

# CCS Staff Wellness Initiative

## May 2022 Newsletter

### WELLNESS UPDATES

#### MATERNITY SUPPORT PROGRAM

The CCS Staff Wellness Initiative has launched a new Maternity Support Program.

Pregnancy can be an exciting and stressful time. If you, your partner or dependent are pregnant or plan to become pregnant, you probably have questions. Whether you're curious about milestones, symptoms, or have questions about what's to come, as a CCS employee, there are resources and tools available to you for guidance before, during and after pregnancy.

There are several benefits available for all CCS staff and CCS staff with UHC health insurance through the district. **Check out the Maternity Support Program pamphlet [here](#).**

#### SPONSORSHIP OPPORTUNITY FOR STAFF

The CCS Staff Wellness Initiative is sponsoring staff members interested in a Youth Yoga Project Workshop in June on a [first come, first serve basis](#).

During the training, participants will gain a greater understanding of how yoga and mindfulness tools help students to integrate and regulate their brain, body, and nervous system and how to make yoga and mindfulness age-appropriate for a K-12 audience.

**Click here to submit your sponsorship application. Deadline to submit your application is on Tuesday, May 17.** Applicants will be notified of their sponsorship status by Wednesday, May 18.

#### CCS AT THE OHIOHEALTH CAPITAL CITY HALF MARATHON

Congratulations to all CCS participants who attended the OhioHealth Cap City Half Marathon! The CCS Staff Wellness Initiative sponsored 350 participants to complete the 5K, Quarter, and Half Marathon. We are proud of all runners and walkers who braved the rainy weather to finish the race. Check out the [highlight video here](#) to see some familiar faces from CCS. [Click here](#) for photos from the event.

Keep up the great work!



### CURRENT WELLNESS PROGRAMS

#### VIRTUAL WELLNESS OFFERINGS

**10 MINUTE MOVEMENT BREAK**  
EVERY MONDAY - FRIDAY  
MORNING: 11:00 - 11:10 AM  
AFTERNOON: 2:00 - 2:10 PM

Need a boost during the workday?

Taking a short activity break can improve focus, enhance creativity, and lead to better physical and mental health.

OhioHealth offers 10 minute movement breaks on their virtual fitness class schedule. Visit our wellness website for [instructions](#) on how to register for 10 minute movement breaks.

To view all OhioHealth virtual fitness classes and other virtual wellness offerings, check out the [Current Wellness Programs on the wellness website by clicking here](#).

#### PD OPPORTUNITIES FOR CLASSIFIED STAFF

Are you tired of fighting with the Sunday Scaries? Do you find yourself thinking about Friday on the first day of the week? Ready to learn how to genuinely look forward to Mondays from here on out? If so, this month's virtual Lunch & Learn session, **Making Mondays Matter: Practical Tools for Releasing the "It's-Time-to-Get-Ready-for-Work-Already Blues"**, is for you! During this lively lunch and learn, virtual session, you will receive delicious, practical strategies on how to make Mondays matter, allowing you to truly have a marvelous Monday and a winning week.

All classified staff are invited to join us on Tuesday, May 24th from 12:00 - 12:30 PM via Zoom. Attend the session, take the evaluation survey at the end, and your name will be entered in a drawing to earn a special gift from the Wellness Team.

[Click here](#) for the Zoom link information. For questions or concerns, contact [adapt@columbus.k12.oh.us](mailto:adapt@columbus.k12.oh.us).

### HEALTH RESOURCES



**It's Healthy Vision Month!** Make sure that you and your family members are up to date on [eye care](#). Many eye conditions do not have symptoms or warning signs. That's why it's so important for everyone to visit an eye doctor.

Columbus City Schools is proud to partner with VSP to offer two vision plans to meet your needs. [Click here](#) to learn more about VSP vision benefits.

### EMOTIONAL WELLBEING RESOURCES

May is Mental Health Awareness Month. Whether you realize it or not, mental health plays a big role in your overall well-being. When you're mentally healthy, you are able to enjoy your life and the people in it, feel good about yourself, keep up good relationships, and deal with stress. It's normal for your mental health to shift over time - we all face difficult situations in our lives.

