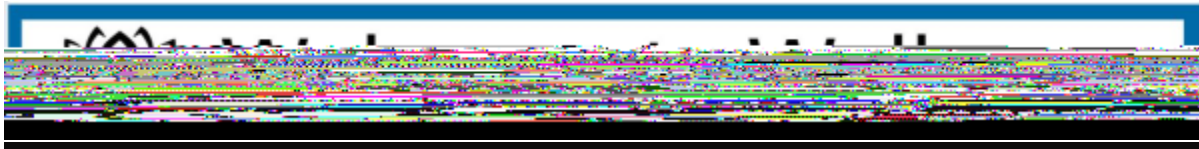


[View in Browser](#)



October 2022

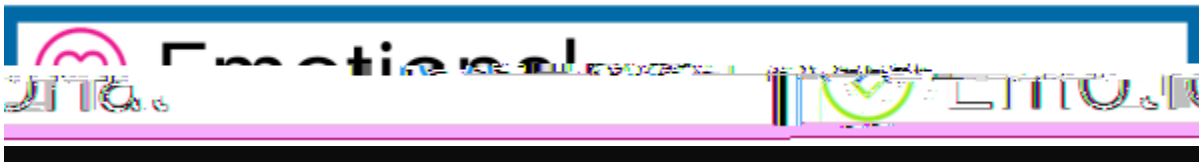


"Contrary to what many people believe, wellbeing isn't just about being happy. Nor is it only about being healthy or successful. And it's certainly not limited to physical health and wellness. In fact, focusing on any of these elements in isolation could drive us to feelings of frustration and even failure.

Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these five elements *interact*."

Harter, J. (2021) Well Being; The Five Essential Elements. Gallup Press.

If you have questions about the Employee Assistance Program or need assistance, please contact the EAP at 312.261.3200 or [eam@illinois.gov](mailto:eam@illinois.gov).





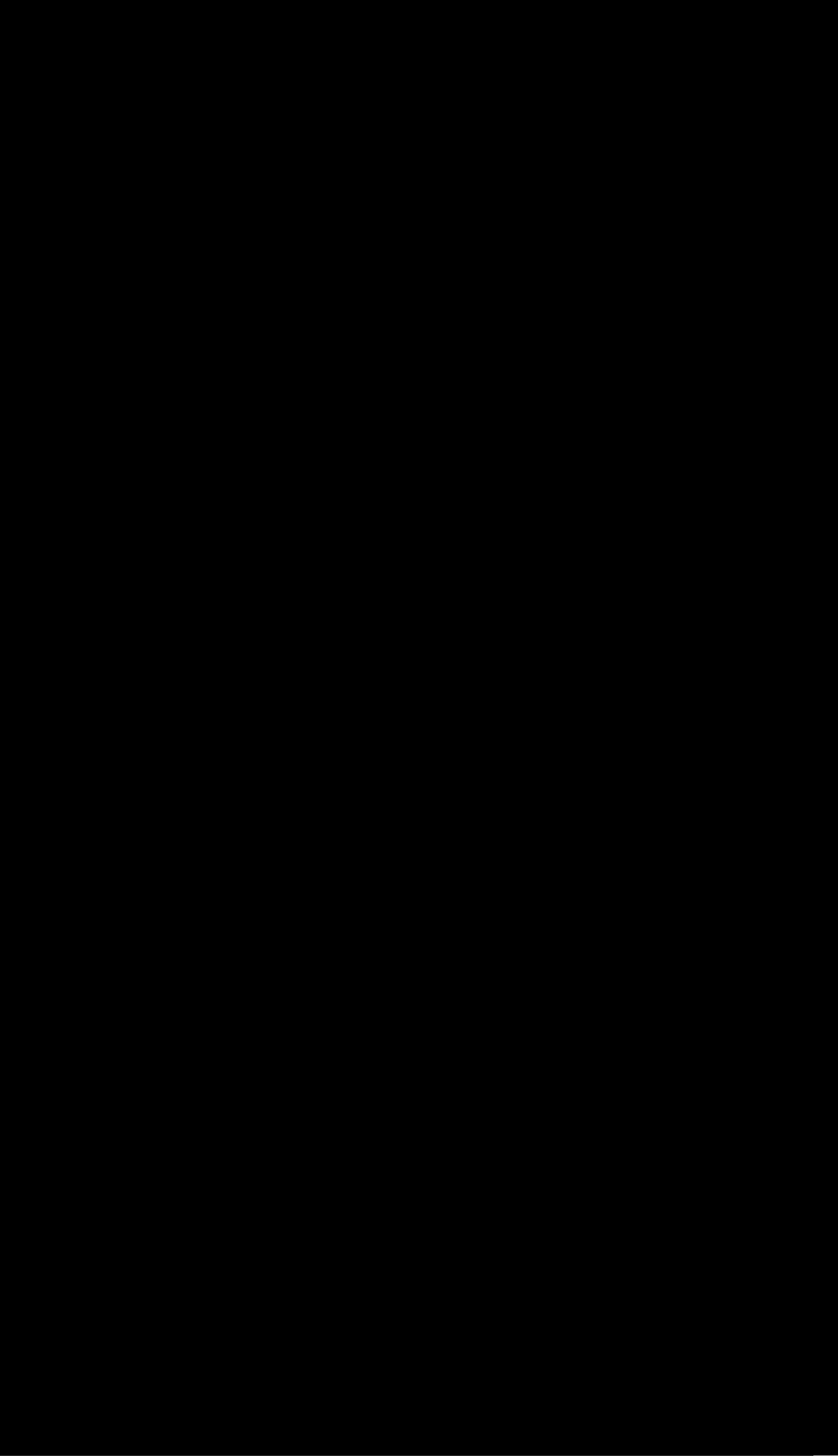




**6) Make some plans for the cold months.** In the winter, we tend to hibernate if we don't have things to keep us busy.

**11) Do some “spring cleaning” in the fall.** Clean out your closet, organize that back room, and rid yourself of things you don’t need.

**12) Prepare your home for possible extreme weather conditions.** Do your flashlights



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## COVID-19 Testing

Routine testing for essential education workers and their families is a healthy practice and improves public safety. We encourage monthly testing.

You and your families have access to free routine COVID testing at SCCOE locations, through your health provider, and through public events

- [Ridder Park](#) Testing- Tues. and Fri., 7 am -11 am and noon - 3 pm (drop in, no appointment required)
- [SCCOE Site Specific](#) Testing - schedule changes each week (sign up required)
- [FREE SC County Testing](#)

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### About the Santa Clara County Office of Education

*Working collaboratively with school and community partners, the Santa Clara County Office of Education (SCCOE) is a regional service agency that provides instructional, business, and technology services to the 31 school districts of Santa Clara County. The County Office of Education directly serves students through special education programs, alternative schools, Head Start and State Preschool programs, migrant education, and Opportunity Youth Academy. The SCCOE also provides academic and fiscal oversight and monitoring to districts in addition to the 22 Santa Clara County Board of Education authorized charter schools.*

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