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October 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.

If you have questions about the Employee Assistance Program or any of the resources below please contact: Ana Reyes, Coordinator- Employee Assistance Programs, 408-453-3616, areyes@sccoe.org



# DEVOLSON IS HERE!

- COPING WITH THE TOUGHEST TIME OF YEAR IN EDUCATION -

DEVOLSON stands for the Dark, Evil Vortex of Late September, October, and November. It's that time of year when the shiny, newness of the school year has worn off. The days are getting shorter. Tons of reports, paperwork, etc. are all due. There's no significant school break in sight.

Here are 3 ways to deal with DEVOLSON

1. Take up a hobby - I know that it sounds like the last thing you'd want to do during DEVOLSON is find something that takes up *more* time, but it works in this inexplicably weird, backwards way to distract you.
2. Write Thank-You Notes to a colleague- This never fails to put me in an awesome mood. Sometimes I have an actual reason for it, like thanking people who have donated classroom materials or partnered with us for a project, but other times I do it just to practice gratitude. Click this link to [send a Note](#) right now to one of your SCCOE colleagues!
3. Get your coworkers in on DEVOLSON- Make each other DEVOLSON greeting cards or bracelets.
4. Every day make a note of one good thing that happened- Make each other DEVOLSON greeting cards or bracelets.

Here's wishing you the happiest DEVOLSON possible.

When it gets tough out there, just know that: 1) you're not alone, and 2) what you're doing is making a difference, even if you can't quite see it yet.

And 3) you can't spell DEVOLSON without "love" (even if it's spelled backwards).

<https://www.weareteachers.com/5-ways-of-coping-with-devolson-the-dark-evil-vortex-of-late-september-october-and-november/>

**If you are still feeling the effects of DEVOLSON here's a  
little [PEP TALK](#) !**





# Physical

The transition to the shorter and busier days of fall can be a challenge. To help ease the change, we've put together 15 Autumn Wellness Tips to get you ready for the colder months and keep your mental (and physical!) health in check.

**1) Start taking a Vitamin D supplement.** We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!

**2) Take some time to yourself.** Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how your feeling.

**3) Get your flu shot and yearly check-up.** Self explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life. Yuck.



**4) Boost your immune system.** You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.

**5) Get yourself ready for Daylight Savings Time.** Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!



**6) Make some plans for the cold months.** In the winter, we tend to hibernate if we don't have things to keep us busy.

**7) Moisturize your skin.** Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.

**8) Buy in-season food.** Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.



I don't think Pumpkin Spice Lattes count, but you do you?

**9) Stay active!** It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves or shoveling snow counts!

**10) Wear layers and protect your body from the dropping temperature.** Cooler mornings, warm afternoons, and chilly evenings make layers a necessity!



**11) Do some “spring cleaning” in the fall.** Clean out your closet, organize that back room, and rid yourself of things you don’t need.

**12) Prepare your home for possible extreme weather conditions.** Do your flashlights have batteries? Is your heat working okay? Have you changed the filters?

**13) Get some books to read and shows to watch.** Who doesn’t want to get cozy on chilly autumn nights and read a good book or binge-watch some Netflix?

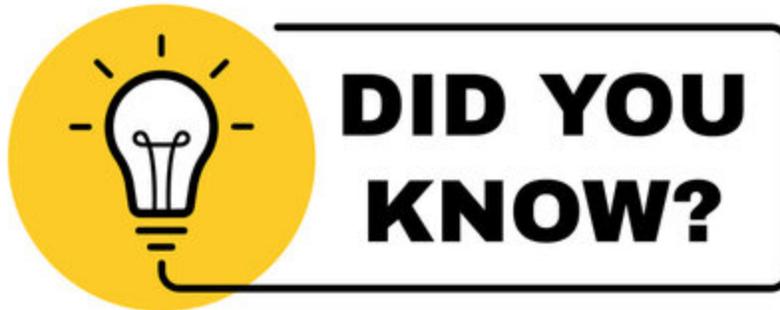


**14) Keep a schedule.** The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do.

**15) Be kind to yourself.** The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don’t beat yourself up! Try reframing negative thoughts into positive ones.

<https://www.activeminds.org/blog/15-autumn-wellness-tips-to-keep-you-healthy-this-fall/>

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Santa Clara County Office of Education is committed to raising awareness about mental health and equitable access to quality mental health services.

Santa Clara County Office of Education partnered with Care Solace to support the well-being of students, staff, and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs, regardless of circumstance.

If you would like to use Care Solace to help you find a provider:

- Call 888-515-0595 available 24/7/365 in any language
- Visit [www.caresolace.com/sccoe](http://www.caresolace.com/sccoe) and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.

## **EAP Services**



## Basic Features of the Program

- 6 brief counseling sessions per incident
  - Licensed Professionals
  - Confidential service
  - Voluntary program
- Offered to employees & their household members
  - No cost to use EAP
  - Available 24 hrs./7 days

Call (800)999-7222 or go to [anthemEAP.com](http://anthemEAP.com) and enter SISC



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## CliftonStrengths Podcast



CliftonStrengths®

GALLUP®

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.

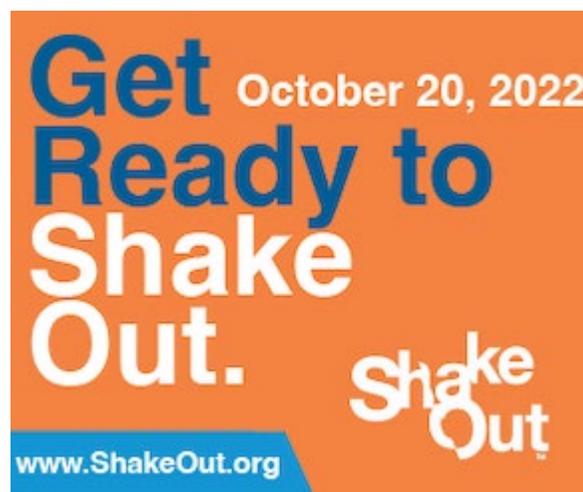
## **ARE YOU INTERESTED IN HOW YOUR STRENGTHS CAN BE USED TO INCREASE YOUR WELLBEING?**

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

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



The SCCOE will be participating in The Great Shake Out this year on October 20th. Look for updates and Earthquake Preparedness Resources in the Monday Memo!

## 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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