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HEALTH OBSERVANCE

Osteoporosis Awareness

Dawn K – Wellworks For You

May is Women's Health and National Osteoporosis Awareness Month.

Women are four times more likely to develop Osteoporosis than men. According to the Mayo Clinic, several factors, including age, race, lifestyle choices, medical conditions, and treatments, can increase the likelihood of developing Osteoporosis.

Osteoporosis is more common in people who have too much or too little of certain hormones in their bodies. Long-term use of oral or injected corticosteroid medicines, such as prednisone and cortisone, interferes with the bone-rebuilding process. Certain lifestyle choices, such as a sedentary lifestyle, excessive alcohol consumption, and tobacco use, also increase one's risk of Osteoporosis.

According to Harvard Health, many nutrients play a role in bone health, such as calcium, vitamin D, protein, magnesium, phosphorous, and potassium. If you eat a healthy diet with lots of fruits, vegetables, legumes, nuts, seeds, and lean proteins, you should get enough nutrients to keep your bones healthy and functioning. Regular exercise reduces the rate of bone loss as women age and lowers the risk of fractures.

High and low-impact weight-bearing and muscle-strengthening exercises are the best defense against Osteoporosis. You might include jogging, walking, hiking, aerobics, or tennis. However, low-impact and weight-bearing exercise is good for those with osteoporosis, as it adds progressive loads when strength training benefits your bones. Work up to higher weights or resistance over time and exercise while standing to help with balance and fall prevention. Change your exercise routine every few months to incorporate different exercises for each muscle group, working the muscles at various angles and adding incremental loads.

As always, check with your doctor before starting any exercise program, and ideally, work with a certified fitness professional.



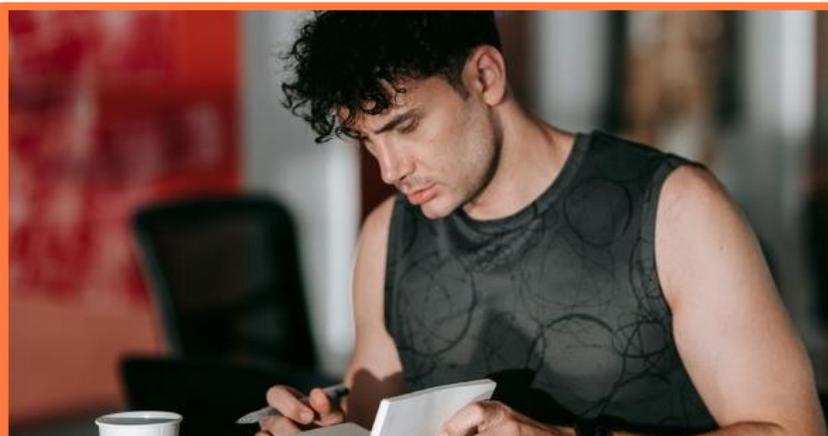
Everyday Mindfulness: *Beyond Meditation*

If traditional meditation isn't your cup of tea, fear not. There are many ways to cultivate mindfulness in your daily life!
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Mental Health Month *A Call for Action*

May is Mental Health Month, a time dedicated to raising awareness about mental health issues, breaking down stigmas, and supporting those on their journey to mental wellbeing.
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LIVE SIMPLY

MENTAL WELLBEING PROGRAM

HEALTH TIP CORNER

Wellness Pillar: Mental

Mindfulness Beyond Meditation: Finding Peace in the Everyday

Kim Farrell – Wellworks For You

Are you tired of being told to meditate? Maybe you've tried it and it's just not your thing. Well, I'm here to tell you that meditation isn't the only path to mindfulness – far from it! While it is certainly a valuable practice for some people, it's not a one-size-fits-all solution. The essence of mindfulness is about being fully present and engaged in the moment, aware of your thoughts and feelings without distraction or judgment. If traditional meditation isn't your cup of tea, fear not. There are myriad ways to cultivate mindfulness in your daily life, allowing you to reap its benefits of reduced stress, enhanced focus, and increased emotional regulation.

Mindful Eating: Transform meals into a practice of mindfulness by fully engaging your senses. Savor the aroma, taste, and texture of your food. Eat slowly and without the distraction of screens or books, truly appreciating each bite. This not only improves digestion but also fosters a deeper connection to your eating experience.

Nature Walks: Nature is a powerful ally in practicing mindfulness. Take a walk outside, observing everything around you. Notice the colors of the leaves, the patterns of the sky, and the feel of the ground beneath your feet. Listen to the symphony of sounds, from the rustling leaves to the chirping birds, immersing yourself in the natural world.

