

Live Well, Work Well

April 2020



Mental Well-being in Modern Times

As public health officials work to slow the spread of coronavirus disease 2019 (COVID-19), many have recommended social distancing and self-quarantining. Many employers have had to send employees home or ask them to work remotely. While these actions can help slow the spread, they can also have an impact on your mental health.

Stick to a Schedule

One of the best things that you can do to preserve your mental well-being is to sticking to a routine. For example, if you're used to going to the gym before work, try to wake up early and get an at-home workout in before you start your day. Maintaining as much normalcy as possible with your daily routine can help lift your mood and prevent boredom and distress from taking over.



Get a Good Night's Sleep

This suggestion goes hand-in-hand with sticking to a routine. While you're at home, it can be easy to go to bed or sleep in later than you typically would. Breaking your normal sleep routine can have negative effects on your overall mental well-being, so you should try to stick to your typical schedule as much as possible.

Spend Time Outside

Unless health officials give you explicit instructions to stay in your home no matter what, try to get outside periodically throughout the day. This could involve going out in your backyard or taking a walk around the block, but shouldn't include going to a park or other areas where large groups of people may be. Being outside also helps to promote higher vitamin D levels, a vitamin the body makes when skin is directly exposed to the sun.

Don't Obsess Over the News

It can be easy to become overwhelmed by watching the news and reviewing the updates of the COVID-19 situation. While it's important to be informed of the situation, you should not obsess over the news. For example, instead of monitoring the news all day from home, consider checking for updates once in the morning and once at night.

Practice Positivity and Gratitude

Taking five minutes a day to write down the things that you are grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive. While you're quarantining or social distancing, it's important to build time into your routine to practice positivity or express gratitude to change your mindset on your situation and boost your mood.

Are You Getting Enough Calcium?

Calcium is the most abundant mineral in your body. Consuming enough calcium is critical for keeping your bones and teeth strong and for maintaining the function of your nerves, heart and muscles. The current recommended dietary allowance (RDA) by age group is as follows:

- 1-3 years—700 mg daily
- 4-8 years—1,000 mg daily
- 9-18 years—1,300 mg daily
- 19-50 years—1,000 mg daily
- 51-70 years—1,000 mg daily (men) and 1,200 mg daily (women)

Please note that these RDAs reflect suggestions from the Office of Dietary Supplements at the National Institutes of Health. Please consult your doctor to determine how much calcium you need in your diet.

Top 5 Calcium-rich Foods



Cow's milk



Yogurt



Cheese



Tofu



Dark, leafy greens

Source: Cleveland Clinic

Healthy Snacks to Satisfy Your Workday Hunger

Snacking can be an important part of a healthy diet. Healthy snacks can provide midday energy boosts and fuel for exercising, and can help decrease your hunger and the odds of overeating at mealtime. Try incorporating these three simple snacks into your meal plan.

- **Almonds**—1.5 ounces of almonds (about 35 nuts) provides enough fiber, protein and good fats to keep you feeling full until your next meal.
- **Greek yogurt parfait**—1 cup of Greek yogurt with berries is a great way to get protein, calcium, fiber and antioxidants.
- **Apple and ½ cup roasted chickpeas**—Apples are fat-, sodium- and cholesterol-free. What's more? One medium-sized apple has less than 100 calories. When paired with ½ cup roasted chickpeas, you get a snack that provides protein, and good fats and carbs.

Citrus Salad



Makes: 8 servings

Ingredients

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 10 cups fresh greens
- 1 red onion (thinly sliced)
- 2 Tbsp. cider vinegar
- 1 Tbsp. lime juice
- 1 Tbsp. vegetable oil
- 1 Tbsp. water
- ¼ tsp. black pepper
- ¼ tsp. cumin

Preparations

- 1) Cut the grapefruit and orange into small pieces.
- 2) Toss the fruit, greens and onion together.
- 3) In a small bowl, combine the remaining ingredients to make the dressing.
- 4) Drizzle the dressing over the greens, onion and fruit mixture just before serving.

Nutritional Information

(per serving)

Total calories	48
Total fat	2 g
Protein	1 g
Carbohydrate	8 g
Dietary fiber	2 g
Saturated fat	0 g
Sodium	8 mg
Total sugars	6 g

Source: USDA

