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September 2022



"Contrary to what many people believe, wellbeing isn't just about being happy. Nor is it only about being healthy or successful. And it's certainly not limited to physical health and wellness. In fact, focusing on any of these elements in isolation could drive us to feelings of frustration and even failure.

Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these five elements *interact*."

Harter, J. (2021) Well Being; The Five Essential Elements. Gallup Press.



It's back-to-school season and many are feeling excited and passionate about helping the next generation learn, grow, and explore their world. But this fall may come with mixed emotions for many working in education and some may be feeling burnt out before the school year has even started. Below are resources to help process these feelings and recharge your wellbeing batteries.

### **Engage in joyful activities**

We hear about self-care a lot, but that's because it's important. Self-care is any intentional act you take to meet your mental, spiritual, physical, or emotional needs. You can think of it as routine maintenance, so when those outside factors place more stress on you, you're

in a better place to respond and manage it all. This blog has [134 activities to add to your self-care plan](#).

### **Take a self-compassion break**

At least once a week take a five-minute self-compassion break. The Great Good in Education researchers say when we face challenges with students or colleagues, our response is usually to beat ourselves up and that's not healthy. It's better for everyone if we choose to treat ourselves with kindness. The [GGIE website has specific steps](#) for practicing this moment of reflection and self-care. Start with a few deep breaths (belly breathe), think of something that's causing you stress, acknowledge it's bothering you, that it's not unusual for someone to feel like you do in this situation, then put your hands over your heart and give yourself grace.

### **Create a web of support**

Social connections can increase happiness, lead to better health and attribute to longer lives, according to Mental Health America. Learn ways to [strengthen connections with existing relationships and make new friends](#) (yes, adults can make new friends!).

### **Prioritize sleep**

It's not unusual to feel tired all the time, but it's not a healthy way to live long-term – it can negatively affect your quality of life. Learn more about [sleep and tiredness and access resources](#) that can help.

### **Regulate overwhelming emotions**

Four mindfulness steps can help quiet those negative thoughts that just seem to play on repeat. Recognize what's going on, allow the experience to be there, investigate with kindness, practice natural awareness (not identifying with the experience).

This [Mindful.org article](#) explores these steps in detail and provides a sample meditation.

### **Learn how to instill hope**

These past few years have been especially challenging. It's normal to feel impacted by everything that's going on. [Mental Health America offers ways to rediscover hope](#) and remind yourself that these feelings won't last forever.

### **Measure your stress level**

[Mental Health America also has screening tools](#) to help identify signs of depression, anxiety, and post traumatic stress disorder that can be a conversation starter with your doctor or loved one about your mental health. There are also worksheets to help process challenges and better understand and communicate your feelings. This stress screener can help identify areas of need.

### **Access a warmline**

The [Mental Health Association of San Francisco warmline](#) is a non-emergency resource for anyone in California looking for mental and emotional support. Call 855-845-7415 to speak to a counselor before things feel like they've boiled over. If you need immediate mental health support, dial 9-8-8 to access the National Suicide Prevention Lifeline. You are not alone; trained counselors are available 24-7 to listen and provide support.

## Find More Resources and Supports

- Bookmark the [EAP Resources](#) on your computer for more mental health and well-being resources for you, your colleagues, and your students.
- The Association of California School Administrators has a [mental health resource page](#) and a new series in August that features conversations centered on destigmatizing mental health, educator burnout, suicide prevention and legislation, as well as providing resources related to the topic.
- [Online Support Groups](#) are also available for many different mental health needs.

<https://www.sdcoe.net/about-sdcoe/news/post>



## Physical

Physical wellness is the ability to maintain a quality of life that allows you to get the most out of your daily activities without undue fatigue or physical stress. Physical wellness recognizes that our daily habits and behaviors have an impact on our overall health, well-being and quality of life.

## September is National Gynecologic Cancer Awareness Month.

These cancers include, Cervical, Ovarian, Uterine/Endometrial, Vaginal and Vulvar. According to the [American Cancer Society](#), there were an estimated 110,070 new cases diagnosed and approximately 32,120 deaths from gynecologic cancers in the U.S. in 2018. Every five minutes, someone will be diagnosed with one of these cancers.

