

SHARYLAND ISD RISE TO WELL-BEING

A Quarterly Guide to Thriving in Every Season

It's National Sleep & Nutrition Awareness Month!

March is a time to highlight the important role that healthy eating and quality sleep play in overall wellness. Sleep plays an important role in overall health, helping the body rest, repair, and restore energy for the next day. What we eat and drink can affect how well we sleep. Healthy eating habits support better sleep, while certain foods and drinks—especially close to bedtime—can make it harder to fall asleep or stay asleep.

Diets high in saturated fat and sugar and low in fiber may reduce deep, restorative sleep. Large meals before bed can also cause discomfort because digestion slows during sleep. Spicy foods may cause heartburn, and caffeine in coffee, tea, chocolate, and some desserts can keep the body alert for several hours. Alcohol may make you feel sleepy at first, but it can disrupt sleep later in the night.

Choosing lighter snacks before bed, such as oatmeal or whole-grain toast, and maintaining a balanced diet with fruits, vegetables, whole grains, and lean proteins can help support better sleep, improve energy levels, and promote overall well-being.

Sleep Check!

Are you getting enough sleep? Take our quick quiz to see if your sleep habits may put you at low, moderate, or high risk for a sleep disorder.

Recommended Sleep (CDC):

1–2 years: 11–14 hrs

3–5 years: 10–13 hrs

6–12 years: 9–12 hrs

13–18 years: 8–10 hrs

Adults: 7+ hrs

Healthy sleep helps your body and mind recharge!

Take the Quiz!

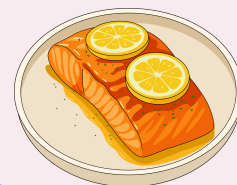


15-MINUTE SPRING WELLNESS MEAL

Meals that include lean protein, healthy fats, and fresh vegetables can help promote overall wellness while supporting healthy sleep patterns. Try this healthy recipe:

Garlic Lemon Salmon + Greens

- Salmon fillet
- Lemon slices
- Garlic
- Olive oil
- Arugula and Mixed Greens



Pan-sear salmon in olive oil (4–5 min each side).
Add garlic and lemon. Serve over greens.



Spring Into Savings: Refresh Your Finances

Spring is a natural time for fresh starts—not just at home, but with your finances as well. Taking a little time to review and organize your financial habits can help reduce stress, identify opportunities to save, and refocus on your goals for the year. Just like cleaning out a closet or garage, a financial refresh can make things feel more manageable.

Here are five simple ways to tidy up your finances and get organized for the months ahead.



Spring Clean Your Finances

Spring is the perfect time to refresh your finances and get organized! A quick check-in can help reduce stress and keep you on track with your goals.

Try these simple steps:

- Review and adjust your budget
- Cancel unused subscriptions
- Make a plan to pay down debt
- Refresh your savings goals
- Organize important financial documents

Small changes can help your financial wellness grow all year long.

Check Your FSA Balance & Claims

Stay on top of your Flexible Spending Account (FSA) by regularly checking your balance and reviewing processed claims:



Online portal: <https://cba.summitfor.me/Home>

TPA ID: 130

Employer ID: SISD

Participant ID: Enter your SSN (no dashes)



Regularly monitoring your FSA ensures you can maximize your pre-tax funds and plan your healthcare spending effectively.



Wellness Check-Ups & Your Employee Wellness Benefit Don't Forget to Submit Your Claim!

Regular wellness check-ups are an important part of staying healthy. If you have a physical or routine health screening coming up soon, it's a great opportunity to stay on track with your health goals and take advantage of the benefits available to you.

Your Cancer, Critical Illness, and Accidental plans include a wellness benefit.

If you complete a covered wellness visit this year, be sure to submit a claim so you can receive the wellness benefit included with your coverage. Taking a few minutes to file can help you get the most value from your plan.

Stressed or Anxious?

Let's Spot the Difference!

Stress is a normal response to challenges like work, school, or bills. It usually has a clear cause and goes away once the situation is resolved.

Anxiety feels like ongoing worry or fear that doesn't go away, even when there isn't a clear reason. It can interfere with daily life, making it hard to focus, relax, or enjoy activities.

Signs to Watch For **Stress**

- Linked to a specific situation
 - Temporary and improves once the problem is resolved
 - Trouble focusing, headaches, or stomach aches
- #### **Anxiety**
- Constant worry or feeling on edge
 - Difficulty concentrating or relaxing
 - Feelings of dread or loss of control

Good to know: Anxiety is treatable. If these feelings happen often or affect your daily life, consider talking with a healthcare provider or someone you trust for support.

Simple Ways to Stress Less

Try these simple strategies when you feel stressed or anxious:

- Take a break: Try yoga, meditation, music, or other relaxation techniques.
- Take care of your body: Eat balanced meals, limit caffeine and alcohol, get enough sleep, and stay active.
- Pause and breathe: Take slow deep breaths or count slowly to calm your mind.
- Shift your mindset: Do your best, stay positive, and find humor when you can.
- Connect with others: Get involved in your community or talk to someone you trust.
- Know your triggers: Identify what causes your stress so you can better manage it.



SUPPORTING YOUR WELLBEING A FREE RESOURCE

At Sharyland ISD, your well-being matters! That's why we offer an **Employee Assistance Program**, a **FREE 24/7** support program for all employees and their loved ones that offers:

- Access counseling and mental health support.
- Financial or legal advice.
- Help with managing stress, relationships, or major life changes.

Talk with a specialist at 888-628-4824 or
Visit www.lincoln4benefits.com or
www.GuidanceResources.com
username = LFGsupport
password = LFGsupport1

