

WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **Employee Health & Fitness**

May is **Employee Health & Fitness Month**. It is also **Mental Health Month**. At a time when most of us are still Working From Home (**#WFH**), now more than ever, employers are focused on the overall wellness of their employees. The quarantine

restrictions have impeded physical activity for some people. Fear of the unknown and anxiety over returning to work can be overwhelming for others. It's important to recognize that everyone reacts differently to stressful situations.

While this edition of **WellnessWatch** is focusing on #WFH health, if your company hasn't taken the plunge into workplace wellness, now is the perfect time to do so. By planning employee activities now -- like walking work meetings, or relaxation breaks -- your management team can welcome staff back promoting the benefits of healthy worksite environment.

The Starr Group has a nationally-recognized and award-winning wellness program, and we want to help you develop your employee wellness initiative plan. Call our **Group Benefits Department** to get started: **1-414-421-3800**.



Ways to Cope with Stress while #WFH

"It takes 21 days to replace poor habits with healthy ones." Don't overwhelm yourself. Implement the following tips one at a time. Gradual change with real and attainable goals provides permanent results.

- **Unwind your mind.** Turn off the electronic screens and reduce binge-watching of action-packed movies. Take breaks from watching, reading, or listening to news stories, including social media. Learn it's OK to say "no".
- **Get creative.** Keep busy with other activities (yard work, organizing living space) and hobbies (carpentry, knitting, musical instruments) you enjoy.
- **Take care of your body.** Exercise regularly for 15 to 30 minutes. Take deep breaths and stretch. Purposefully set aside 15-30 minutes for prayer or meditation. Encourage family members to participate as well. Rest if you are ill. Get plenty of sleep!
- **Eat healthy,** well-balanced meals. "Grazing" on healthy snacks throughout the day has been proven to help control main meal portion sizes. Drink plenty of water.
- **Avoid alcohol, caffeine, nicotine, and drugs.** A temporary "high" will only mask the low feelings, and exaggerate any feelings of depression you may be experiencing.
- **Connect with others.** Text, phone, or Skype with people you trust about your concerns and how you are feeling. Remember to listen to how others are feeling, as well. **You'll find you're not alone!**



Did you know?

10
percent

93
million

15
minutes

- **10%** of Americans confess to being stressed. They could benefit from some form of therapy.
- 80% of employees are not ready to take action to change their health behaviors at any given time.
- **93 million** internet users reported searching health-related topics on-line in the past year.
- 87% of employers are committed to workplace wellness, and 73% already offer a wellness program to their employees.
- **15 minute** brisk walk can significantly improve productivity and performance at work -- especially after lunchtime when employees' brains need an energy boost. (forbes)



Keep Healthy Homemade Snacks on Hand

Pictured above (left to right) are healthy alternatives to snack foods: Avocado Chips; Crispy Crackers; Egg Plant Parm Chips and Fauxtato Chips. Below is the easy recipe for "**Fauxtato Chips**". [Click the image above for the other recipes or to subscribe to our 5-Starr Cookbook mailing list.](#)

Yields: 4 servings; Prep Time: 20 mins; Total Time: 1 hr 30 mins

INGREDIENTS:

- 1 bunch Radishes (about 7 medium radishes)
- 1 tbsp. Vegetable oil
- 1/2 tsp. Garlic Powder
- Kosher Salt
- Ranch Dressing, for dipping

INSTRUCTIONS: Wash radishes. You don't have to peel them. In fact, leaving on the red skin will give them a nice peppery flavor. If you choose to remove the skins, use a vegetable peeler. Using a mandoline, thinly slice radishes and into a large bowl. Add vegetable oil and garlic powder to radishes and season with salt to taste. Toss to coat, then spread in an even layer on large baking sheets. Be sure the radishes are not overlapping.

DIRECTION FOR CONVENTIONAL OVEN: Preheat oven to 225°. Bake until chips are crisp and slightly golden, 1 hour to 1 hour and 15 minutes. Let cool 5 minutes, then serve with Ranch Dressing on the side for dipping.

DIRECTIONS FOR AIR FRYER: Prepare Working in batches, add a thin layer of prepared radishes to air fryer and cook at 350° for 6 to 7 minutes, shaking the basket halfway through, until chips are golden and crispy. Repeat until all radishes are baked.



Learn More!

EMOTIONAL WELLNESS

A large portion of emotional wellness is to talk with someone who may be able to provide alternative and positive viewpoints. Just having someone to lend a sympathetic ear can be comforting. A recent study showed 42% of people who participated in online therapy recovered from depression versus of 26% people who with usual care. Check with your Health Insurance company to determine if you have access to virtual therapies. Here are some online statistic sources for your consideration:

- **Mental Health, Stress and Coping During COVID-19**
Center for Disease Control
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- **Telepsychology**, be it by phone, webcam, email or text message, has been around in one form or another for more than 20 years, used most often by members of the military. But the explosion of smartphone users has created new opportunities for app-based companies to offer more accessible and affordable therapy.
American Psychological Association
<https://www.apa.org/monitor/2017/02/online-therapy>
- **Is the future of Counseling and Therapy Online?**
<https://www.bestcounselingdegrees.net/online/>
- **Mental Health Awareness Month** was started in the United States in 1949 by the Mental Health America organization (then known as the National Association for Mental Health).
<https://www.thekimfoundation.org/blog/get-prepared-may-is-mental-health-awareness-month/>

- **Stress Tips** <https://www.skillsyouneed.com/ps/stress-tips.html>



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