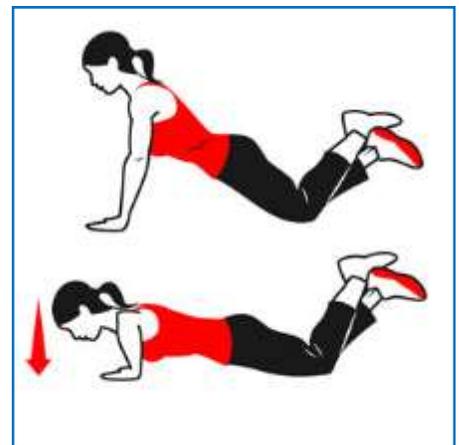
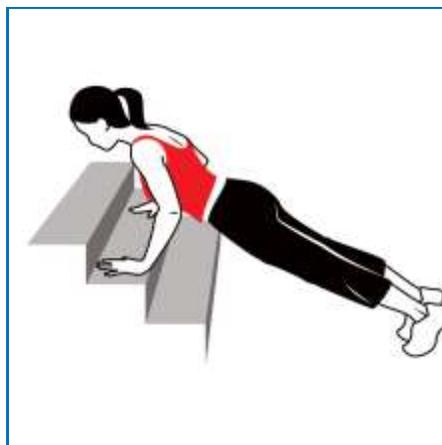
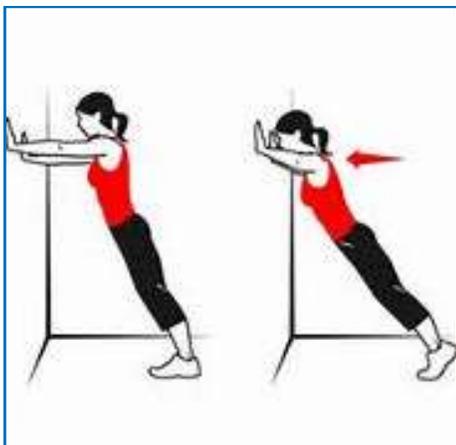


22 in 22 Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Challenge Starts	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day	Start this challenge on May 6th. Complete 22 pushups daily until Memorial Day. Show completed calendar to a Wellness Committee Member to claim your point on your fit ticket. Ask a friend or co-worker to take a picture of your efforts.				



31 ways you can be more conscientious about your mental health

Make a to-do list. Lists help keep your mind organized. There's also something quite satisfying when you can cross things off!

Keep and maintain a planner. Whether you prefer using your smartphone or a traditional planner, keeping an up-to-date daily schedule will help you block out the time you need to complete your to-dos.

Break up big tasks. Dividing projects into smaller parts can keep you organized while helping you decide which steps to tackle first.

Prioritize your tasks. Determine which assignments are the most critical, and which ones can wait for the time being.

Keep a clean work space. A disorganized area creates unnecessary chaos and causes distraction.

Stop over-checking your emails. Resist the temptation to stop what you're working on each time you receive a new message.

Delegate. Find ways to divide tasks among others – when appropriate.

Calm down. Being upset can affect your thoughts, feelings, body language - and those around you.

Step back to reflect. Clearing your thoughts will help your mind reset before tackling the tasks at hand.

Take time for recovery. Don't let work consume other parts of your life.

Look toward the future. Set some goals you want to achieve. They'll help you stay inspired throughout the day.

Work with others. Partnering with other people – when possible – can provide meaning and reasons to stay energized.

Don't expect perfection. To keep a positive attitude, it's better to have realistic expectations.

Don't forget why you're here. Remind yourself what you're working for – financial independence, personal growth, your family. It will help keep your mind in the right place on the job.

Find something you're passionate about. Doing something you like at work gives you the boost you need to maintain a positive focus.

Listen to someone else's experiences. Hearing another person's story can help you gain perspective.

Help those around you find motivation. Assisting others in discovering their passion may help bring encouragement to you, too.

Avoid repeating past problems. Don't let past issues – such as lack of energy to complete a task – rear their ugly heads.

Compliment those around you. Brightening someone else's day just might brighten yours.

Be bold. Take a shot at something new.

Communicate when you're troubled. Let another person know when you're upset about something rather than taking no action.

Walk away if you're angry. Take time to regroup from a conflict.

Find private time to discuss conflict. Don't try to resolve an issue in a public place or a setting where others can overhear your conversation.

Remember – different people have different personalities. Not everyone has the same agenda or priorities as you. Learn how to work with them.

Get enough sleep ... Studies suggest problems getting to sleep during the night can have a direct impact on depression. Aim for a solid seven to nine hours.

... But don't sleep too much. Research shows too much sleep may lead to issues with daily functioning.

Establish a sleep schedule. Go to bed at the same time every night, and wake up at the same time every morning. This includes weekends.

Get enough exercise. Research suggests physical activity increases self-esteem and decreases stress.

Make healthy choices on your lunch break. Bad eating habits can negatively affect your stress levels.

Watch your coffee intake. Too much can make you feel anxious or jumpy in the morning while you're working.

