




# June Newsletter

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# Be Well Aware – Health Article



## Why You Should Take an Actual Break from Work and Recharge

### Why We Need to Recharge

We as humans work to live. We work to achieve something meaningful, and we work to be happy. But, our energy has a limit and we can't use more than we have. The more we work, the more we get tired both mentally and physically. We must be aware of our bodies and recharge our energy before it runs all the way out.

No matter how much we enjoy our job, we all need to take a break once in a while. So why do people often leave their vacation time unused? It's important to take a vacation, or in these times even a "staycation" from work, our normal routine, and the demands of daily life in order to keep our stress levels in check. Otherwise we risk decreased creativity, memory problems, and other issues.

Taking breaks from work, whether it's for 10 minutes or for a week-long vacation, interrupts the cycle of daily stress that can lead to feeling overwhelmed. Breaks allow us to restore ourselves both physically and mentally so we can revitalize our minds and bring ourselves to a healthier place. They can lead to sharper thinking and increased creativity that can spill into all areas of our lives. Just think about how much more productive you'll be afterwards!

### Signs You Need to Recharge

Our bodies tell us we need a break in a variety of different ways – some being more serious than others. Here are some red flags to pay attention to that may mean you need to walk away, even if it's just for a few minutes.

1. You aren't motivated.
2. You can't stay focused.
3. You start to make careless mistakes.
4. You're missing out on personal events.
5. You don't associate with your co-workers.
6. You start to feel physically ill from stress (nausea, headaches, fatigue, aches and pains).



## Recharging at Home

The first step to recharging is deciding that you're going to take a break. Depending on how long you've got, these energizing ideas can be adapted to fit 10 minutes, a couple hours, or be strung together to fill a couple of days. So, what are you waiting for? Let's start relaxing!

- **Have a spa day:** grab your husband, wife, and kids and treat yourselves to an at-home face mask, an exfoliating foot mask, a moisturizing hand mask, and an at-home mani/pedi – just visit your local drugstore for all of your spa day needs! Don't forget the fluffy white robe and the eye soothing cucumber slices!
- **Plan a family game or movie night:** dig out those board games, pop some popcorn and build that blanket fort. Enjoy a nice night with your family while forgetting all about your email inbox.
- **Meet new people:** this may not be as difficult during social distancing as you think! Plan a zoom night with a group of friends, and have each person invite someone they know that may have never been introduced to those in the group. You could hit it off and make a new friend to enjoy time with once social distancing ends!
- **Start a new hobby:** there's no time like the present! Focusing on activities other than work helps you restart your brain and reduce stress. Discover your creative side through learning new things that give you a sense of accomplishment.
- **Update your playlist:** music can make us feel calm and happy. Listening to your favorite playlist when you're getting ready in the morning or in the car/on the bus may help you feel at ease before or after our work day.



## References:

<https://www.bls.gov/spotlight/2020/workers-access-to-and-use-of-leave/home.htm>  
<https://www.mhanational.org/4mind4body-social-connections-and-recreation>  
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# Exercise of the Month



## YOU Choose Your Workout

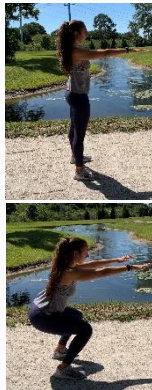
Here's a fun way to get your daily exercise and connect with others. This workout can be done with family and friends who live together, or over virtual calls, like on FaceTime or Zoom.

### How to play:

- For each fun fact that applies to you, complete 15 repetitions of the associated exercise
- If you have kids, encourage them to join in and even list some fun facts of their own!

### Squats:

- You have red hair
- You live near the beach
- You like dancing
- You are 30+ years old
- You have a brother
- You like pop music



### Push-Ups:

- You like to exercise
- You have brown hair
- You like chocolate
- You are married
- You know how to swim
- You are < 30 years old



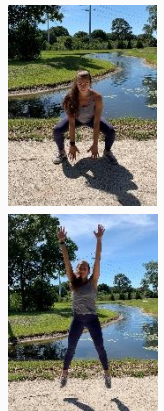
### Split Squats (15 each leg):

- Your name begins with A-L
- You have blonde hair
- You wear glasses/contacts
- You have a sister
- You live where it snows
- You like taking naps



### Frog Jumps:

- You have a pet
- You can play an instrument
- You have facial hair
- Your name begins with M-Z
- You are an only child
- You like watching movies







# Health-Full Eating & Nutrition



## Recipes You Can Cook With Your Kids Or Virtually With Friends!

### Cooking

Cooking is a great activity that truly connects us and brings people together. Given the current circumstances, the need and desire to feel connected with others is at an all time high. Now is the perfect time to cook with the ones you love, but how? You can either cook with those already in your home, or virtually with anyone else you can imagine! Apps such as FaceTime, Zoom, and Microsoft Teams allow you to seamlessly connect with family and friends. Check out the recipes below, grab your family and friends, and get cooking!

