



LiveWELL Now!

May 26, 2020



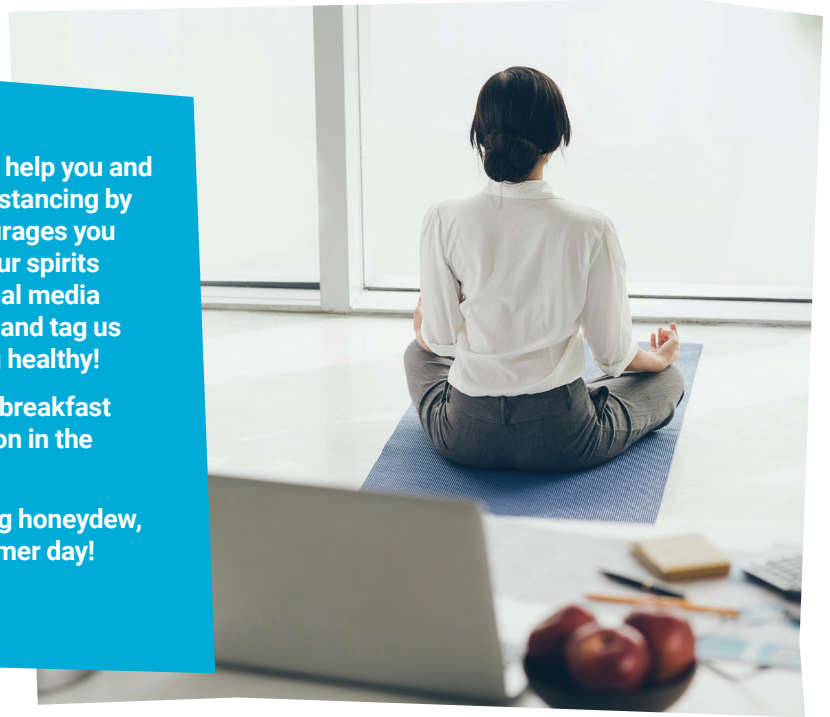
Community WELLNESS

Best Practices for Working from Home

Wellness AtoZ is sending out weekly communications to help you and your family stay healthy and well as we practice social distancing by working from home. We hope this communication encourages you to continue practicing your health regimen and keeps your spirits lifted during this uncertain time. Connect with us on social media via Facebook, Twitter, and Instagram @GoWellnessAtoZ and tag us #LiveWellNow. We would love to see how you are staying healthy!

Weekly wellness tip: Start your day with a well-balanced breakfast with protein, fiber, and healthy fat to avoid heat exhaustion in the hot weather.

Healthy recipe of the week: Summer calls for a refreshing honeydew, jicama, and mango salad. Try this one out on a nice summer day!



LiveWELL Now!

Best practices for working from home



Mindfulness: Our minds respond better to short mindfulness breaks. Practice short mindfulness moments several times a day.

Find balance: If you are using social media on a computer, close all the tabs where you are logged into social media sites to avoid distractions while working.

Stay active: Keep some exercise equipment at home to stay active. If you need impromptu weights, try using water bottles or canned foods as an option.

Social distancing: If you have prescriptions, refill them online or by phone.

Hydration: Skim and low-fat milk have high electrolytes which help keep you hydrated.

Healthy meals: Use liquids such as stock, wine, lemon juice, fruit juice, vinegar, or water instead of oil.

Family Time: Do athletic activities together as a family such as playing ball!

Balancing work with kids at home: Find a workspace that works best for you

Stay safe in the sun: Practice water safety such as wearing a life jacket if you don't know how to swim.

Transition back to the office: Check out this week's LiveWell Now! for a deep dive on transitioning back to the office.



5 TIPS FOR TRANSITIONING BACK TO THE WORKPLACE

Manage stress

The transition back to the workplace can be a trigger for stress and anxiety as the pandemic is still existent in our society. To help with those feelings of anxiety and stress, you can try using stress reduction apps, practice mindfulness and deep breathing, and practice self-care. If you have a family, work together to support and help each other through the transition.

Be assertive

Now that businesses are reopening, it may give people a sense of false security. Continue to be assertive and follow safety precautions such as washing your hands for 20 seconds and using hand sanitizers and disinfectant wipes. Furthermore, continue to social distance if there is an opportunity to and continue to wear a mask when you are out in public places.

