

Ease Your Mind Challenge

Point Value = 1 point
 Timeframe: April 1-30, 2021
 Register = myhealics.com

For the month of April, let's focus on reducing stress. Mind and body exercises can help restore you to a state of calm and relaxation. Examples include: deep breathing exercises, meditation, yoga, tai chi, and qigong. Earn one point for completing at least 15 check-ins throughout the month of April. Log into your myhealics.com dashboard to register, check-in, and share your progress. If you need assistance accessing your dashboard, call (414) 375-1600.

"What you do every day matters more than what you do once in a while."

Virtual Personal Training Sessions

Points: 5 points (max)
 Timeframe: May 3 - June 11
 Trainer: Elliot Schmitt
 Cost: Free!
 Register: [Sign up today!](#)



Meet virtually for six weeks with personal trainer Elliot Schmitt. Sessions are held twice per week for 30 minutes. Select the session that works best with your schedule:

- Monday and Wednesday mornings
- Tuesday and Thursday mornings
- Tuesday and Thursday afternoons

Beginner or "new-to-fitness" employees/spouses are encouraged to sign up. Employees and/or spouses do NOT need to be on SASD health insurance to participate. Those who need a refresher course can sign up too!

IMPACT Sessions

Weekly IMPACT (Inspirational Meetings to Practice Actionable Compassionate Teachings) sessions are returning April 6 - December 28 from 12:30 - 1:00 p.m. These virtual Zoom sessions will help you recharge your well-being in the areas of resilience, work-life balance, and self-care.



Sessions include:

- 10 minute focus on education
- 10 minute focus on strategies
- 10 minute Q&A

IMPACT sessions are confidential, voluntary and open to everyone. Sessions are hosted by EAP. Questions? Call (800) 236-3231 or email EAP.LiveWellBeWell@aah.org.

Stress Awareness & Counselor Awareness

April is Stress Awareness and Counselor Awareness month. See below for available resources:

Employee Assistance Program

ALL employees (AND household members of employees) receive up to 6 sessions per issue. EAP services are offered at no cost.



Mental Health America of Sheb. Co.

The online [Mental Health America's Therapist Directory](#) lets you search for a doctor by experience, topic, agency, location, patient age, payment type and tele-health options.

"It's not about being the best. It's about being better than you were yesterday."

Teledoc

For those on SASD insurance, behavioral health appointments are available seven days per week from 7:00 a.m. to 9:00 p.m., through [Teledoc](https://www.teladoc.com) (800) 835-2362. Receive support for anxiety, PTSD, depression, family issues, and more. Therapist/psychologist appointments are \$90 or less per session. Psychiatrist appointments are \$220 or less for an evaluation and \$100 or less for ongoing sessions.



Lunch 'N Learn

Point Value = 1 point (up to 5 points)
Watch the short videos and take the quizzes below to earn points.



April: "Ways to Reduce Health Risks"

Point Value = 1 point

Video - <http://bit.ly/april-lunch-n-learn>

Quiz - <http://bit.ly/april-lunch-quiz>

Expires - May 31, 2021, at 11:59 p.m.

March: "Mastering Meal Planning"

Point Value = 1 point

Video - <http://bit.ly/march-lunch-n-learn>

Quiz - <http://bit.ly/march-lunch-quiz>

Expires - April 30, 2021 at 11:59 p.m.

Mojito Fruit Salad

4 cups chopped watermelon
1 pound strawberries, chopped
6 ounces raspberries
6 ounces blueberries
1/4 cup packed mint, chopped*
1/4 cup fresh lime juice (about 3 limes)
3 Tablespoons powdered sugar



* (NOT 1/4 cup chopped mint)

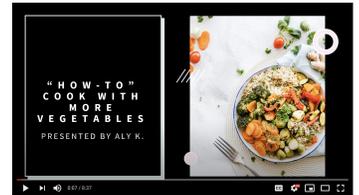
Add watermelon, strawberries, raspberries, blueberries, and mint in a large bowl. Stir together lime juice and powdered sugar in a small bowl then pour over fruit and berries. Gently toss with a spatula. Let sit in the refrigerator for at least 15 minutes before serving to allow the natural juices in the fruit to start coming out. Enjoy! (Recipe brought to you by Kristin at lowaGirlEats.com)

How to Cook With More Vegetables

(Presented by Aly Krey)

[Watch this video](#)

to learn handy timesaving tips to work smarter - not harder - when it comes to increasing your vegetable intake for breakfast, lunch, and dinner. Contact [Aly Krey, Health Coach](#), to learn more about making healthy changes.



