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## SPRING CLEANING

### BALANCING MENTAL HEALTH AND HOUSEHOLD CHORES

Spring cleaning isn't just about tidying up physical spaces; it can also significantly impact our mental well-being. For some, the act of cleaning becomes a therapeutic escape. However, for others, the thought of tackling chores can evoke feelings of anxiety and overwhelm, exacerbating existing mental health issues. Identifying your cleaning personality is the first step to developing a plan or routine that works for (rather than against) you.

**Stress Cleaner.** Do you constantly turn to clean whenever you have a spare moment? Regular, light cleaning is beneficial in many ways. It leads to a neat and healthy home and prevents you from facing colossal clean-ups that take all day. But it can also lead to a feeling of "never being done." Keep a checklist of even these small tasks and mark them off when you complete them. This way, you'll regularly benefit from that "got that done" feeling.

Sometimes, spring cleaning is a marathon—but it doesn't have to be. Instead, break tasks down into short, highly productive chunks of time. Using a [cleaning checklist](#), assign yourself two or three 10-minute tasks a day. Alternatively, you may want to do one 30-minute task a day. Set your phone timer, start cleaning, and stop once it goes off. You did what you said you'd do, and it wasn't too bad. Check off the chore on your list, and you can relax until tomorrow.

While maintaining a tidy environment can promote a sense of accomplishment and calm, it's crucial not to let cleaning consume all aspects of life. Setting boundaries and allowing time for relaxation is just as vital for mental health as a clean-living space.

**Chore Avoider.** For those who simply dislike chores, incentivizing oneself can help overcome procrastination. Conversely, individuals grappling with mental health issues may experience a cycle of avoidance with cleaning tasks. Conditions like depression or anxiety can amplify the difficulty of even the most basic chores. Seeking support from loved ones or professionals becomes imperative in breaking free from the overwhelming burden of clutter and chaos.

Additionally, it's important to recognize that spring cleaning isn't just about physical clutter; it's also an opportunity to declutter the mind. Taking stock of emotional baggage and letting go of unnecessary stressors can be just as liberating as clearing out a closet. Incorporating mindfulness practices such as deep breathing or meditation into cleaning routines can help foster a sense of presence and calm amidst the chaos.

Ultimately, whether you're a stress cleaner or a chore avoider, spring cleaning is about more than just scrubbing floors and dusting shelves. It's a chance to cultivate a sense of balance, both within ourselves and within our living spaces, promoting overall well-being and harmony in mind, body, and home.

# MASTERING TAX SEASON

## UTILIZING RESOURCES FROM ENRICH

Looking to navigate tax season with ease? Look no further than Enrich! If you haven't tackled your federal and state taxes yet, fear not. With the April 15th deadline looming, Enrich provides invaluable resources to explain the tax process and ensure you're on the right track. Additionally, if you are currently enrolled in the [MetLife Legal plan](#) you can receive tax preparation and filing services at no additional cost to you.

By logging into your ThriveOn account at [fccThriveOn.com](https://fccThriveOn.com), you gain access to a wealth of resources tailored to tax preparation and filing. These resources include courses, tools, and content that cover crucial topics such as understanding important terms, navigating tax forms, identifying taxable income, and avoiding common pitfalls when filing your taxes.

Approach tax season this year with confidence. Monday, Jan. 29 was the official start date of the 2024 tax season with returns to be filed by the April 15th tax deadline. [MetLife Legal Plan has partnered with TurboTax®](#) to offer tax preparation and filing services to members enrolled in the benefit. Prepare and file one individual or joint federal and state tax return with any TurboTax "Do It Yourself" online product at no additional cost. If you are not enrolled in the legal plan, [file free through the IRS](#).

For more financial tips or 1:1 financial coaching, access Enrich by logging into the ThriveOn portal at [fccThriveOn.com](https://fccThriveOn.com) and click on the Wellness Hub tab at the top of the home screen.



## CELEBRATING DIVERSITY

### TRANSGENDER DAY OF VISIBILITY LUNCH & LEARN

Each year on March 31, the world observes Transgender Day of Visibility (TDOV) to raise awareness about transgender people. It is a day to celebrate the lives and contributions of trans people, while also drawing attention to the poverty,

discrimination, and violence the community faces. In line with this important day, the Office of Diversity, Equity, and Inclusion invites you to join them on Friday, March 29th at 12:00 PM for a special Lunch and Learn event in celebration of International Transgender Day of Visibility. This event will be accessible to all through live-streaming on the [Commissioner's Facebook page](#).

