



Social WELLNESS

Improve overall health with social activities

LiveWELL
March 2019



www.WellnessAtoZ.org

Take charge of your health to put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Social wellness is important in building healthy, supportive, and nurturing relationships. By making conscious decisions we can foster genuine connections with those around us—at home, at work, and within our community.



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Five ways to improve your social health

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Positive social habits can help you build support systems and increase your mental and physical health. Daily interactions and strong relationships allow you to be part of your community and those communities that surround you.

Check out five ways you can improve your social wellbeing habits.

1. Make positive connections. There is a saying that you become most like the five people you spend the most time with. Choose your network wisely and decide not only how you can learn from those around you, but also how you can impact that same network of individuals.

2. Put your mask on first. On every flight you take, you hear the same thing—put your mask on before assisting others. Taking care of yourself first allows you to become the best version of yourself to be helpful to others.

3. Be active together. Physical activity boosts happiness and provides mental clarity. Connect with a friend, family member, or colleague by taking a fitness class together or going for a hike or run. Make it an outing and grab coffee or lunch afterward to share your thoughts, ideas, or feelings on something you have in common.

4. Bond with your family members. Communicating with your immediate family is crucial in setting a path to positive social health. A good support system can help you through times of stress, whether it's a bad day at work or something more serious. Lack of social support can lead to isolation and feelings of loneliness.

5. Communicate. The most important thing you can do to increase your mental health is to communicate your feelings. The lack of communication can trigger your nervous system's fight or flight response, which slows digestion and causes stomach issues. It can also cause headaches and migraines, and studies show that it may even increase your risk of heart disease. Make a point to share your feelings, good and bad, with your support system to improve your overall health.



More than 22% of American adults report feelings of isolation and loneliness. Social isolation can have a direct impact on increased stress levels, depression, and anxiety.



PlayWELL

Social springtime activities across Arizona

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Springtime is the best time to be in Arizona! Flowers, and cacti, are blooming, the weather averages 76 degrees while our high country friends enjoy temperatures in the crisp mid-50's. The best part about this time of year is that there are plenty of things to do, places to visit, and activities to enjoy.

Here are a few ways to stay active and social during our most beautiful time of the year:

Festivals: Whether you enjoy music, food, beer, or arts and culture, Arizona has got you covered. With a minimum of one festival or market across the state each weekend, there are plenty of ways for you to stay active, enjoy the sunshine, and be social.

Sports: We don't need to remind you that we are in the midst of Major League Baseball's Cactus League Spring Training. With 15 teams playing daily across the Greater Phoenix region, it's a great excuse to have a "team-building" outing with your coworkers. Are fast cars your thing? Check out ISM Raceway's NASCAR 500 Weekend coming up March 8-10.

Outdoor activities: The **Wellness Wonders of AZ** challenge, our free community health and wellness challenge begins April 1 and runs through **Wellness AtoZ Day** on May 19. Explore areas of Arizona that you never knew existed while you compete for weekly prizes. The best part is, you can encourage your friends, family, and coworkers to sign up and compete alongside you!

The Wellness Wonders of AZ spring challenge begins April 1!
Sign up today: wondersaz.wellnessatoz.org.



WorkWELL

What Does Wellness Mean to You?

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What does wellness mean to you?

Wellness for me means finding happiness, being grateful, and cultivating a positive attitude. When we are well, we are able to be present and engaged in whatever activity we're doing whether for work or fun. I fully believe attitude is contagious - being well allows us to be our best version of ourselves and inspire others to make positive changes.

How long have you been at SAGE Counseling?

I've been with SAGE for almost three years. I've been in the behavioral health field for 11 years.

Do you have a wellness goal?

