



What's Happening In December:

December is bringing awareness to Health for the Holidays (Mental & Physical) & Stress Management.

Maintain Don't Gain Challenge

Studies show that average Americans gain 1-2 lbs during the holiday season. We want to help you maintain this holiday season. This challenge will be completely on the honor system. Complete the *Maintain-Don't Gain form* (on the back) and return by Jan. 5th. Each building will be awarded prizes; there will also be a district wide grand prize of a bio-metric scale.

Health For the Holidays Webinar

During the holidays we sometimes forget about the importance of our overall health. Adam Ringham has created a special webinar for Shakopee employees to help us stay healthy mentally and physically through the holiday season. See this webinar and others on our wellness facebook page and district wellness webpage.

Building Wellness Reps:

Michael Burcusa-Shakopee High School,
Michelle Collins-TLC, Shawn DeBoer-East Jr. High,
Jennifer Rieder-West Jr. High, Katie Schmidt-
Pearson, Rachel Reinbold-Eagle Creek, Erica Casey-
Jackson, Melissa Berg-Red Oak, Alison Hall-Sun
Path, Samantha Sweeney-Sweeney, Jeren Porter-
Central Family Center



Vision Statement –To promote an educational setting that supports healthy lifestyle choices by valuing Individual health and creating a supportive community.

Lets Get Appy!

Below are two app recommendations, one is for stress & anxiety and one is for nutrition tips.

App Name: **SAM: Self Help for Anxiety Management**

SAM is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in the features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users.

App Name: **NutritionTips**

Did you know that cut melon must be thrown out after two hours of being out? Or that the leanest beef cuts include round steaks and roasts? Or that oysters contain protein, calcium, phosphorus and iron? This colorful app has fun factoids like these and more than 500 others to help you have a safe and healthy diet. Each tip is written on a sleek Post-it look-alike. Swipe the page or shake your device for a new tidbit.



Maintain — Don't Gain Challenge

*Through a well balanced diet, physical activity,
and self control I will be able to enjoy this holiday
season without gaining extra weight.*

Full Name _____

Building _____

**Return the top portion with your name and building
to your wellness representative by January 5.**

Starting weight on Dec. 1 _____ lbs

Midpoint weight on Dec. 17 _____ lbs

Final weight on Jan. 4 _____ lbs

Each building will be awarded prizes; there will also
be a district wide grand prize of a bio-metric scale.

Facebook Happenings:



facebook.com/shakowellness

Watch the Health for the Holidays webinar
and comment on how you can apply these
tips to your life. Participants will be entered
into a drawing for Adam Ringham's book
"Essentially Fit", Shako gear, and fitbits!

Wellness Wednesdays

What is Wellness Wednesday?

Each Wednesday staff are allowed to wear
active wear and encourage other staff and
students to get moving!

**Here are 5 ideas to use in the classroom
or hallway.**

Wheelbarrow, Crab and Bear-walk Races —

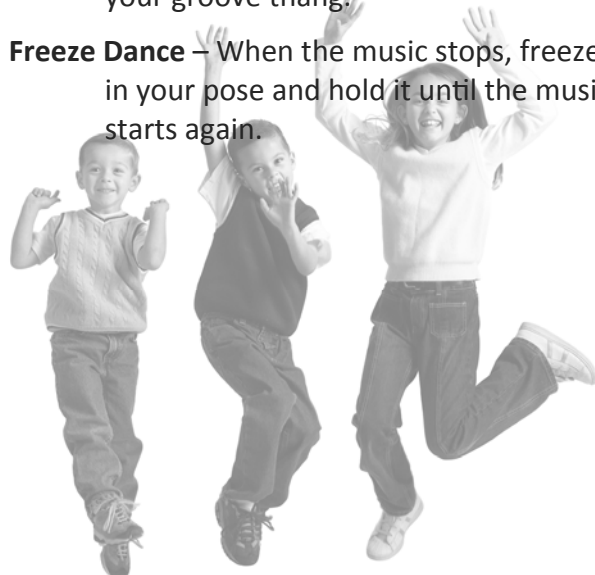
These tough positions mean you get a
real workout.

Animal Races – Hop like a bunny or a frog,
squat and waddle like a duck, etc.

Follow the Leader – Add to the workout by
doing energetic movements like
jumping, stomping and squatting.

Dance Party – Turn on the music and shake
your groove thang.

Freeze Dance – When the music stops, freeze
in your pose and hold it until the music
starts again.





What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign

of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head

- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities
- Ways to maintain positive mental health include:
- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Mental Health Myths and Facts

Mental Health Problems Affect Everyone

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common. In 2014, about:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression
- Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide.

Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better.

Many factors contribute to mental health problems:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems
- People with mental health problems can get better and many recover completely

For more information on Mental Health please visit mentalhealth.gov.

WORK PLACE STRESS

Over 75 percent of Americans consider their jobs stressful. While it may not be possible to completely eliminate job stress, you can learn to manage it effectively.

Common job stressors include a heavy workload, intense pressure to perform at high levels, job insecurity, long work hours, excessive travel, office politics and conflicts with co-workers. While dealing with stress is a normal part of everyday life, the following early warning signs serve as red flags, alerting you to stress on the job:

- Insomnia
- Anxiety or depression
- Low morale
- Short temper
- Headache
- Stomach or back problems

Managing Job Stress

Over 75 percent of Americans consider their jobs stressful. While it may not be possible to completely eliminate job stress, you can learn to manage it effectively.

The good news is that it's possible to manage job stress by becoming aware of what increases or decreases your stress levels. The following are six methods to help you manage your stress at work.

Plan and prioritize: Do not panic, make a list to prioritize your work, set realistic deadlines, do not rush into the first idea you have and always have an alternative plan.

Focus on what you can control: You know what your job tasks are. Break the larger tasks into smaller, more doable steps.

Slow down: Think things through before you act, and begin with a result in mind.

Limit interruptions: Use your voicemail to your advantage and only take calls that are a priority when you are on a tight deadline. Set aside designated times throughout the day to respond to e-mails and phone calls.

Use all of your resources: If things do not go exactly as planned, do not solely rely on yourself. Ask for help when you need it.



Holiday-related stress and depression can cause headaches, excessive alcohol consumption, overeating and insomnia.

To combat these side effects, it is best to identify the cause of your stress and then take steps to rectify them. Consider the following suggestions:

- Do not feel as though you MUST meet all family obligations.
- Ask others for assistance in hosting gatherings, purchasing presents, etc.
- Make a list of priorities in chronological order so you do not become too overwhelmed.
- Consider volunteering to help others, especially if you are feeling lonely.
- Stay active and continue to exercise and eat healthy.
- Do not overspend. Keep tabs on your holiday budget and stick to it.