Cervical Cancer symptoms include abnormal vaginal discharge or bleeding, bleeding after vaginal sex, vaginal odor and pelvic or abdominal pain. Any of these signs should be checked out by a gynecologist. [bit.ly/fwc-cervical-cancer](http://bit.ly/fwc-cervical-cancer).

Most cases of Cervical Cancer are now preventable. Get the human papillomavirus (HPV) vaccine before becoming sexually active and have your children vaccinated at ages 11-12. The best way to find Cervical Cancer early is to have regular Pap tests and HPV tests between ages 21 and 65 at intervals recommended by your health care provider.

There is currently no good screening for Ovarian Cancer. See a gynecologist if you experience any of these symptoms for more than a few weeks: bloating, urinary symptoms (urgency or frequency), pelvic or abdominal pain, difficulty eating or feeling full quickly.

## **Take time to schedule your Well-Woman Exam this month.**

For more information please visit [Foundation for Women's Cancer](#).

Source: <https://www.foundationforwomenscancer.org/>

## September is also Better Breakfast Month!

Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day.

It's that time of year again. Kids are getting back to school, and everyone is beginning to prepare for the winter months ahead. It's important to take stock of how to start off the day. Consuming a well-balanced breakfast in the morning gives our bodies energy to get our day started the right way. Kids who have a healthy meal before school starts consistently perform and behave better at school. Having breakfast as a family every morning to talk about daily plans and promotes healthy eating.

Breakfast food can be anything you want it to be, within reason of course. Cereal is the most common breakfast food. However, if you wake up with a hankering for a slice of leftover pizza, enjoy it! Pizza is good for you when consumed in moderation. For years, eggs got a bad rap on the food pyramid. Recently, eggs have been proven to provide essential vitamins and minerals needed to promote a healthy diet.

A complete breakfast should contain a balance of all the major food groups: protein, dairy, fat, and carbohydrates. These elements are vital to maintaining stamina and fending off hunger throughout the day. Though carbs and fats are needed in the daily intake of nutrients, it's important to not overindulge in these two areas. However, a little bit won't hurt you.

### How To Observe Better Breakfast Month

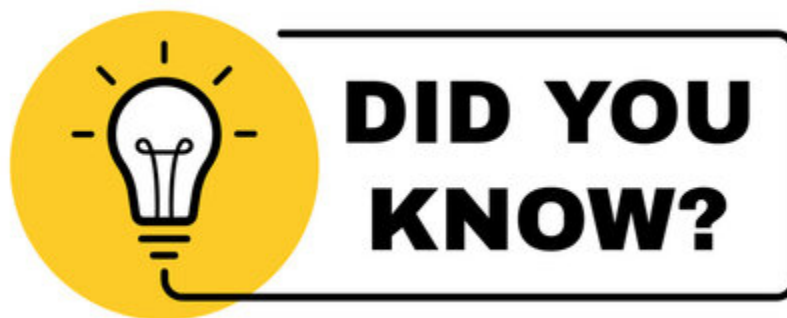
Start your day with a complete breakfast. Set time aside for the family to grab a quick bite to eat before everyone heads out the door. Share recipes with friends and family on healthy ideas for breakfast.

Celebrate Better Breakfast Day on September 26.

Educators and Families, visit the [National Day Calendar Classroom](https://nationaldaycalendar.com/better-breakfast-month-september-2-2/) for more ways to celebrate!

[Here are over 50 healthy breakfast recipes for you to try!](#)

Source: <https://nationaldaycalendar.com/better-breakfast-month-september-2-2/>





THE

## CliftonStrengths Podcast



Did you know CliftonStrengths has a podcast? Click the image to be taken to the podcast and learn how your Clifton Strengths can empower the 5 elements of your wellbeing: career, social, financial, community and physical. There is a different podcast for each strength! Find one of your top 5 strengths and listen to the short (under 15 min!) podcast on how you can use this strength to increase your wellbeing.

