**BMI Financial Resources:** [Columbus State Community College \(bmficu.org\)](https://bmficu.org)

Take advantage of these in-person financial workshops:  
[Free Financial Workshops in Central Ohio \(bmficu.org\)](https://bmficu.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  
MAY  
25

### 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](mailto:coach@accelwell.com) with questions or for support.

### Your Feedback Matters – Take our Satisfaction Survey

Please **CLICK HERE** to complete the satisfaction survey & earn entry into a raffle to win a **Destress & Calm Kit!**

Thank you for your continual support!

### Join the Circuit While You Work It Campaign!

Join in on this campaign from **April 15 – June 2** to learn how to incorporate movement throughout your workday!

Each week, you'll learn a new movement that can be performed at work. By the end of the campaign, you'll have a full 5-minute routine that can be completed daily to keep you moving and feeling good throughout your workday! Visit the Campaign page on your [portal](#) to get started and remember to check back each week for your new activity. Earn entry into a raffle to win a **foot massager** for successfully completing the campaign!

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

**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](mailto: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! 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** – Terrence Brooks

**Caring for Those Who Care** - Melissa Lamar & Debbie Strain

**Prism LGBTQIA +** - George Johnson-Gamm

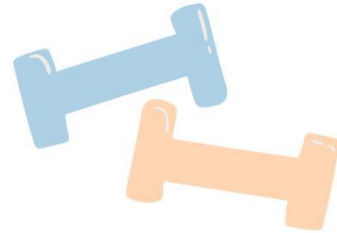
**Women's** - Crystal Clark & Kelly Hogan

**A World of Experience (for immigrants and children of immigrants)**  
- Katherine Lopez, Raquel Pina, & Luz Salinas



# WORKOUT OF THE MONTH

# MAY FITNESS CHALLENGE



10 pushups  
(knees or toes)



20  
weighted  
lunges



20  
weighted  
squats



15  
upright  
rows



20  
bicep  
curls



10 plank rows  
(each arm)



**Complete 2 rounds every Monday in May!**



# ANXIETY

Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Anxiety triggers can be difficult to identify, which makes it hard to manage & deal with at times. These triggers can be categorized into 2 groups: internal threats and perceived threats.



**Internal threats**

- loss of blood
- hypoglycemia (low blood sugar)
- bacterial/viral infections

**Perceived threats**

- circumstances that trigger the body's fight, flight, or freeze response.

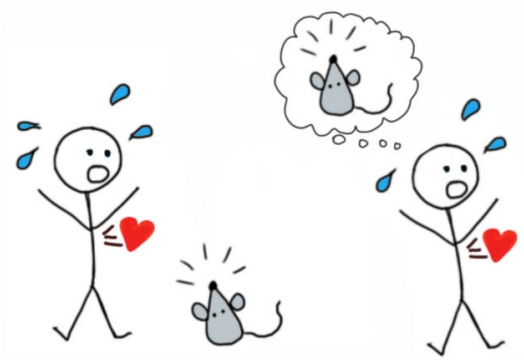


## Causes of anxiety can include...

- emotional trauma
- environmental factors
- medical conditions
- genetics
- stress due to work, relationships, or major life changes

# FEAR VS. ANXIETY

Fear and anxiety get grouped together a lot of times, but they are NOT the same.



FEAR IS A RESPONSE TO THREATS HERE AND NOW

ANXIETY IS FUTURE-FOCUSED FEAR

# STRESS

Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Stress can be triggered by anything, and widely differs from person to person. Triggers can show up in various ways depending on life circumstances.

**Common triggers include...**

- big life changes
- large amounts of pressure
- overwhelming responsibilities
- lack of control over a situation

# PREVENT ANXIETY BY MANAGING STRESS

Chronic stress can cause anxiety. By learning strategies to manage stress, you can be proactive against anxiety.

## Strategies to help manage stress...

- organize your time
- breathe deeply
- list out stressors in your life
- journal
- find someone you can trust to talk to
- accept what you can't change
- practice mindfulness

# WHAT IS MINDFULNESS?



The quality or state of being conscious or aware of something. By learning how to practice mindfulness, you can unlock a beneficial stress busting technique.

## WAYS TO PRACTICE MINDFULNESS



Walking meditation: observe the sensations in your body from head to toe as you walk.

Mindful eating: pay attention to the experience of eating & drinking, savor every bite.

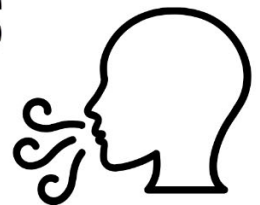
Mindful movement: minimize distractions & pay attention to how your body feels during yoga, strength training, etc.



