

Wellness

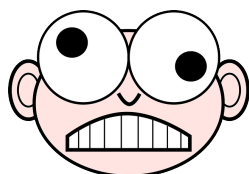
Newsletter



SHEBOYGAN AREA
— SCHOOL DISTRICT —

Common Signs of Distress

Have you experienced the below feelings or behaviors for several days in a row? Have you been unable to carry out your daily responsibilities? If so, we recommend you call the Employee Assistance Program at 800-236-3231.



Physical

- Changes in appetite, energy, and activity
- Headaches
- Body pains
- Stomach problems
- Skin rashes
- Difficulty sleeping or nightmares
- Worsening of chronic health problems

Cognitive

- Difficulty concentrating
- Difficulty making decisions

Emotional

- Anxiety and fear
- Overwhelming sadness
- Anger
- Guilt
- Numbness, inability to feel joy or sadness

Behavioral

- Reduced Stamina
- Frequent crying
- Increased use of alcohol, tobacco, or drugs
- Desire to be alone
- Risk-taking behavior

Wellness Point Deadline Reminder

The point deadline to earn the required 1,250 Wellness points is October 31, 2020.



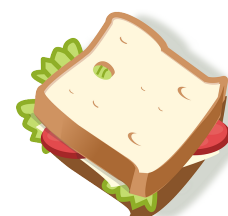
On our current point structure, which includes your Health Risk Assessment, a total of 1,250 points must be achieved no later than October 31, 2020, to receive the lowest premium rate. Covered spouses must also earn 1,250 points by October 31, 2020.

The point year to determine your insurance premium always runs from November 1 - October 31.

October Lunch 'n Learn

The topic is "Exercises You Can Do Anywhere."

Employees and spouses are encouraged to watch this video and take a short quiz afterward.



The quiz is worth 10 points through October 31. Effective November 1, we will be on the new point system and it will be valued at 1 point. Access to the quiz will expire on November 30, 2020, at 11:59 p.m.

Presentation:

<http://bit.ly/oct-lunch-learn>

Quiz:

<http://bit.ly/oct-quiz>

Coping During a Pandemic

(from the CDC)

Take care of your body – Eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.

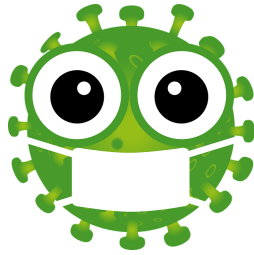
Connect with others – Virtually share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.

Take breaks – Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.

Stay informed – Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources.

Avoid too much exposure to the news – Take breaks from watching, reading, or listening to news stories. Try to do enjoyable activities and return to normal life as much as possible. Check for updates between breaks.

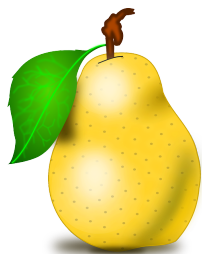
Seek help when needed – If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990.



Crunchy Pear & Celery Salad

For an Italian twist, use Parmesan with toasted pine nuts. (EatingWell website)

4 cups celery chopped
2 tablespoons cider, pear, or raspberry vinegar
2 tablespoons honey
¼ teaspoon salt
2 ripe pears, diced (Red Bartlett or Anjou)
1 cup white cheddar cheese, finely diced
½ cup pecans chopped, toasted*
ground pepper, to taste



6 large leaves Butterhead or other Lettuce

Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.

Whisk vinegar, honey, and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese, and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

Make-Ahead Tip: Prepare salad without pecans up to 2 hours ahead. Stir in pecans just before serving.

* To toast chopped pecans, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned for 2 to 4 minutes.

Mental Health America's Back to School Expert Wellness Panel

Join us for an educational discussion with Lakeshore Community Health Care, Mental Health America in Sheboygan County, Ozaukee Community Therapies, Sheboygan County Division of Public Health, and Sheboygan County Schools, among other community experts, as we navigate a healthy start to the school year using a collective impact model.



For Educators

Tuesday, October 27 from 6:30-7:30 p.m.

Register

<https://mhasheboygan.salsalabs.org/educatorsoct27>

For Parents

Wednesday, October 28 from 6:30-7:30 p.m.

Register

<https://mhasheboygan.salsalabs.org/parentsoc28/index.html>