### ARE YOU INTERESTED IN HOW YOUR STRENGTHS CAN BE USED TO INCREASE YOUR WELLBEING?

Sign up using this form to request [Strengths Based Wellbeing Coaching!](#)

### NEW DISCOUNT FOR MESSAGE ENVY



**Message Envy** — Special offer for SCCOE Employees: FSA/HSA eligible for membership and services (show your work badge to qualify). Discount can be used for members of your immediate household as well! Participating locations: Burlingame, Redwood City, Palo Alto, Mountain View, Sunnyvale, Santa Clara, Milpitas, San Jose-the Plant, San Jose-El Paseo.

- 50% off your first visit
- \$10 off per month for a membership



Join online through this offer anytime from now until 01/27/2023 and receive a membership at \$0 initiation and \$39.99 monthly dues per person for you and your family members\*. Membership includes access to all City Sports Clubs, including Signature Clubs.

In order to enroll for the discounted membership rate, please clear your browser history and click [this link](#) to go to the City Sports enrollment page. You must enroll by 01/27/2023 to qualify for the discounted rate.

## **EAP Services**

**(800-999-7222)**

EAP is your resource for assistance with managing problems at home and at work. EAP provides you and eligible family members with a no-cost, confidential and user-friendly resource for life management concerns such as:

- Emotional and mental health well-being
- Maintaining a healthy life style
- Successful communication
- Alcohol and drug abuse
- Relationship issues
- Legal concerns
- Financial concerns
- Dependent adult care
- Childcare needs
- Everyday concerns and resources

### **What Services are Available?**

**Telephone Consultations:** EAP provides 24 hour, 7 days a week toll free telephone access to licensed mental health professionals for consultation, information, assistance and resources for a variety of concerns.

**Face-to-Face Counseling Visits:** EAP provides you and eligible family members with access to professional mental health providers near your work or home to assist with many concerns. Please call EAP at 800-999-7222 and our consultants will assist you and family members with accessing services..

**Legal Services:** EAP provides consultations with a legal professional. You and eligible family members can call EAP and request one 30 minute in-person or telephone consultation, per separate issue, with a network attorney at no cost to you. If you choose to continue working with the attorney, continued services are offered at a discounted rate from the attorney's usual hourly rate. Examples of services include:

- Divorce/custody
- Criminal concerns
- Civil issues
- Estate planning
- Consumer issues

Legal issues involving employer and health insurance situations are not covered by this service.

**Financial Services:** EAP offers telephone consultations for you and eligible family members with a financial professional. Telephone consultations are typically 30-60 minutes in length, per separate issue. Examples of consultations include:

- Debt and credit management
- Saving for education and retirement
- Life event planning such as buying a home

**ID Theft Protection and Recovery:** EAP offers free support for you and eligible family members with assessing your risk level and then identifying steps to resolve potential identity theft. For those who have had their identity stolen a specialist can assist, at no charge to you, with:

- completing any necessary paperwork
- reporting to the consumer credit agencies
- negotiating with creditors to repair debt history



Stay informed with different videos and webinars from EAP by visiting [EAP- Workshops and Webinars](#)



# EXTREME HEAT WARNING

- Avoid strenuous outdoor activity
- Stay hydrated
- Check on your neighbors  
(particularly the elderly & those without A/C)
- Wear light clothing
- Never leave a child or pet in a hot car



 Santa Clara County  
Office of Education

An [Extreme Heat](#) warning is in effect through September 6th. Click the link to find cooling centers near you and see tips on how to stay safe during this heat wave.

## COVID-19 Testing

Routine testing for essential education workers and their families is a healthy practice and improves public safety. We encourage monthly testing.

You and your families have access to free routine COVID testing at SCCOE locations, through your health provider, and through public events

- [Ridder Park](#) Testing- Tues. and Fri., 7 am -11 am and noon - 3 pm (drop in, no appointment required)
- [SCCOE Site Specific](#) Testing - schedule changes each week (sign up required)
- [FREE SC County Testing](#)



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About the Santa Clara County Office of Education



*Working collaboratively with school and community partners, the Santa Clara County Office of Education (SCCOE) is a regional service agency that provides instructional, business, and technology services to the 31 school districts of Santa Clara County. The County Office of Education directly serves students through special education programs, alternative schools, Head Start and State Preschool programs, migrant education, and Opportunity Youth Academy. The SCCOE also provides academic and fiscal oversight and monitoring to districts in addition to the 22 Santa Clara County Board of Education authorized charter schools.*

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