Social distance

If your office will begin going back to the workplace in-person, it is important that you follow safety precautions such as staying 6-feet apart, staggering employees' start times, and continuing to hold meetings and gatherings virtually or over the phone if possible.

Stay active

One of the best tips for being healthy is to take preventative measures to avoid getting sick and to minimize symptoms if you do get sick. Try to eat your 5 servings of fruits and vegetables daily and to get exercise.

Look out for the health of others

Many of the precautions that are taken not only protect you, but they also serve to protect your coworkers and those around you. If we each do our part, we also take care of one another. Some things you can do to take preventative measures are to stay home if you feel sick or have symptoms. If you don't feel like your employer is taking the necessary steps to keep you and your coworkers safe, don't be afraid to speak up.

Derived from wexnermedical.com

CREATE A PRODUCTIVE WORK COMMUTE

Listen to audiobooks or podcasts

A big adjustment for many employees returning to the workplace is the morning commute. To maximize your time on the road, tune into an audiobook or podcast on a topic that is of interest to you or on a new skill that you would like to build. For example, if you are interested in learning a new language, this might be the perfect opportunity to begin doing so. You might find that you arrive to work more energized and refreshed!

Plan your day

Something simple you can do on your way to work is to begin to brainstorm what the priorities are for your day! Try to think of the top three things you will accomplish when you first arrive at the office.

Think about the day you finished

Your way home is a perfect time to reflect on the day: what went well and what could be improved for tomorrow. While it is important to have a separation between work and home, it's not a bad idea to reflect on your work for a little while and then transition to your life outside of work.

Make phone calls

One task you can get a headstart on while you're on the road is phone calls (if you have bluetooth or speakerphone capabilities). If you have any phone calls you need to make, complete them before even arriving at the office.

Derived from careersidekick.com





KALE SMOOTHIE

One of the key challenges that comes with going back to work is having to think about and plan for meals. So, a quick and simple recipe is always ideal! Check out this simple smoothie recipe to help you with your morning routine.

Ingredients

- 1 small bunch kale, chopped
- 1 cup unsweetened almond milk
- 1 medium pear, chopped
- 1/2 cup low-fat vanilla almond milk yogurt
- 1 cup frozen sweetened mixed berries
- 3 tablespoons agave nectar
- 1 medium banana, halved

Directions

In a large bowl, mix kale and fruits. Pour in almond milk, yogurt, and agave nectar; stir to combine. Process in batches in a blender until smooth. Serve immediately or refrigerate.

Nutrition Facts

1 cup: 184 calories, 3g fat (0 saturated fat), 0 cholesterol, 86mg sodium, 40g carbohydrate (23g sugars, 6g fiber), 4g protein.

Recipe and photo from tasteofhome.com



MEAL PREP TIPS FOR THE FAMILY

Store dishes in separate containers

The easiest thing to do when we are done with making a meal is to cover the pan or pot with aluminum foil and store it in the refrigerator. Tip: try using airtight containers to store leftover food because it will leave it tasting better and more fresh for longer.

Do your grocery shopping and meal prepping on separate days

Trying to do both grocery shopping and prepping on the same day can become too overwhelming for many people. If you try to divide tasks into two different days, it will leave you covered for most of the week and you may only need to put together a few things during the week if you run low on the meals you food prepped over the two days.



Make different recipes using the same ingredients

Try maximizing all of your ingredients to save money and minimize food waste. For example, if you use peppers and onions to make egg muffins, you can also use them as raw vegetables to add to other meals.

Foods for the whole family

It's nice to be aware and take into consideration the dislikes and likes of your family when it comes to food, but it is important to encourage your family to eat the same thing even if it is not their favorite. This way it doesn't become too overwhelming and stressful to try to cook a meal that everyone enjoys.

Reheat food on the stovetop

When you can, use your stovetop to heat up food instead of a microwave. It gives it a fresher taste and doesn't take in any plastics that might be contaminated into the food when heated up in the microwave.

Choose recipes that allow you to make multiple meals

Many food ingredients can be used over again to make a different meal. For example, you can use potatoes to make baked potatoes as a side or to mix it in with another recipe like eggs.

Line baking trays with aluminum foil or parchment

The one thing many people don't look forward to with cooking is what comes afterward: cleaning. To help save you time, use aluminum foil or parchment to line the tray to help make the cleanup process smoother.

Derived from self.com