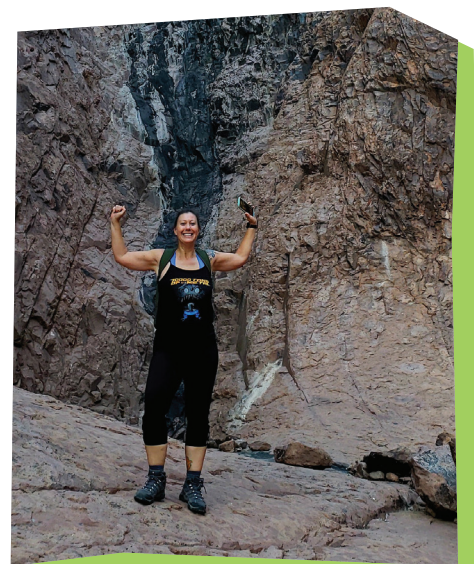
My wellness goal for 2018 focused heavily on physical wellness. I completed the 52 hike challenge in November 2018, with my 52nd hike being Flat Iron in Superstition Mountains. I also spent the spring on the lakes kayaking and stand up paddle boarding, and summertime with aerial yoga. My wellness goal for 2019 is to work on financial wellness as well as physical wellness. I am looking for financial education opportunities to offer at SAGE and participate in outside of work. I intend to sign up for the 52 hike challenge again, with the 52nd hike being Havasupai.

Which challenges do you face in achieving your goal?

Time and a lengthy to-do list has been an obstacle in the past. I try to schedule time based on the seasons for wellness, because I can feel a difference if I go a few days without yoga or meditation.

How has your workplace helped you in achieving your goal?

One of the SAGE values is maintaining a good work life balance. The Management team supports wellness goals of employees in creating quarterly activities based on employee wellness survey data. My direct supervisor is very supportive of my wellness goals and will allow me to flex my start and end times (based on business needs) for wellness activities.



Carrie Pile,
Director of Human Resources,
SAGE Counseling Inc.

www.WellnessAtoZ.org/WorkWell



Eat local foods to enhance your connection with your community. The recipe below comes from the blog at thebellevieblog.com. Look for the majority of these ingredients at your local farmer's market, providing you with the freshest nutrient contents and allowing our local growers to keep doing what they do best!

ROASTED VEGETABLE FLATBREAD

INGREDIENTS:

- 1 lb pizza dough (whole wheat, gluten free, or make your own cauliflower crust)
- 1 yellow squash, sliced
- 1 cup grape tomatoes
- 1 cup broccoli florets
- 1/2 lb asparagus, rinsed, ends removed and chopped largely
- 1-2 tablespoons olive oil
- dash of salt and pepper
- 1/2 a ball of fresh mozzarella, sliced thin

FOR THE PESTO:

- 3 garlic cloves, peeled
- 3 tablespoons ground almonds
- 2 cups unpacked fresh spinach
- 1/2 cup Pecorino Romano, freshly grated, divided
- Juice of 1 lemon
- 3-4 tablespoons olive oil

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. On a baking sheet, add squash, tomatoes, and broccoli, toss in olive oil, sprinkle with a little salt and pepper, and roast for 10 minutes.
3. Add asparagus to the sheet and continue roasting for 10 additional minutes. Remove from oven, set aside, and turn heat up to 500 degrees.
4. In the bowl of a food processor, add garlic, ground almonds, spinach, cheese, and lemon juice. Puree until mixed.
5. With the motor still running, gradually add in olive oil until a paste forms. Set aside.
6. Line a jelly roll pan with parchment paper
7. Stretch and roll out your pizza dough. Poke a few holes throughout to allow crust to stay flat.
8. Place rolled out dough on pan with parchment paper.
9. Spread the spinach pesto onto the dough and top with an even layer of the thinly sliced mozzarella.
10. Top with roasted vegetables.
11. Cook on the bottom rack of the oven for 10-12 minutes, until the crust is golden brown and the cheese is melted.

NUTRITION INFORMATION PER SERVING: (RECIPE SERVES 6)

Total calories: 462 Fiber: 5g
Protein: 21g Sodium: 493mg
Carbs: 37g



WELLCommunity
Help make our community beautiful

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There are many ways to engage with our local community to help make it a more beautiful place to live. Check out the community gardens in your neighborhood to see how you can be of assistance. Gardening has been shown to decrease levels of stress, and of course getting healthy amounts of Vitamin D from the sun always benefits. Many of these sites don't require a green thumb—they'll give you all the tools you need to succeed!