Meditate. According to The University of Michigan Depression Center, research shows meditation can play a key factor in reducing stress.

May 2019

Mental Health Tips to Try Every Day Challenge: See all the mental help tips on next page. Try and apply a new one every day. Complete at least 20 and get a point on your ticket to wellness.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

“Harvest for your Health”

April/May Initiative

Asparagus

Spring has finally arrived, which means fresh fruits and veggies! One of the first Spring vegetables is asparagus. Asparagus is one of the easiest perennial vegetables to grow and is in season typically from April to June. One of the best things about asparagus is that it holds many nutrients, but very few calories making it a weight-loss friendly food. Asparagus is full of essential vitamins and minerals, including vitamins A, C, E, & K, potassium, protein, fiber, glutathione, flavonoids and polyphenols, these are just a few examples. These vitamins, minerals and antioxidants can assist with digestive health, can serve as an anti-inflammatory, can lower blood pressure, as well as other beneficial health factors.

While the weight-loss aspect is good, essential vitamins and minerals make this veggie spear worth working into your meal routine. Asparagus can be prepared a number of ways while in season by roasting, sautéing, grilling, or adding to salads. If you choose to harvest this wonderful veggie spear, you can continue to appreciate it during the winter months by adding it to soups, stir-fries, and omelets, while reaping the health benefits during the off season. This veggie has versatility!

Harvesting asparagus can consist of canning, freezing, pickling or drying. Freezing to me is the easiest way for preservation. I enjoy just grabbing a bag out of the freezer and roasting it with olive oil and seasoning along with some root vegetables on a cold winter day.

If you plan on harvesting an abundance of asparagus, try to support a local farmer and look into going to Harvey’s U-Pick in Tekonsha. They take orders for asparagus and will have it ready for you to pick up. For more information, please follow the links.

<http://www.michiganfarmfun.com/place.asp?ait=av&aid=177> or follow their Facebook page at <https://www.facebook.com/Harveys-Farm-103412043032862/>.



Asparagus Recipes

Roasted Garlic Parmesan

Ingredients

- 1 bunch asparagus, woody ends trimmed off
- 2 tbsp olive oil, extra virgin
- 2 tsp garlic powder
- 1/2 cup parmesan , shredded or grated
- 2 tbsp lemon juice
- 1 tsp sea salt, celtic
- 1 tsp pepper, fresh cracked



Instructions

1. Preheat oven to 375 degrees.
2. Trim asparagus to remove tough, woody ends - discard ends.
3. On a baking sheet (line with aluminum foil or parchment paper for easy cleanup), lay down asparagus.
4. Drizzle asparagus with olive oil and lemon juice, mix around with hands to coat evenly.
5. Pour cheese and garlic powder over asparagus, mix with hands to evenly mix and coat asparagus.
6. Generously season with salt and pepper.
7. Bake at 375 for 15 minutes - checking at around 10 minutes to see if tips have started to brown slightly and asparagus has softened a bit.
8. Cook until asparagus is soft and has crunchy browned bits, about 15 minutes total (this is very dependent on your oven and the thickness of the asparagus stalks - watch it to be sure it doesn't overcook.) When asparagus is done, serve immediately.



Quick Skillet Asparagus

Ingredients

- 4 teaspoons extra virgin olive oil
- 1 pound medium asparagus spears, trimmed
- 1/2 teaspoon grated lemon rind
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon of salt

Instructions

Heat a large cast iron or nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add asparagus to pan, cook for 3 minutes or until asparagus is crisp, tender and browned, stirring frequently. Transfer to a serving platter. Add rind, juice, and salt, tossing to coat. ENJOY!

Harvesting Asparagus

How to freeze step by step

Blanching Asparagus: Boiling Water Method

Bring a large pot of water to a boil. Add up to 1 pound of asparagus at a time to the boiling water. Let the asparagus blanch for 2 to 5 minutes depending on the thickness of the spears. When the time is up, immediately drain the blanched asparagus and transfer it to the cold water. Leave it in the cold water for the same amount of time that you left it in the boiling water. Drain the asparagus in a colander.

Blanching Asparagus: Steam Method

Bring the water under your steaming basket to a boil. Place the asparagus in the basket and cover. Steam for 3 to 6 minutes depending on the thickness of the spears. When the time is up, immediately transfer the blanched asparagus spears or pieces to the cold water. Leave them in the cold water for the same amount of time that you steamed them. Drain well in a colander.

2 Ways to Freeze Blanched Asparagus

The simplest way is to place the blanched, chilled and drained asparagus spears or pieces in freezer bags or containers, label with the date and freeze.

If you want the asparagus spears or pieces to remain loose and not stick together (so that you can take out just what you need), flash freeze them first. To flash freeze, spread the blanched asparagus in a single layer on baking sheets. Freeze for 1 to 2 hours, then transfer to freezer bags or containers.

If you take the time to preserve some of this healthy Spring vegetable, during the month of April or May, let us know by sending a picture, and you will receive a point towards your Wellness Initiative for the year.

Give it
a try!



IT'S SO
worth
it.