Mindful Listening: Engage in conversations with the intent of truly listening rather than planning what to say next. Focus on the speaker's words, tone, and emotions. This not only improves your relationships but also helps you cultivate a habit of being present.

Gratitude Journaling: End your day by writing down three things you're grateful for. Reflect on why these things matter. This practice shifts your focus to the positive and grounds you in the present moment.

Creative Activities: Engage in activities that absorb your attention completely, whether it's painting, knitting, gardening, or playing an instrument. These acts require focus and present-mindedness, naturally leading to a state of mindfulness.

You see, mindfulness is about finding what works for you and integrating it into your daily routine. By exploring these practices, you can discover a more mindful, peaceful, and enriched life, all without traditional meditation. Embrace the journey of mindfulness, and watch as your world transforms, one moment at a time.

Source: <https://www.psychologytoday.com/us/blog/rethinking-mental-health/202009/mindfulness-without-meditation>



Celebrating Mental Health Month:

A Call for Conversation and Action



Lisa Kyler – Wellworks For You

As the flowers bloom and the world awakens in May, it's not just nature that's getting a fresh start. May is Mental Health Month, a time dedicated to raising awareness about mental health issues, breaking down stigmas, and supporting those on their journey to mental wellbeing. It's a month that shines a light on our inner world, encouraging conversations and actions that support mental health for all.

This month isn't just about recognizing the struggles; it's about celebrating the strides we've made in understanding, treating, and accepting mental health conditions. It's a time to share stories, spread knowledge, and empower individuals to seek help and support. From anxiety and depression to stress and psychosis, every aspect of mental health is acknowledged, creating an inclusive dialogue that uplifts and educates.

Empowerment Through Awareness

Education is at the heart of Mental Health Month. By learning more about mental health, we empower ourselves and others to recognize the signs of mental illness, seek help, and offer support. Workshops, seminars, and online resources proliferate, offering valuable information that demystifies mental health issues and promotes healthy coping strategies.

Community and Connection

Mental Health Month promotes a sense of community. Whether it's through local events, social media campaigns, or personal storytelling, the message is clear: You are not alone. Connecting with others, sharing experiences, and building networks of support are pivotal aspects of the month, reinforcing the idea that mental health is a collective responsibility.

Action and Advocacy

Finally, May is a time for action. It's an opportunity to advocate for policies that support mental health care, increase funding for mental health research, and ensure access to necessary services. It's about taking steps, both big and small, to create a world where mental health is prioritized and supported.

As Mental Health Month unfolds, let's all take a moment to reflect on our own mental health and the health of those around us. Engage in the conversation, learn something new, and perhaps, extend a hand to someone in need. Together, we can make mental health a priority, not just in May, but every day of the year.

Source: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/probiotics/faq-20058065>

FEATURED RECIPE

Sun-Dried Tomato & Feta Egg Bites

6 Servings | Total Time: 40 Minutes

Nut-Free, Vegetarian, Gluten-Free, Soy-Free



INGREDIENTS:

- 8 large eggs
- 1/3 cup whole milk
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 3/4 cup crumbled feta cheese
- 2/3 cup chopped oil-packed sun-dried tomatoes, drained
- 1/3 cup chopped scallions

DIRECTIONS:

1. Preheat oven to 350° F. Coat a 12-cup muffin tin with cooking spray.
2. Whisk eggs, milk, oregano, garlic powder, pepper and salt together in a large bowl until well combined and frothy. Fold in feta, sun-dried tomatoes and scallions until combined.
3. Divide the mixture among the prepared muffin cups, about 1/3 cup each. Bake until puffed, set and golden, 16 to 18 minutes. (The egg bites will deflate once removed from the oven.) Let cool in the pan for 5 minutes before serving.

TO MAKE AHEAD:

Refrigerate in an airtight container for up to 3 days. Reheat in the microwave on High for 30 seconds. For a crispier texture, broil 8 inches from heat source until crispy and lightly golden brown, about 3 minutes.

NUTRITION

Per Serving: 2 Egg Bites

Calories: 182	Protein: 12g
Carbohydrates: 6g	Dietary Fiber: 1g
Saturated Fat: 5g	Cholesterol: 266mg
Sugar: 2g	Sodium: 402mg

Source: <https://www.eatingwell.com/sun-dried-tomato-feta-egg-bites-8404224>