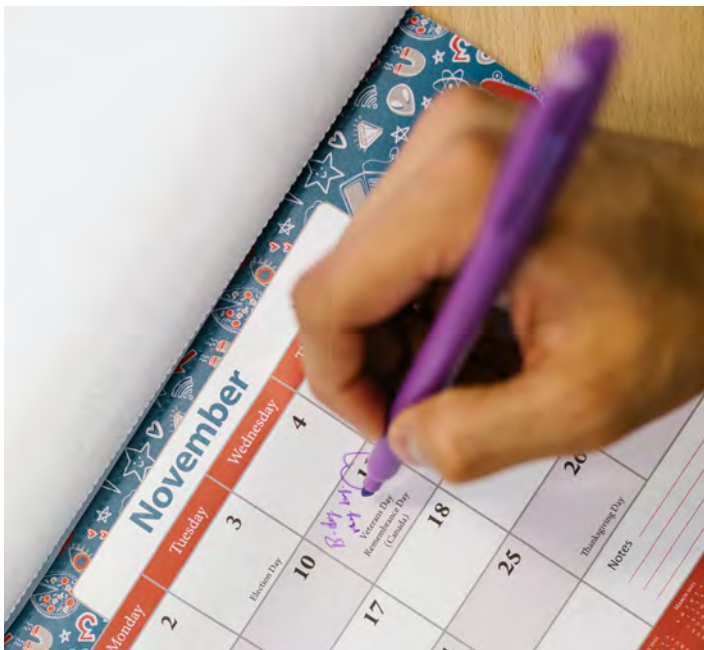




In This Edition

- **Mark Your Calendar:** The Clock Falls Back One Hour
- **A Moment of Awareness:** What to Know about Respiratory Syncytial Virus (RSV)
- **Brain Boost:** Say No to Too Much Stress (Even the “Good Kind”)
- **Wellness Your Way:** Take a Mindful Moment (and Earn Incentives!)
- **Community Connection:** Give Thanks & Give Back this Season
- **Community Highlight:** Give an Hour (or a few) to Boost Your Mental Health



MARK YOUR CALENDAR

Don't Forget! Daylight saving time (EST) ends at 2 a.m. local time on Sunday, November 6. Give yourself extra grace because the clocks “fall back” an hour.

- **Friday, November 11:** Veterans Day observed.
- **Thursday, November 24:** Thanksgiving Day
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your *Wellness Your Way* incentives. [Get started here.](#)



A MOMENT OF AWARENESS: What to Know about Respiratory Syncytial Virus (RSV)

If you've watched the news or scrolled through social media recently, you've probably heard the term “triple-demic.” The third virus (following COVID-19 and influenza) to be aware of this season is respiratory syncytial virus (RSV).

According to the Centers for Disease Control and Prevention, RSV:

- is a common respiratory virus that usually causes mild, cold-like symptoms.
- typically lasts one to two weeks for most people.
- can be serious for some people, especially infants and older adults.
- is the most common cause of bronchiolitis and pneumonia in children younger than 1.

Experts are concerned because RSV cases have tripled nationally in the last two months and already surpassing 2021's peak levels. This week, Nationwide Children's Hospital announced beds are at capacity due to RSV cases.

You can learn more about RSV (and how to protect your family) by visiting [the CDC's RSV page](#) or reading [this recent interview with OhioHealth's Dr. Ben Bring.](#)



BRAIN BOOST: **Say No to Too Much Stress (Even the “Good Kind”)**

Stress. We've all experienced it. But did you know stress can come in the form of “negative stress” and “positive stress”? And experiencing too much stress - at either extreme - can cause adverse physical and mental health effects.

What is “positive” stress?

Positive stress – often called “good stress” - typically doesn't last long. It's a short-term, fight-or-flight phenomenon that drives you to accomplish greater goals. During times when you're under good stress, you'll feel as if you have a lot of control over the outcome of tasks you take on. Good stress can help you perform better.

What is “negative” stress?