## GRATITUDE JOURNALING:

Find things to be grateful for in every day & write them down. All of the stressful things in life might be put into perspective, and you may have an easier time dealing with that stress.

# BREATHING TECHNIQUES



Deep breathing is an important skill to master in order to relieve stress & combat anxiety. Here are some ways to engage in mindful breathing...

### 4-7-8 Breathing

breathe in for 4 seconds, hold for 7 seconds, breathe out through mouth for 8 seconds - repeat 4 times.

### Belly Breathing

breathe in keeping your chest still while your belly expands - breathe out through your mouth, deflating your belly while chest stays still.

### Box Breathing

breathe in for 4 seconds, hold breath for 4 seconds, exhale for 4 seconds, and hold this for 4 seconds - repeat 4 times.

### Pursed Lip

breathe in deeply for 2 seconds and release your breath through pursed lips for 4 seconds - do this for 5 to 10 minutes.

# ACTIVITY OF THE MONTH



## SELF-TALK SWITCHER

The way we speak to ourselves can play a major role in our self-image, confidence, and overall stress levels. For this activity, write phrases you have said in the past or currently say to yourself in the left column. Then in the right column, flip that phrase around into a phrase that shows more self-love and compassion. See the first line below for an example.

### CURRENT/PAST SELF-TALK

### MY NEW SELF-TALK

I can't seem to do anything right.

A few mistakes do not define my ability to succeed.

Now that you have a list of more positive self-talk phrases, work to include these in your self-talk and let the phrases on the left side go!





## STRAWBERRY BURRATA SALAD

### Ingredients (Serves 4)

- 1/3 cup extra-virgin olive oil
- 1/3 cup balsamic vinegar
- 1 tablespoon honey
- 1 pound strawberries, trimmed and halved
- 1/4 cup pine nuts
- 5 ounces baby arugula
- 1/4 cup small basil leaves
- 1 (8-ounce) ball burrata, room temperature
- Kosher salt and cracked black pepper
- Crostini for serving

### Instructions

1. Preheat oven to 300°F. Whisk together olive oil, balsamic vinegar, and honey in a medium bowl until emulsified. Add strawberries to bowl, toss to coat with dressing, and let marinate 15 minutes.
2. Spread pine nuts on a baking sheet and toast in oven until lightly browned, about 15 minutes. Let nuts cool before using.
3. Toss arugula and basil together, plate. Place burrata in center, and gently break open at top, to expose cream and mozzarella inside. Spoon strawberries and dressing over arugula. Top with pine nuts, season with salt and pepper, serve with crostini.

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



### The best way to store strawberries

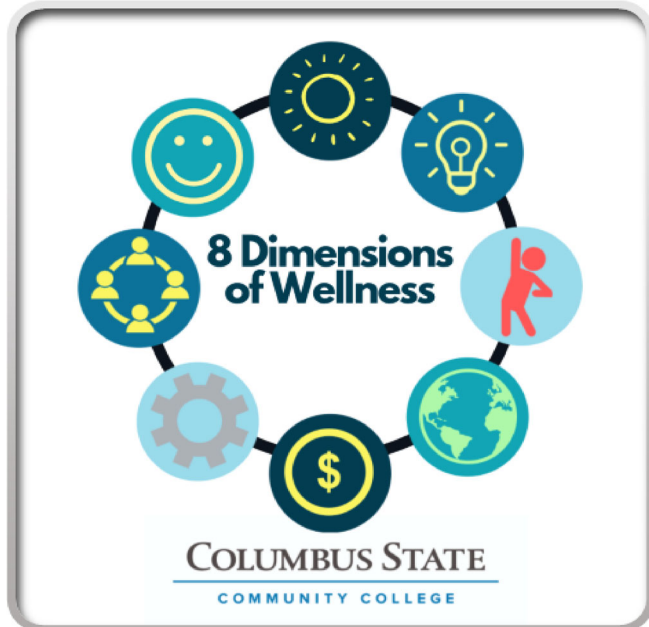
Place rinsed strawberries in a glass jar in the coldest part of your refrigerator. These can remain fresh for 1 – 3 weeks, and still remain plump, juicy and vibrant in color.





# Your Wellbeing Advisory Committee:

**Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst**



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 Nichole Bowman-Glover/Vena Hill.



“ACCEL\_WELL”

## Follow Us on Social Media!



**AccelWELL**

Inspire Purpose • Drive Performance