



November WellNews

Wellness and Benefits Monthly News

Every month, we're going to highlight one simple way to improve your overall wellbeing, and this month we're focusing on **PRACTICING GRATITUDE**. Expressing gratitude not only helps us feel happy, feeling thankful can also improve sleep and mood; relieve stress and anxiety; and supports heart health.



[Click here to download the "22 Days of Gratitude Challenge"](#). At the end of the challenge, complete the QR code on the challenge to tell us how you did and to be entered into a drawing for a prize!

[Here's more from the Mayo Clinic on the health benefits of practicing gratitude.](#)

**Eat Smart, Move More...
Maintain, don't gain!**

HOLIDAY Challenge

Challenge starts 11/13 and ends 12/31!

Weight gain is common during the holiday season - most people gain 1 to 5 pounds, and it adds up over the years. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides you with strategies and resources to help *maintain* your weight throughout the holiday season.

Sign up for this FREE Challenge: Maintain, Don't Gain

Take 10 For Your Emotional Wellbeing!

What can Employee Assistance do for you? Telus (formerly LifeWorks) offers support on a variety of topics, including FINANCIAL WELLNESS. As we approach the holiday season, this is a great time to create a household budget if you don't have one already, and below is a link to help get started.

Additionally, employees and household members receive 3 FREE COUNSELING SESSIONS per unique issue. Call 1-844-664-0379 or visit www.login.lifeworks.com and use "scs" for both the username and password.



Cultivate your **Financial Wellness**

Ten Tips for Living Within Your Means

Financial Wellbeing Toolkit

Setting Up a Personal or Household Budget

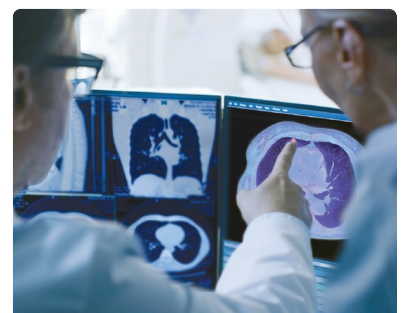
FRS Workshop: Protecting Yourself & Loved Ones, Estate & Insurance Planning 11/9

Lung Cancer Awareness Month Educational and Screening Opportunities with SMH

Lung Cancer Screening Event on Saturday, 11/11 with SMH

Annual Low Dose CT exams for people who are at high risk is the best early detection tool for lung cancer. Are you at High Risk?

- 50-80 years old
- Currently smoking or quit smoking within the past 15 years
- Smoked for 20 years or longer



Virtual Workshop: "Understanding Your Risks and How to Prevent Lung Cancer" on 11/16 from 4:00pm - 4:45pm

Did you know that lung cancer is the deadliest form of cancer? Join us for this webinar with expert presenter, Amie Miller, APRN, Coordinator of the Brian D. Jellison Cancer Institute Lung Cancer Screening Program to review smoking cessation options, lung cancer risks, and advancements in screening and diagnostic technologies now available. Learn how to our program is catching lung cancers at earlier, more treatable stages, and improving outcomes for patients in our community.

[Click here to register for the workshop](#)

Prevention Pays - Up to \$100. Forms Due 12/1 for the First Quarterly Payout.

Board-appointed staff can earn up to **\$100** for completing wellness and preventative health activities! All activities must be completed between July 1, 2023 - June 30, 2024. [Click here to download the form.](#)

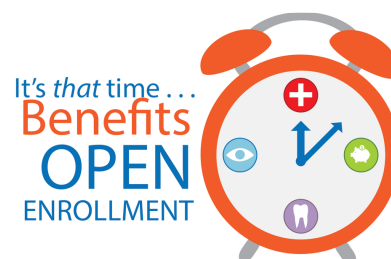


Submit your completed form and proof of activity completion to your Wellness Champion no later than **December 1** to be included in the December 15 payout.

Documentation or "proof" of completed activities is required. Proof is required for all claimed activities. Instructions for accessing online claims to use as "proof" is on page 2 of the form. *(Please only submit receipts, claims, etc. and not any personal health information with your documentation /proof.)*

Open Enrollment Ends 11/6! Enroll Today!

Open Enrollment is the only time to update beneficiaries and review your elections for medical, dental, vision, and voluntary plans, and to make changes outside of a life event.



It is imperative that all employees participate in Annual Open Enrollment to ensure benefits selections accurately reflect your choices for the 2024 Plan Year.

Click here to be directed to the 2024 Open Enrollment webpage for more information on Open Enrollment: <https://www.sarasotacountyschools.net/Page/5562>



Erin Singerman

Erin is using Smore to create beautiful newsletters

