



Mental WELLNESS

LiveWELL
May 2024

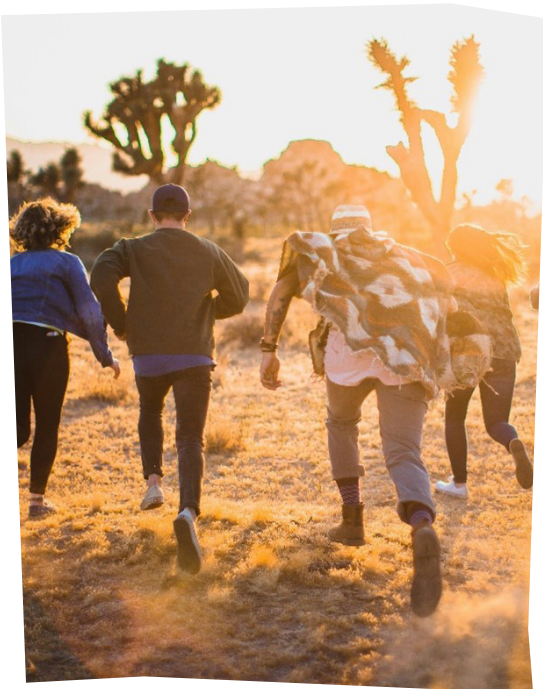


Prioritize taking care of your mental health this May. To celebrate Mental Health Awareness Month, this newsletter offers simple tips to incorporate into your wellness practices.



LiveWELL Tips to boost mental health

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More than one in five U.S. adults live with a mental illness. Here are five things you can do to help support mental health and well-being.

1. **Eat well:** Studies show that about 95% of serotonin is produced in your gastrointestinal tract, which is the neurotransmitter linked to mood, pain, appetite, and sleep. That's why what you eat has such an important impact on your mental health. Aim for unprocessed, fresh foods.
2. **Get enough sleep:** The mental benefits of sleep include the capacity to improve creativity and problem-solving; lower the likelihood of depression and other mental disorders; and even increase life expectancy.
3. **Stay active:** When we exercise, neurotransmitters are released in the brain that help reduce stress, relieve pain, and improve mood. All of this is linked to lower anxiety levels and positive mental health. It also leads to other good habits like a regulated appetite and better sleep, which naturally promote positive mental health over time.
4. **Nurture relationships:** Relationships are one of the most important aspects of our lives. People who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected.
5. **Set realistic goals:** Setting unrealistic goals is a fast track to disappointment, unnecessary pressure, and stress. When we set goals, we're actually able to achieve, we feel good about ourselves which promotes positive mental health.

Information derived from [National Institute of Mental Health](#)



FAVA BEAN AND ASPARAGUS SALAD

Recipe and photo from [bonappetit.com](https://www.bonappetit.com)

With fava beans, asparagus, and green pistachios, this salad is a celebration of spring.

INGREDIENTS (8 SERVINGS):

- ¼ cup coarsely chopped raw pistachios
- 1½ cups shelled fava beans (from about 1 ½ pounds pods)
- Kosher salt
- 1 small shallot, finely chopped
- 2 tablespoons Champagne or white wine vinegar
- Freshly ground black pepper
- ½ cup olive oil
- 1 bunch asparagus, sliced thinly lengthwise on a mandoline
- 2 cups trimmed watercress or arugula
- ½ cup mint leaves
- 2 tablespoons tarragon leaves
- 2 tablespoons chive blossoms (optional)

INSTRUCTIONS:

1. Preheat oven to 350°. Toast pistachios on a rimmed baking sheet, tossing occasionally, until fragrant but not browned, 5–8 minutes. Let cool.
2. Cook fava beans in a large saucepan of boiling salted water until tender, about 4 minutes. Using a slotted spoon, transfer to a colander set in a bowl of ice water. Drain, remove skins, and transfer beans to a small bowl.
3. Combine shallot and vinegar in another small bowl; season with salt and pepper and set aside at least 10 minutes. Whisk oil into shallot mixture; season vinaigrette with salt and pepper.
4. Combine beans, asparagus, watercress, mint, and tarragon in a large bowl; add vinaigrette and pistachios and toss to combine. Transfer to a serving platter and top with chive blossoms, if using.



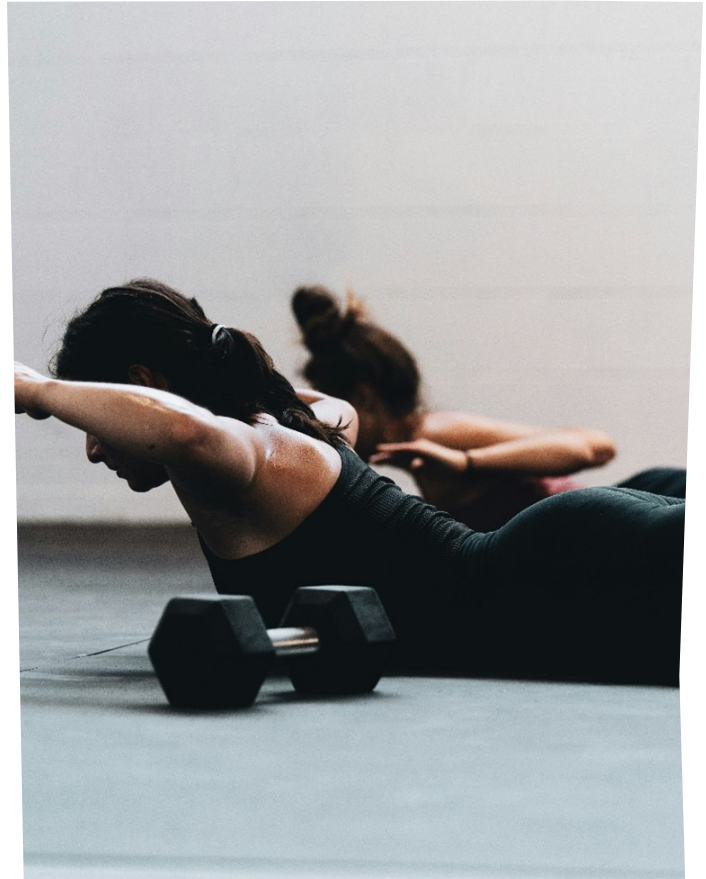
At the Greater Phoenix Chamber, we have wellness breaks, which are 15-minute reminders to take a break at 10 a.m. and 3 p.m. Whether that be walking, stretching, or stepping away from your computer, this reminds employees to get their legs moving, take a break, clear their minds, and boost circulation. We encourage employers to add wellness walks to their days to boost mental and physical well-being.



Exercise can help cope with depression, anxiety, stress, and more. It also improves memory, helps you sleep better, and boosts your overall mood.

- 1. Exercise and depression:** As one example, a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%.
- 2. Exercise and anxiety:** Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins.
- 3. Exercise and stress:** Stress can manifest itself through tense muscles, headaches, tightness in the chest, and more. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body.
- 4. Exercise and ADHD:** Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity immediately boosts the brain's dopamine, norepinephrine, and serotonin levels, which affect focus and attention.
- 5. Exercise and PTSD and trauma:** Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become "unstuck" and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of allowing your mind to wander, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves.

Information derived from helpguide.org



MIND 24-7 is fundamentally changing the landscape of accessible mental health care by offering walk-in mental health and substance use services to people of all ages, regardless of their ability to pay. Before MIND 24-7, the average person in the U.S. had to wait four to six weeks to see a mental health provider. Visit their website to learn more about their resources and schedule a visit.

Learn more: <https://www.mind24-7.com/>