Webinar: Advance Directives

Point Value = 1 point

Deadline: May 31, 2021

Video Link: [Advance Directives](#)

Watch a video presentation covering advance directive tips featuring Christine Freund and Lee Mitchler.

Christine Freund is a certified social worker with a minor in aging and adult life. Her job duties include assisting people with completing advanced health care directives.

Lee Mitchler is a medical social worker with the Sharon S. Richardson Community Hospice. She also worked in hospital medical floors, dialysis, and Level 1 Trauma Centers.

COVID-19 Vaccine Update

Everyone in Wisconsin, 16 years of age and older, became eligible for the COVID-19 vaccination on April 5. If you are looking for a vaccine for yourself, a friend, or family member, [click here](#) to learn where and how to get vaccinated.



Health Risk Assessment Registration

The Health Risk Assessment was delayed this year due to COVID. Scheduling for the bioscreen, online health questionnaire, and results consultation will **open May 3.**



Happy Stress Awareness Month, Everyone!

By Grace Tesmer

What better way to dive into stress awareness month than by talking about -- you guessed it, stress. Contact [Grace Tesmer, Dietician](#), directly to discuss your interest in improving your health by modifying your diet.

We all experience some sort of stress on a daily basis, whether it's due to jobs, relationships, or financial situations.

When we experience stress, our nervous system responds with a cascade of events including the release of cortisol, our body's primary stress hormone. The job of cortisol is to fine-tune our reaction to stress. It triggers the "fight or flight" response, which is our body's way of protecting us from threatening or stressful situations. This response gives our body energy, and increases our breathing, blood pressure, and heart rate. Once the situation is resolved, your hormones return to normal.

Chronic stress occurs when we are constantly experiencing elevated levels of stress. Many of us live lifestyles that are pressure-filled and fast-paced and cortisol is pumped out at a more continuous rate. This type of stress can wreak havoc on our health such as: weight problems, heart disease, skin conditions, anxiety, depression, digestive issues, and sleep problems.

So How Can You Alleviate Stress?

- Limit Caffeine – reducing your intake of caffeinated beverages can help resolve side effects such as headaches, insomnia, and anxiety.
- Regular Exercise – physical activity will produce endorphins and elevate your mood. Adults should receive about 150 minutes of exercise per week.
- Meditation and Deep Breathing – these both help slow the heart rate, allowing you to feel relaxed and at peace, and may help lower symptoms of anxiety or depression.
- Eating Nutritious Foods – by eating a balanced diet you are taking care of yourself, supporting your immune system, and making you feel better as a whole.

End of Life Planning Talks

Sharon S. Richardson Community Hospice, along with community partners, is offering the "Talking About What Matters the Most" webinar to inspire honest and meaningful conversations about end-of-life planning. Included are practical steps you can take today to be conversation-ready and highlight ways to flourish in times of uncertainty.



Talking About What Matters the Most

Point Value = None

Date: April 14, 2021

Time: 7:30 – 8:30 p.m.

Location: Via Zoom (register to get the link)

Registration Link: srhospicehome.org/events

Taking the time to pause, think, and talk about what matters most to each other can help us live our best lives - now through the end of our lives. If you have any questions, please call 920-467-1800.

Nat'l Employee Health/Fitness Day - May 19

We hope that you'll participate in the 2021 National Employee Health and Fitness Day by engaging in at least 20 minutes of physical activity on Wednesday, May 19. SASD t-shirts are available to order online between April 5-18. Visit the [Mental Health America in Sheboygan County store](#), scroll

down, click on the photo of the t-shirt, then select Sheboygan Area School District from the company drop down menu (this will be printed on the back of the shirt). Shirt color choices include: yellow, gray, navy, and sky.



Spring Cleaning...

You will never FIND time to get organized. You need to MAKE the time!