Learn more about different ways to maintain good mental health by visiting the [Mental Health America website](#) and checking out the resources below that are available to all CCS staff members.



#### COLUMBUS CITY SCHOOLS' EMPLOYEE ASSISTANCE PROGRAM



After the last two years of pandemic living, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being. Adjusting to a new normal, along with dealing with the very real and present challenges in life can be overwhelming. Taking a moment to reflect on your life and get in touch with the parts of yourself and your life that may need some attention is the goal of this month of national awareness.

To support Mental Health Awareness Month, Health Advocate has valuable resources to help you understand the importance of addressing your mental health and emotional wellbeing concerns, ways you can stay better connected to yourself and to those around you. Visit the [Health Advocate website](#) to view resources for Mental Health Month.

Call Health Advocate at 866-799-2728 for 24/7 free, confidential assistance for you and your family members or visit their website at [healthadvocate.com/columbuscityschools](http://healthadvocate.com/columbuscityschools)

#### HEADSPACE APP - FREE ACCOUNT FOR ALL CCS STAFF

Headspace offers free access to all K-12 teachers, school administrators, and supporting staff in the US. With your free account, you have access to a full library of 500+ meditations on a variety of topics including stress, resiliency, and building compassion for yourself and others. Put your mind to bed with sleep sounds, music, and wind-down exercises.

Better focus, less stress and happier thoughts are just a few minutes away. [Start your free Headspace subscription today.](#)



#### ADDITIONAL RESOURCES

If you have UnitedHealthcare Insurance through the district, you have access to two apps designed to address emotional wellbeing. Click on the resources below.

**TALKSPACE** - a [therapy app](#) that allows you regularly communicate with a licensed therapist - all from the privacy of your device.

**SANVELLO** - a [behavioral health app](#) that offers clinical techniques that help dial down the symptoms of stress, anxiety and depression.

### STAFF WELLNESS SPOTLIGHT

#### Sona Eggleston, School Counselor at Eakin Elementary

The CCS Staff Wellness Initiative, in collaboration with the Youth Yoga Project, was the recipient of the Martha Holden Jennings Foundation Grant. The grant supports the Social- Emotional Learning (SEL) + Mindfulness Institute for 51 educators representing 37 CCS schools over the 2021- 2022 school year. As part of the SEL + Mindfulness Institute, staff attend virtual classes to learn mindfulness strategies and to implement mindfulness lessons to students through the school year. We want to recognize SEL + Mindfulness Institute participant Sona Eggleston, and highlight her health and wellness journey.



Our district has been very instrumental in helping me to stay on my wellness journey. It has also allowed me to deepen my understanding of the many facets of wellness. So I look for opportunities to "Play". For me that means walking, Zumba, line dancing, exercising, anything that I can do to move my body. I try to do more of what makes me happy!

I have found that much of my wellness is really made up of small things I done daily. Such as, spiritual meditation, healthy cooking and getting in at least 10,000 steps a day. As I get older, I am always thinking of how I can stay active and healthy, so I jumped at the opportunity to teach the Youth Yoga Project. Now, not only am I teaching students to calm their bodies, focus their thoughts through breathing, mindful movement and relaxation. I am learning how to do it too! When I encounter those restless, sleepless nights I use strategies from the Urban Zen classes like the restorative movements that are so instrumental in getting me back to sleep.

As a School Counselor, it's sometimes hard for me to practice what I preach. I tell my students to look at what they can control. If it is something you can't control, then you must not let it take up any of your "Head space".

Lastly, "Gratitude is like a flashlight. It lights up what is already there. You don't necessarily have anything more or granted, but suddenly you can actually see what it is. And because you can see, you no longer take it for granted." - M.J. Ryan



Do you have a wellness success story? We want to hear about it. Tell us about your wellness journey and be featured in our Staff Wellness Spotlight. Please send your story to [wellness@columbus.k12.oh.us](mailto:wellness@columbus.k12.oh.us)



For questions or concerns, contact [syerramilli@columbus.k12.oh.us](mailto:syerramilli@columbus.k12.oh.us)