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HR ADVISOR FEBRUARY 2022



American Heart Month

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and also improve your overall health and well-being.

Preventative measures:

- *Get your blood pressure and cholesterol checked*
- *Choose heart-healthy foods (vegetables, fruits, whole grains)*
- *Aim for a healthy weight*
- *Manage stress*
- *Get regular physical activity*
- *Quit smoking*
- *Get enough good-quality sleep*



CSP Day

Concordia's annual day of giving #CSPday is fast approaching on March 17. The Office of Advancement is looking for members of the CSP community to act as Champions to help spread the word about the university's fundraising goals!

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Champions are asked to communicate with ten of their personal contacts, which can include family, friends, and coworkers. Communications will need to be done the week leading up to and on #CSPday (March 9-17).

Communications can include social media posts, texts, and emails - whichever you prefer. Champions will be provided with pre-written prompts and specifically designed imagery to spread the word about #CSPday with their network. We also encourage you to add personalized touches in your posts to share about how CSP has impacted you.

To learn more about being a Champion, visit cspday.com/champions , or contact Allie Smeeth at smeeth@csp.edu or 651-641-8831 by March 6, 2022.



Mental Health

Did you know that one in four workers report wanting more mental health support from their employers?

Nearly everyone's mental health has been put to the test because of COVID, as well as what we've experienced outside of the pandemic.

Understanding that mental health and mental illness are two very different things is an important part of being able to support your workers.

We ALL have mental health. According to the Centers for Disease Control, mental health reflects "how we think, feel and act." The World Health Organization defines mental health as "a state of well-being in which a person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to the community."

Conversely, according to the National Institute of Mental Health, of the 331 million people living in the U.S., nearly one in five American adults (51.5 million) live with mental illness. According to the CDC, mental illness refers to "conditions that affect a person's thinking, feeling, mood or behavior" – conditions such as depression, anxiety disorder, bipolar disorder and obsessive-compulsive disorder that may affect someone's ability to relate to others and function each day.

Mental health is represented as being on a continuum, ranging from:

- 1. Mentally well – functioning well and coping with the normal stressors of life.*
- 2. Mental health issue.*

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Assure your workers that you're here to support their mental health and that it's OK to ask for help.

More tools to help you understand mental health:

- [How to find a counselor who is a good fit for you.](#)
- [Calming the Chaos](#)
- [It's OK to not be OK... and we're talking about it.](#)
- [Signs of the \(Stressed\) Times](#)
- [Understanding Depression and Anxiety](#)



W2 Form 2021

The 2021 W2's are now available electronically via Blackboard.

If you need help resetting your password to get access to Blackboard, please contact the CSP Help Desk at helpdesk@csp.edu.

Accessing your W2:

1. Log in to Blackboard (csp.blackboard.com)
2. Scroll down to the heading labeled "University Links"
3. Find and click on "Student Page - select for additional student links"
4. Click on "Details of Employment" and select "Tax Forms"
5. Click "W-2 Wage and Tax Statement"
6. Enter the year 2021 and submit

If you have any questions regarding your 2021 W2 please email humanresources@csp.edu.

February Heart-Healthy Recipe

Green Goddess Salad with Chickpeas

Prep time: 15 minutes

Cook time: 0 minutes

Total time: 15 minutes

Yield: 2 servings

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Office Hours

HR Hours of Operation

8:30 a.m – 4:30 p.m.

RT 900

*Questions or comments
regarding the Human
Resources Advisor can be
directed to Cassidy
Leining: cleining@csp.edu
or 651-641-8721*



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