

Wellness Wednesday

~Nourish Body, Mind & Soul~

February 3, 2021

Oak Grove School District

MAGELLAN HEALTHCARE FEBRUARY WEBINAR

Mental Skills Bootcamp: Performing at Your Best! | Wednesday, February 10th

Join this webinar to:

1. Develop a growth mindset
2. Maintain motivation and overcome obstacles
3. Leverage your strengths and the strengths of others

[Click Here to Register](#)

<http://magellanhealth.adobeconnect.com/eyzofygl117y/event/registration.html>

February 17th is



When you extend kindness
without expecting anything in
return, everyone benefits

1. Look for opportunities to give compliments to those you encounter often.
2. Befriend someone new on the job, at school or in the neighborhood.
3. Write and leave positive sticky notes for others. Send an email of appreciation to a co-worker.

Visit MagellanAscend.com for helpful resources.
Call your Employee Assistance Program
at 1-800-523-5668 (TTY 711)

February Wellness Focus Is Your Heart at Risk?

In the United States, someone has a heart attack every 34 seconds according to the Centers for Disease Control and Prevention. What better time than February, American Heart Month, to take control of your heart health? Determine if you're at risk for heart disease and take the [Heart Disease Risk Quiz](#).

Do you know your "Numbers" for blood pressure, cholesterol, blood sugar and body mass index (BMI)? Read all about [Health Numbers You Need to Know!](#)

Do you know the warning signs for heart disease? If not, you owe it to yourself to read this article on [Heart Disease](#). You can make a difference in your heart health by making better everyday choices. For a wealth of information on heart disease, symptoms, prevention, treatment, diet and nutrition, visit the [American Heart Association](#) and [CDC](#) web sites.

FRIENDLY REMINDER BEFORE REPORTING TO WORK BE SURE TO TAKE YOUR DAILY COVID SYMPTOM CHECK

Click On Informational Below For Helpful Video

[Daily Symptom Checker](#)



Don't let cold weather stop you from burning calories and having fun with friends

Trying to get in shape? You can walk yourself to better health—and you don't have to do it alone. A recent study suggests that regular walking outdoors can lower the risk of serious conditions such as heart disease, hypertension, stroke and even depression. Walking with a group can make fitness fun and social, boosting both your physical and emotional health. It can be a great activity that can allow you to see family and friends while also social distancing—just be sure to wear a mask if you are walking in a crowded area.



Note: Talk with your healthcare provider before starting a new exercise routine



OGSD Offers Two Employee Assistance Programs For All Employees & Their Families

Magellan Offers: *Mental Health Support, Legal Assistance, Financial Coaching, & Identity Theft Resolution*

Click Here For More Information
www.magellanhealth.com

Care Solace Offers: *Mental Health, Therapy, On-line Therapy, Hospitalization, Residential Inpatient treatment, Detox, Center, Family Counseling*

Click Here For More Information
caresolace.com/oakgrovesd