Negative stress – often called “bad stress” - is generally not short term. Often, it's chronic and draining. It can slow you down and significantly detract from your quality of life. Ultimately, it's very damaging because it never gives you a chance to recuperate from the fight-or-flight effects your body's undergoing. You live in a constant state of threat.

To learn more about “good” versus “bad” stress (plus tips to manage & balance it!), [check out this helpful article on Talkspace](#).

Did You Know? As a Franklin County employee, **TalkSpace** is free-to-you through ThriveOn.

- Register or log-in to liveandworkwell.com and download the **Talkspace** app
- To get started with the app, call your Employee Assistance Program at 1-800-354-3950 to obtain an authorization code prior to registering.



WELLNESS YOUR WAY: **Take a Mindful Moment (and Earn Incentives!)**

Having coping mechanisms to help ground you during busy seasons of life - such as the upcoming holidays - can offer moments of clarity despite the distractions going on around us.

The Mindfulness Challenge can help encourage you to take a mindful moment each day (and earn incentives along the way)! Here's how it works:

- **Register for the challenge** at fccThriveOn.com by Wednesday, November 16th.
- **Practice mindfulness.** [WebMD has some helpful definitions and tips here.](#)
- **Track and log your mindfulness activity** by December 9th.

The challenge runs from November 9 – December 6. [Sign up today](#) to gain all the benefits of mindfulness and earn:

- a **\$50 Well-Being Activity** incentive as part of ThriveOn's *Wellness Your Way* program!
- a chance to win **one of five Mindful Moment kits** (includes an essential oil diffuser, assortment of oils, and a mindfulness book).



COMMUNITY CONNECTION: Give Thanks & Give Back this Season

With November comes the start of the holiday season. We all enjoy spending time with and receiving thoughtful gifts from loved ones, not to mention the creature comforts that accompany the season—warm blanket and a mug of cocoa, anyone? And while all those things provide social and emotional nourishment, research shows us that one of the most effective and long-lasting ways to boost your well-being during the holidays is to give. The giving of time, resources, and gifts provides a wide range of wellness benefits that we'll explore this month.

Here are some of the many wellness benefits that giving provides:

- **Life satisfaction.** One study by researchers at Harvard and the University of British Columbia found that spending money on others led to lasting improvements of the giver's overall happiness.
- **Longer life.** People who engage in helping behaviors such as running errands, cooking meals, or providing childcare reduce their mortality rates compared to those who did not help.
- **Less stress.** Perhaps surprisingly, spending the extra time and effort to help others has been associated with lower levels of stress.
- **Better physical health.** Giving is linked to lower cholesterol, less belly fat, and lower blood sugar. There is almost certainly more to the story from a scientific standpoint, but these kinds of associations keep showing up.
- **Stronger social connections.** People who receive help are more likely to provide help ("paying it forward"). Moreover, these social connections can release oxytocin, the bonding hormone, strengthening interpersonal relationships.
- **Reduced pain.** Acts of kindness can release neurotransmitters like dopamine and serotonin, providing natural pain relief.

You can [learn more reasons why giving is good for your health here](#).



COMMUNITY HIGHLIGHT: Give an Hour (or a few) to Boost Your Mental Health

If you have some free time this weekend, here are a few mindful activities we recommend considering that can benefit your mental health and give back to the community.

- Walk, groom, or play with dogs | **Franklin County Dog Shelter & Adoption Center** | [Become a volunteer](#)
- Sort & pack food; prepare snacks; garden greenhouses | **Mid-Ohio Food Collective** | [Schedule a shift](#)
- Beautify a park; prep & pack reusable donation bags; coach basketball | **City of Columbus Recreation and Parks** | [Sign up](#)
- Manage the front desk; interpret ASL; support LGBTQ+ community | **Stonewall Columbus** | [Join volunteer team](#)
- Make a blanket; clean rooms; prepare a meal | **Ronald McDonald House Charities** | [Volunteer](#)
- Help during a crisis; support with our armed forces; give blood | **American Red Cross** | [Find a volunteer opportunity](#)