Amanda Erickson, Director of Education & Outreach at Kaleidoscope Youth Center, will be joining for this discussion. This session will serve as a blend of educational workshop and conversation, delving into the crucial work of Kaleidoscope Youth Center with LGBTQIA+ youth in Franklin County.

During the session you will explore the fundamentals of gender identity and expression and discuss practical ways to offer support to transgender and nonbinary individuals in our community. By fostering understanding and empathy, we can all contribute to a more inclusive and compassionate world. Mark your calendars and join us as we come together to celebrate diversity and promote inclusion on this significant occasion.



## BE KIND TO YOURSELF—WITH WEIGHTWATCHERS®

### BUILDING HEALTHY HABITS

Ready to build healthy habits? WeightWatchers is here for you. WW knows that being kind to yourself helps you get through challenges and stick to healthy changes.

Join WeightWatchers through Franklin County Cooperative for **over 75% off** the retail price! Learn more and sign up today at [WW.com/FCC](https://WW.com/FCC).

Living with diabetes? Taking weight-loss medication? WeightWatchers offers products and programs designed for your unique needs.

# NURSE'S NOTES

FROM YOUR  UnitedHealthcare® HEALTH ENGAGEMENT NURSES  
March 2024



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In today's fast-paced digital age, our reliance on screens has become almost constant. Whether it's the demands of work, entertainment, or staying connected, many of us find ourselves spending prolonged periods in front of screens each day. Yet, amidst the convenience and connectivity, it's crucial to acknowledge the toll this lifestyle can take on our physical well-being, particularly on our eyes.

The signs of digital eye strain are often subtle but significant. Have you ever experienced red, dry eyes after a marathon session on your computer or smartphone? Or perhaps noticed moments of double or blurred vision creeping in as the hours pass? These symptoms, along with headaches and muscle pain in the neck and shoulders, are all too common among American adults who spend extended periods in front of screens.

The symptoms may be caused by issues such as poor lighting, screen glare, uncorrected vision problems or improper desk configurations. While it does not cause permanent eye damage, the condition puts a strain on a vitally important part of your body.

### Tips to help protect your eyes:

1. **Take Regular Screen Breaks:** Make it a habit to take frequent breaks from screen time, allowing your eyes to rest and refocus. Remember to blink regularly, as this helps to lubricate the eyes and reduce dryness. Gentle massages around the eyes can also provide relief from strain.
2. **Invest in Anti-Glare Technology:** Consider purchasing an anti-glare screen for your devices to minimize the impact of glare on your eyes. Additionally, adjust your monitor's brightness to a comfortable level that reduces strain without causing discomfort.
3. **Optimize Lighting Conditions:** Maintain a balanced and dimly lit environment around your workspace to reduce contrast and glare. Avoid harsh lighting that casts shadows on your screen, as this can exacerbate eye strain.
4. **Prioritize Eye Health with Regular Check-ups:** Schedule [regular eye exams](#) with a qualified optometrist or ophthalmologist. These professionals can assess your eye health, address any vision issues, and provide tailored recommendations for managing digital eye strain. By completing a routine vision exam, you are able to earn \$50 in Well-Being Incentives

Your UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See more information about Nurse Therese and Nurse Carmen, including how you can contact them under their photo!

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**ThriveOn**  
Your Health and Wellness Program

# ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.



## **BMI** Home Buying Hosted by BMI Federal Credit Union

*Thursday, March 28 at 12pm*

Learn how to prepare for purchasing a home and understand the responsibilities that come with home ownership. A mortgage specialist will share tips on how to improve the process, from the dream to closing.

[REGISTER NOW >](#)

## **CancerBridge** 2024 Kitchen Series: Smart Snacks

*Thursday, April 4, 2024 at 11am*

Join Chef Michael Carnahan and Registered Dietitian Cameron Stauffer as they share delectable yet health-conscious snack options in their presentation "Smart Snacks." Learn how to satisfy your cravings without compromising your well-being, making snacking a smarter and more enjoyable experience.

[REGISTER NOW >](#)

## **Healthy Lifestyle Programs** Wellbeing Leadership Forum

*Thursday, April 4-18 | 12-1pm | Complete 2 of 3 sessions for credit*

These forums are designed to support what's coming up for you as a leader around critical wellbeing topics. Join fellow Franklin County Cooperative leaders to share challenges, successes, experiences and ideas to best support your own wellbeing and the wellbeing of your teams. Topics include leading with healthy boundaries, dealing with difficult emotions, and building trust in yourself and your team.

[REGISTER NOW >](#)

UPCOMING WEBINARS

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