### Recipe #1: Pasta Puttanesca

**Total Cook Time:** 20 Minutes

**Makes:** 4 Servings

**Ingredients:** 8 ounces whole-wheat thin spaghetti (vermicelli or angel hair), 1 tablespoon extra-virgin olive oil, 2 cloves minced garlic, 1/3 cup chopped flat-leaf parsley, 1/4 cup pitted chopped Spanish or Greek olives, 2 tablespoons capers, 1 teaspoon anchovy paste, 1 tablespoon fresh oregano leaves or 1 teaspoon dried, 1/8 teaspoon crushed red pepper flakes, 1 (14-ounce) can diced tomatoes (preferably no salt added), 3/4 cup chopped fresh arugula, 1/4 cup grated Parmesan.

**Cooking Instructions:** Bring a large pot of water to a boil, add pasta and cook according to the directions on the package. While the pasta is cooking, heat the oil in a large skillet over a medium flame. Add the garlic and sauté until fragrant, about 1 minute. Add the parsley, olives, capers, anchovy paste, oregano and crushed red pepper to the skillet, and sauté for 2 minutes more. Add the tomatoes and simmer for about 5 minutes. Stir in the arugula and simmer for 1 minute more, until the greens wilt slightly. When the pasta is done, drain it and add it to the skillet, tossing it with the sauce to combine. Top with grated cheese.



## Recipe #2: Pan-Fried Chicken with Lemony Roasted Broccoli

**Total Cook Time:** 35 Minutes

**Makes:** 4 Servings

**Ingredients:** 1 1/2 lb. broccoli cut into florets, 2 cloves garlic thinly sliced, 3 tbsp. olive oil, Kosher salt and pepper, 4 boneless skinless chicken breast (6oz each), 1 c. all-purpose flour, 1 lemon (cut into 1/2-inch pieces), 2 tbsp. lemon juice.

**Cooking Instructions:** Heat oven to 425°F. On rimmed baking sheet, toss broccoli and garlic with 1 Tbsp oil and 1/4 tsp each salt and pepper; roast 10 minutes. Meanwhile, pound chicken breasts to even thickness, season with 1/4 tsp each salt and pepper, then coat in flour. Heat 1 Tbsp oil in large skillet on medium-high and cook chicken until golden brown, 3 to 5 minutes per side. Nestle chicken amidst broccoli and roast until chicken is cooked through and broccoli is golden brown and tender, about 6 minutes. Return skillet to medium heat; add remaining Tbsp oil, then lemon pieces, and cook, stirring until beginning to brown, roughly 3 minutes. Add lemon juice and 1/3 cup water and cook, stirring and scraping up any browned bits. Spoon over chicken and serve with broccoli.



## Recipe #3: Crunchy Chickpea Kale Caesar

**Total Cook Time:** 35 Minutes

**Makes:** 4 Servings

**Ingredients:** 2 (15-oz.) cans chickpeas rinsed and drained, 2 tbsp. extra-virgin olive oil, Kosher salt, Freshly ground black pepper, 4oz mayonnaise, 2 tbsp. lemon juice, 2 tbsp. finely grated Parmesan, 1 tbsp. Dijon mustard, 2 cloves garlic finely chopped, 1 tsp. anchovy paste, 1 large bunch kale (tough stems removed and chopped), 2 small peppers (seeded and thinly sliced).

**Cooking Instructions:** Pat chickpeas dry with paper towels. On rimmed baking sheet, toss with olive oil, 1/4 teaspoon salt and 1/2 teaspoon pepper. Roast in 425°F oven for 30 minutes, shaking occasionally; let cool. In a large bowl, whisk mayonnaise, lemon juice, Parmesan, Dijon, garlic, anchovy paste, and 1/4 teaspoon salt. Add kale and peppers; toss to coat. To serve, top salad with chickpeas.



### References:

<https://www.foodnetwork.com/recipes/ellie-krieger/pasta-puttanesca-recipe-1945199>

<https://www.goodhousekeeping.com/food-recipes/healthy/a28650977/pan-fried-chicken-roasted-broccoli-recipe/>

<https://www.goodhousekeeping.com/food-recipes/a38876/crunchy-chickpea-kale-caesar-recipe/>