Wellness @ Work
March 2020

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DON’T EAT LESS, EAT MORE and fill your plate with fruits and vegetables

Three out of four Americans consume a diet low in fruits and vegetables according to the most recent dietary guidelines research. It is recommended to consume five combined servings of fruits and veggies per day. High intakes of produce are associated with longevity and shown to reduce risk of cardiovascular disease, metabolic disorders and colorectal cancer. The vitamins, minerals, antioxidants and fiber that you get from produce helps you live a long and healthy life. Not getting these essential nutrients can speed up aging and increase disease risk, and supplements are not a substitute for a poor diet.

One of the biggest benefits of produce is fiber. This nutrient decreases cholesterol in the body and feeds your gut’s microbiome. Healthy colonies of bacteria in the digestive tract help to improve digestion and absorption of nutrients; it’s also associated with fewer depressive symptoms, and lower body weight.

You can even have produce in your dessert. Baked apples with cinnamon and frozen vanilla yogurt or fresh berries with angel food cake and a little bit of whipped cream are ways you can add in another serving. Consuming five servings of fruits and vegetables may seem like a lot at first. Try adding in one extra serving per day until you hit the goal. The health benefits will be worth the trouble.

You can enjoy a breakfast sandwich or omelet with grilled onions, peppers and mushrooms. Try out avocado toast. Add berries to pancakes and oatmeal. Add veggies like sliced peppers, red onion, cucumber and tomato to sandwiches. Make a quinoa salad with beans, corn, broccoli and Italian dressing. Toss veggies into pasta like cherry tomatoes, spinach, mushrooms, sliced asparagus or artichoke hearts. You can even have produce in your dessert. Baked apples with cinnamon and frozen vanilla yogurt or fresh berries with angel food cake and a little bit of whipped cream are ways you can add in another serving. Consuming five servings of fruits and vegetables may seem like a lot at first. Try adding in one extra serving per day until you hit the goal. The health benefits will be worth the trouble.

Book Club

Body Kindness: Transform Your Health from the Inside Out— and never say diet again

by Rebecca Scritchfield

Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you’re like millions of people, the lines do not intersect. But what if they did? Create a healthier and happier life by treating yourself with compassion rather than body shame.

The book teaches you four principles that will influence the choices you make every day. It starts with what you do and what you choose to eat, when to exercise, sleep and more. The second principal examines how you feel, the third principal will help you understand who you are and set goals based on your values. The last principal will help you find a place to belong and build a supportive community.

Body Kindness helps you let go of things you can’t control and embrace the things you can by finding the workable, daily steps that fit you best. Think of it as the anti-diet book that leads to a more joyful and meaningful life.

Discussion questions

1. Did you learn anything about dieting that surprised you?
2. What insights on your previous diet experience did you discover?
3. What is one strategy you will use to help you feel positive about your health and yourself?
4. Did this book spark any desires to make changes in your habits, if so what are they?
Give it a try...

Nicotine Cessation
Increase your chances of giving up tobacco for good by meeting with a certified health and wellness coach from Sanford Health Plan. Our coaches offer one on one support to help you quit for good. They are experts in helping people identify and understand their habits, triggers and motivations.

HOW DOES IT WORK?
Most sessions last about one hour and are done over the phone. For a full coaching experience, we recommend six sessions but the number you complete is up to you. If you’re not ready to commit, you can do one session as a trial run consultation.

Current Sanford Health Plan members can call (605) 328-6888 to learn more and sign up for an initial wellness coaching session.

Unhooking from negative emotions and reactions
Work can be stressful. There’s no way around it. But what if there were a way to train yourself in your reactions to the stressors experienced in the workplace. Becoming more self-aware can help you become more proactive and more fulfilled at work. Here are tips to help you get unstuck and unhook from reacting negatively in the workplace.

SHOW UP
Label your thoughts, positive or negative, and take personal accountability for them so you can get to the root of what’s bothering you.

Example: “I’m not good at giving a presentation” doesn’t get to the root of why you feel that way. Shift to, “I feel nervous and lack confidence in front of crowds.” Now you may find it easier to identify resources to support you to improve this skill.

STEP BACK
Momentarily detach from the situation. If your emotions weren’t present, what would be the most appropriate response to this situation? Knowing what triggers you in the workplace (being interrupted or unclear direction) will help you navigate to a level-headed response to any situation.

MOVE ON
Give yourself permission to not react to every emotion or thought. This small shift to your mindset can help you unhook from negative patterns that hinder your success.

Connect with others for social well-being
Take a moment to think about the last time you were truly joyful and had fun. Who were you with during this wonderful memory? Or were you alone? Likely this memory involved others. Good social habits, like spending time with others on a regular basis, can support your physical and emotional health. Those around you influence what you choose to eat, the emotional state that you feel today and in the future. Spending time with others is one of the best ways to build new and solidify existing relationships.

Here are some simple ways to spend time with others to improve the quality of your relationships:

1: Plan a regular healthy lunch date
2: Start a club: books, dinner or another favorite topic/activity
3: Spend your 15 minute break at work by talking with a co-worker
4: Go on a walk with a friend or family member
5: Call or text someone to let them know you are thinking of them
6: Take up a hobby and invite others to join you on a regular basis
7: Volunteer
Quick skillet chicken

Serves: 4
Total Time: 45 min | Prep: 15 min

**Ingredients:**
- 1 tablespoon olive oil
- 1 1/2 pound skinless, boneless chicken breast halves, cut into bite-size pieces
- 2 teaspoon poultry seasoning, or to taste
- 1/2 teaspoon ground black pepper to taste
- 1 1/2 cups water (for fresh pasta only)
- 1-16 ounce package fresh or dry whole grain angel hair pasta, cut into thirds
- 1-10 ounce package frozen peas
- 1 cup sliced fresh mushrooms (optional)
- 2 splashes white wine
- 2 tablespoons garlic powder, or to taste
- 1-6 ounce bag fresh spinach
- 1/4 cup grated Parmesan cheese, or to taste

**Directions:**
Heat oil in a large skillet over medium heat. Place chicken in hot oil and sprinkle with poultry seasoning and black pepper. Cook and stir chicken in hot oil until no longer pink, 5 to 8 minutes. If using dry pasta to start, boil water in a separate pan and cook pasta for 8 minutes. Drain water, reserving 1/2 cup of the liquid. Pour water into skillet and bring to a simmer. Stir angel hair pasta, peas, and mushrooms into skillet; cook until pasta is tender, 4 to 5 minutes. Stir wine and garlic powder into pasta mixture. Add spinach and stir until spinach wilts, about 2 minutes. Sprinkle individual servings with Parmesan cheese.

**Nutrition Facts:**
Calories: 512   Total Fat: 10g    Sodium: 197mg    Total Carbohydrates: 60g
Dietary Fiber: 11g    Total Protein: 51g

Nutrition information compiled using MyNetDiary.com