



BLACK FAMILY DEVELOPMENT, INC. HEALTH & WELLNESS NEWSLETTER

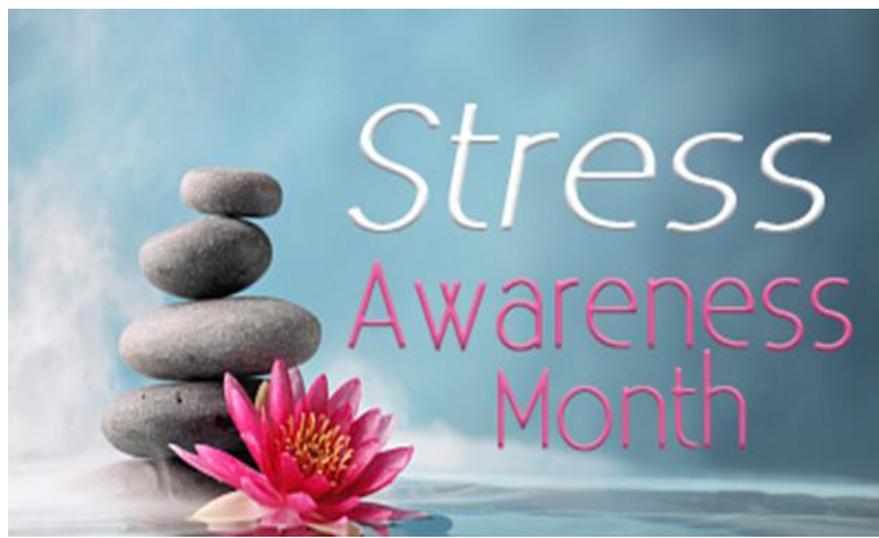
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WELCOME TO SPRING



APRIL



During the month of April, health care professionals and health promotion experts across the country will annually join forces to increase public awareness about both the causes and cures for our modern stress epidemic. Sponsored by The Health Resource Network (HRN), a non-profit health education organization, **Stress Awareness Month** is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

The concept of job stress is often confused with *challenge*, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our jobs. When a challenge is met, we feel relaxed and satisfied. But when the challenge has not been met, it turns into job demands that cannot be met. Relaxation has turned to exhaustion, and a sense of satisfaction has turned into feelings of stress. In short, the stage is set for illness, injury, and job failure.

Make your work space a self-care space!

Here are a few simple, low cost or free ideas on how to help make your work space a self-care space! You can use these ideas in your office, staff conference/meeting rooms and other places throughout the units!

1. **Grow Plants**

Succulents need less water and sunlight than the average plant, so they are pretty hearty in an office. You only need one or two to brighten your desk with greenery and life! Plus, **plants are proven to increase creativity and productivity while decreasing stress**, and giving you cleaner air to breathe.

2. **Get a Fidget Toy**

Keeping a 'fidget toy' on your desk can help **expend some of that nervous energy or get the creative vibes going** when you get stuck. **Container of Play-doh, slinky, silly putty, stress balls and spinners are some examples.**

3. **Take Regular Breaks**

While not everyone's job lends itself to regular breaks, a lot of us could be taking more breaks than we do. **Try to get up at least once every hour** — refill your water, take a lap around the office, say "hi" to coworkers on the other side of the office, anything! **This is especially important on days where you feel a time crunch. Even a five minute break will do wonders** for your mental and physical wellbeing on these stressful days.

4. **Keep a Secret Snack Stash**

Keep your favorite snacks on hand in a secret drawer. Try popcorn, nuts, granola bars, tea, coffee, cookies, and any other goodies you enjoy. **Having a small snack once or twice a day can help stimulate your productivity.**

Display Tokens of Friendship

Add a few favorite photos from fun times with my friends, family and co-workers. Reminders of loved ones help keep you grounded. Maybe keep a few cute things that were gifts in your office or in the main staff office, because they can have the same effect. **Take a few fun team pictures and hang them throughout your work space! Need props, let us know and we can bring over our fun bin!**

What are you going to try to do from this list?

What are your favorite, easy and low-cost ways to practice self-care at work?

HEALTH & WELLNESS

NUTRITION

FACTS!!



Spring into Fitness Fun Facts

- Studies have shown your life expectancy might increase by up to two hours for every hour you walk. (grab your shoes and get walking)
- The average person you will walk about 70,000 miles during their lifetime.
- Did you know that it only takes 100 too many calories each day to gain 10 pounds in a year? (That can creep up quickly!)
- Did you know that it only takes a deficit of 500 calories a day to lose a pound a week? (that's like 2 cans of soda pop, or 2 candy bars, or 2 Caramel Macchiato from Starbucks – surely you can do without those right?!)
- Did you know that a pound of muscle burns about 9 calories a day, and a pound of fat only burns 2?
- People that get enough Vitamin D are an average of 16 pounds lighter than those that don't. (Vitamin D is not just in milk, go for a walk and get some sunlight!)

Resource: By [inspiredcenter](#) & Shared by Faye Peterson

For any concerns or Health & Wellness Issues Please consult your personal physicians

Asian Grilled Chicken Salad

*****Chicken/Marinade: *****

4 large chicken breast
2-3 Tbs soy sauce
2 Tbs lime or lemon juice
2 Tbs canola oil
6-8 slices of fresh ginger (remove sliced ginger grilling the chicken)
1 tsp grated fresh garlic
salt and black pepper for seasoning each side of chicken breast



*****Salad: *****

6-8 cups shredded green leaf lettuce
1 English cucumber cut into matchsticks
2 carrots peeled and cut into matchsticks
2-3 cups slice red cabbage
1 spring onion sliced
Chow Mein noodles (optional)

*****Spicy Peanut Dressing: *****

1/4 cup creamy peanut butter
1/4 cup warm water
1 tsp toasted sesame oil
2-3 Tbs soy sauce
2 Tbs Sriracha sauce
2 Tbs rice wine vinegar
2 Tbs agave syrup (substitute regular sugar or brown sugar if diabetic friendly version is not needed)
2 cloves fresh garlic
1 Tbs chopped fresh ginger
Small piece of green onion (white part)

Directions

Step 1: Marinate Chicken with the chicken marinade for 30 minutes in a dish on the counter-top. You want the chicken to come to room temperature before cooking for 30 minutes only. Note: if you are not cooking chicken immediately, refrigerate for 2-4 hours and then take marinated chicken out of fridge for 30 minutes before cooking.

Step 2: Heat a grill pan on medium heat with 2-3 Tbs canola oil

Step 3: Place chicken in pan and cook for 6-8 minutes each side or until chicken is cooked through.

Step 4: Allow chicken to rest for 5 minutes then slice or cut into chunks for salad.

Step 5: To make Salad: Wash all vegetables. Slice lettuce into strips. Slice red cabbage into thin strips. Cut carrots and cucumbers into matchsticks. Slice green onion. Open bag of chow mein noodles if you are using them (this is an optional ingredient because it is not diabetic friendly)

Step 6: To make Salad Dressing: Place all ingredients into blender and blend until smooth. Refrigerate leftover dressing in the fridge for up to a week.

Step 7: Assemble Salad: Place green leafy lettuce on bottom of bowl. Add all sliced salad ingredients on top. Top with chicken slices or chunks. Pour dressing over salad. Garnish with chow mein noodles (optional). Enjoy.