

# WELLNESS NEWSLETTER

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## HEALTH OBSERVANCE

### Mental Health Month

*Cameron F. – Wellworks For You*

According to a 2021 poll by the Kaiser Family Foundation, 53% of American adults’ mental health has been negatively impacted due to stress linked to the pandemic. The pandemic has impacted our lives in every aspect, including our workday. The shift from in-person employment to remote work has exacerbated workplace anxiety and depression.

Here are three ways working from home can damage our mental health and strategies to combat those issues.

#### STRESSOR

We feel more alone without the necessary in-person support we need. A lack of physical connection can leave us feeling like we have nowhere to turn when we feel stressed or anxious.

#### STRATEGY

Reach out to your coworkers! Be open and upfront about how you are feeling with your work team. Set aside time to chat about things unrelated to work. This will help bridge the virtual disconnect working from home can create.

The lines between work and personal life blur when we are working from home. We tend to work longer hours, log on during our off-days, and answer emails while on break.

Set healthy boundaries! Take your designated breaks and off-days and make a promise to yourself to be present without checking your devices.

In our virtual world, we tend to run from meeting to meeting one after another. This happens less in a physical setting, and we have more time to take a break and decompress than we do virtually. When we do not have this time, it can lead to burnout and fatigue.

Plan breaks from your screen! Communicate meeting times that work for you and leave time in your workday to grab a snack, go for a short walk, or relax for a couple of minutes.

Sources:

[How Working From Home Is Impacting Our Mental Health \(businessbecause.com\)](https://www.businessbecause.com)

### WellBalance Health Corner

#### Less Screen Time, More Interaction

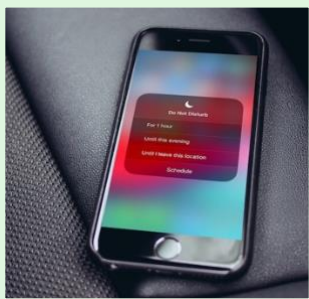
The average person checks their phone 58 times a day. Use our tips to cut down on your technology distractions.

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### Women’s Health Month

During the month of May, we want to remind women to take a stand for their health. Establishing a screening routine makes it easier for your Primary Care Physician (PCP) to make decisions about the next phase of your care.

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# WelBalance

## HEALTH TIP CORNER

*Find ways to lower your screen time usage and spend more connecting in person.*



## Less Screen Time, More Interaction

*Cameron F. – Wellworks For You*

**According to a study by RescueTime, the average person checks their phone 58 times a day.**

Those check-ins total up to over 3 hours of screen time per day. The top 20% of mobile phone users' device usage adds up to more than 4.5 hours! Another study from the Journal of the Association for Consumer Research found that just being in the presence of a turned-off smartphone can lower our cognitive performance. We are constantly tempted to pick up the phone and subconsciously expect an interruption from our devices.

It is important to remember to disconnect from the virtual world that our society has built and reconnect with real, in-person relationships. In doing so, your interpersonal relationships will benefit, you will be more productive, and be able to add more time back to your day!

Check out the tips and tricks below to lower your screen time:

### Delete or log out of social apps

Studies show we spend the most time on our devices utilizing social apps like Facebook, Instagram, and TikTok. Removing these apps from your device will significantly lower your tech time.

### Make a “distraction-free” home screen

Try moving all your unnecessary or distracting apps off your home screen. Keep vital things like messages, maps, cameras, etc.

### Turn off notifications

Go on Do Not Disturb mode while engaging with others. Don't let your smartphone cut into your relationships.

### Push as much as possible to your desktop

You can't bring your desktop computer with you while driving, eating with other people, or engaging in everyday activities. So, try to transfer unnecessary information and distracting apps to your desktop.

Sources:

[Screen time stats: How your phone impacts your workday – RescueTime](#); [Average Screen Time: Statistics 2021 \(elitecontentmarketer.com\)](#)

# May is Women's Health Month

*Jamie C. – Wellworks for You*

During the month of May, we want to remind women to take a stand for their health. Establishing a screening routine makes it easier for your Primary Care Physician (PCP) to make decisions about the next phase of your care. The suggestions below are recommendations, but always consult with your PCP about your health risks and family history to determine your best screening schedule.



## Under 20 Years

Vaccination against the human papillomavirus (HPV) is the best way to prevent cervical cancer and some forms of cancer later in life. The Food and Drug Administration (FDA) recommends that women as young as eleven years old, are candidates to receive the HPV vaccine.

## 20-29 Years

Women should get a Pap test every three (3) years to screen for precancer and cell changes. Perform monthly self-examinations on your breasts for any lumps, hardness, or tender areas, but in your mid-twenties, discuss the frequency of clinical breast examinations with your PCP, especially if you have a family history of breast cancer. Continue to update your PCP with any cancer-related surgeries or cause of deaths in your family so they can make informed decisions about your screening frequency and health.

## 30-39 Years

Establishing a regular routine in your twenties can help keep routine health screenings at a minimum in your thirties. In addition to regular Pap tests, an HPV test administered every five (5) years can help detect forms of cervical cancer.

## 40-49 Years

If your PCP has not already recommended clinical breast cancer screenings, start annual mammograms at 40 years old. If you are at average-risk for colorectal cancer, start screenings via colonoscopy or at-home stool-based tests in your mid-forties.



## Over 50 Years

Women who smoke or used to smoke should ask your PCP about getting a low-dose spiral computed tomography (CT) scan for lung cancer. Hepatitis C is the leading cause of liver cancer, so Hepatitis C testing is recommended for those women in their late fifties or born between 1945-1965.

## FEATURED RECIPE

### Pot Roast with Asian Black Bean Sauce

10 Servings



## MONTHLY DRAWING

Post your response on our Facebook page's May Giveaway post to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card.

If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month. You can also email your response to [info@wellworksforyou.com](mailto:info@wellworksforyou.com) if you do not use Facebook.

Like our page on Facebook: [facebook.com/wellworks4you](https://www.facebook.com/wellworks4you)

**What do you incorporate into your daily routine to improve your mental health?**

## INGREDIENTS

- 1 boneless beef chuck roast (3 to 4 pounds)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 1 medium onion, cut into 1-inch pieces
- 3/4 cup Asian black bean sauce
- 1/4 cup reduced-sodium beef broth
- 1/2 pound sliced fresh mushrooms
- 8 ounces fresh snow peas, trimmed
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- Hot cooked rice
- 4 green onions, sliced

## DIRECTIONS

1. Sprinkle roast with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown roast 3-4 minutes on each side. Transfer to a 6-qt. slow cooker. Add onion. Whisk together black bean sauce and broth; pour over roast. Cook, covered, on low 5-6 hours.
2. Add mushrooms and snow peas; continue cooking on low until meat is tender, about 30 minutes.
3. Remove roast and vegetables to a serving platter; keep warm. Transfer cooking juices to a small saucepan; skim fat. Bring cooking juices to a boil. In a small bowl, mix cornstarch and cold water until smooth; stir into cooking juices. Return to a boil; cook and stir 1-2 minutes or until thickened. Serve roast with hot cooked rice and sauce. Sprinkle with green onions.

## NUTRITION

**Per serving:** Each serving: 281 calories, 14g fat (5g saturated fat), 89mg cholesterol, 602mg sodium, 8g carbohydrate (4g sugars, 1g fiber), 29g protein.

Source: <https://www.tasteofhome.com/recipes/pot-roast-with-asian-black-bean-sauce/>

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