



Emotional WELLNESS

LiveWELL
October 2023



Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. In this LiveWell newsletter, we provide tips and practices to maintain and improve emotional wellness.



LiveWELL The importance of quality sleep

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Sometimes we sacrifice sleep to fit everything we want to do into our day. But sleep is an essential restorative process for the body that can affect both mental and physical health. Sleep helps you think clearly, focus better, and function at your best. Take these steps to make sure you regularly get a good night's sleep.

1. Go to bed and wake up at the same time each day.
2. Sleep in a dark, quiet, comfortable environment.
3. Exercise daily (but not right before bedtime).
4. Limit the use of electronics before bed.
5. Relax before bedtime. Try a warm bath or reading.
6. Avoid alcohol and large meals before bedtime.
7. Avoid stimulants like caffeine and nicotine.
8. Don't take naps after mid-afternoon. Keep naps short.
9. Try to get natural sunlight for at least 30 minutes a day.

Information derived from [Centers for Disease Control and Prevention](https://www.cdc.gov/sleep/)





PlayWELL

Building resilience supports emotional wellness

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Experts say people who are emotionally well have fewer negative emotions and can bounce back from difficulties faster. This quality is called resilience. Here are some practices you can put in place to help strengthen yours:

- Develop healthy physical habits such as healthy eating, physical activity, and regular sleep.
- Take time for yourself each day and do something you enjoy.
- Look at problems from different angles and try to see the positive side of things.
- Practice gratitude.
- Explore your beliefs about the meaning and purpose of life.
- Tap into social connections and community and surround yourself with positive, healthy, happy people.

Information derived from [NIH News in Health](#)



WorkWELL

How to reduce stress

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Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high-alert” changes become harmful rather than helpful.

The following practices can help you manage stress and boost your resilience at work:

- Figure out what you find stressful.
- Learn different coping techniques such as mindfulness or breathing practices.
- Look after your physical health by exercising regularly.
- Try to balance your time by identifying priorities and setting boundaries.
- Remember to take breaks regularly.
- Reach out if you need help.



Source: [NIH News in Health](#)



EatWELL

Quick hearty autumn stew

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QUICK CHICKEN AND BARLEY STEW

Recipe and photo from southernliving.com

Try this quick 30-minute chicken and barley stew recipe that is protein-packed, full of fiber, and fresh flavors.



NUTRITION:

Calories: 469kcal Carbohydrates: 41g Protein: 51g Fat: 12g Fiber: 7g

INGREDIENTS:

- 3 bacon slices
- 1 tablespoon olive oil
- 1 cup chopped yellow onion (about 1 medium onion)
- 1 cup 1/4-inch-thick diagonally cut carrots (about 2 medium carrots)
- 1 cup 1/4-inch-thick diagonally cut celery (about 3 stalks)
- 1 tablespoon garlic cloves, minced (about 3 garlic cloves)
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 (6-oz.) boneless, skinless chicken breasts
- 4 cups low-sodium chicken broth
- 1 cup uncooked quick-cooking barley
- 1 (8-oz.) package baby spinach
- 2 tablespoons chopped fresh flat leaf parsley

INSTRUCTIONS:

1. Cook bacon in a large Dutch oven over medium until crisp, about 6 minutes, turning once. Transfer bacon to a plate lined with paper towels, reserving drippings in Dutch oven. Crumble bacon and set aside.
2. Add olive oil to drippings in Dutch oven; increase heat to medium-high. Add yellow onion, carrots, and celery; cook, stirring occasionally, until tender, about 3 to 4 minutes. Stir in garlic, kosher salt, and pepper, and cook until fragrant, about 1 minute.
3. Add chicken and broth to Dutch oven. Cook on medium-high until broth begins to boil, about 2 to 3 minutes. Reduce heat to medium-low. Stir in barley and cook until chicken is cooked through and a thermometer inserted in the thickest portion reads 165°F, about 8 to 10 minutes more. Remove chicken, shred into large pieces, and return to Dutch oven. Add spinach, and stir until wilted, about 1 minute. Stir in parsley; top each serving with crumbled bacon.

WELL Community

Strengthen social connections to improve emotional wellness

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Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically.

Volunteering for causes you care about in your community can help strengthen social connections, ultimately supporting emotional wellness. Check out the [City of Phoenix Volunteer Portal](https://www.phoenix.gov/volunteer) to find organizations you would like to volunteer at in your area.



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