

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



NATIONAL MENTAL HEALTH MONTH

Emotional Wellness

During this time of added pressure to keep everyone as healthy as possible—not to mention navigating disruptions to your normal professional and personal routines—it's more important than ever to utilize stress management and self-care strategies. The Miami-Dade Employee Assistance Program (EAP) is a confidential service which focuses on assisting those struggling with personal problems that may be affecting their ability to function at home, work, or in the community. EAP is free and available to all Miami-Dade employees and their eligible family members and dependents. Here are a few quick tips to focus on improving your emotional wellness for this month:

- Remember to breathe. Intentional breathing, slowly in through your nose and out through your mouth, can help you slow down and focus on the present moment.
- As much as possible, focus on one thing at a time. Prioritize working on the things you actually have some control over. Worrying about things you can't change wastes energy and doesn't change the outcome of the situation.
- Be compassionate. Remember that everyone (including you) is doing the best they can.



- Seek out 3 good things each day to help balance out the negative. Celebrate successes (even tiny wins) throughout your day.

Due to current CDC recommendations, the EAP is also providing telephonic assessments for all employees that are in need of assistance. To set up telephonic assessment with an EAP counselor, please call **305-375-3293** or email me at Jessica.Hughes-Fillette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

"When Life Gets Harder, Challenge Yourself To Be Stronger"

Healthy Selfie:

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter

What makes a selfie healthy, activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to **WellnessWorks@MiamiDade.gov**.

"Let Wellness Come to You"

WellnessWorks is hosting a Self-Care Webinar Series. Every Monday through Friday at noon, AvMed health coaches will be presenting a short 20 minute webinar on self-care topics. You will even have a chance to ask questions during the Q&A.

Earn 25 points by participating in each webinar as you engage with the WellnessWorks program. When you have earned 75 points, you will be entered into a quarterly drawing to win a \$250 prize.

Click on below topics to Register for the webinars you are interested in and take care of yourself during these trying times. After registering, you will receive a confirmation email with details on how to join the webinar.

- **Monday, May 4** - [The Netflix Workout](#)
- **Tuesday, May 5** - [Emotional Wellness](#)
- **Wednesday, May 6** - [Belly Dancing Benefits and How to](#)
- **Thursday, May 7** - [Are You Ready To Lose Weight?](#)
- **Friday, May 8** - [Strategies for Stress Eating and Grazing](#)

New Wellness on Demand Channel

WellnessWorks & Employee Assistance Program (EAP) is happy to announce our virtual health and wellness resource, available on our new channel on the Microsoft Live Stream platform.

The channel includes: *Videos on Exercise, Stretching, Meditation and Wellness Tips.*

<https://web.microsoftstream.com/channel/f33616db-93f4-4e50-bdd4-074900b58773>



2nd Quarter Steps Challenge: Step Up Your Immune Health

Registration began Monday, May 4th and the challenge runs from May 17th - June 13th.

Challenge:

10,000 steps/day for a total of 280,000 steps over 4 weeks.

Register on [Healthyroads®.com](http://Healthyroads.com)

Garlic Butter Salmon Cook in Foil

Ingredients

- 1/2 cup unsalted butter, melted
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- Kosher salt and freshly ground black pepper, to taste
- 2 pounds salmon
- 2 tablespoons chopped fresh parsley leaves



Instructions:

1. Preheat oven to 375 degrees F. Line a baking sheet with foil.
2. In a small bowl, whisk together butter, brown sugar, lemon juice, garlic, oregano, thyme, rosemary, salt and pepper, to taste.
3. Place salmon onto prepared baking sheet and fold up all 4 sides of the foil. Spoon the butter mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
4. Place into oven and bake until cooked through, about 15-20 minutes.
5. Serve immediately, garnished with parsley, if desired.

<https://damndelicious.net/2016/05/23/garlic-butter-salmon-foil/>

Ways to Be Active

The Physical Activity Guidelines for Americans recommends 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week. Sound daunting? It's much easier than you think, regardless of your current activity level. There are plenty of ways to get moving and some may even surprise you! It's time to be active, get healthy, and have some fun!

Being active doesn't require joining a gym. Look for ways to increase your heart rate during your daily routine. Walk or cycle instead of taking the car or bus, or you can choose the stairs over the escalator or elevator. Try these ways to be active and start working towards your fitness goals to jumpstart or maintain a healthy lifestyle.

There are many health benefits to being active for people of all ages, backgrounds and abilities, but you should consult your physician before starting a new activity program. If you haven't been active in a while, start slowly and build up. Do what you can; some physical activity is better than none.

<https://www.hhs.gov/fitness/be-active/ways-to-be-active/index.html>



Try this at-home routine

- Bodyweight squats: 20 reps
- Push-ups: 10 reps
- Walking lunges: 10 each leg
- Dumbbell rows (using a gallon milk jug or another weight): 10 each arm.
- Plank: 15 seconds
- Jumping Jacks: 30 reps

The above is what we call "circuit training," with the objective being to run through the workout sequence once, then again, then again. Try to get 3-5 rounds.

Note: Not a milk drinker?

If you don't have milk in the house for the rows, find something of roughly the same weight with a good handle.

Step Up Your Exercise

Get Moving with National Physical Fitness and Sports Month This May

May is National Physical Fitness and Sports Month in America. Now that the weather is warm and we have extended hours of sunshine, it's time to celebrate physical activity in our lives!

To most people, exercise is freeing, meditative, calming and rejuvenating all in one -and while it's hard to fit it into our busy lives, it's crucial to do so. Whether it's hitting the gym or joining a team sport with friends, we need to be moving.

There are just too many benefits to an active lifestyle to ignore. The main health benefits of exercise include: stress reduction/relaxation, improvement in energy levels and moods, maintenance of strong bones and joints, and prevention of high blood pressure, diabetes and heart disease.

So what's really important to know about exercise? Most people either aren't sure "how" to exercise or they think it's too much work. And a lot of people associate being fit with long, sweaty workouts at the local gym filled with a myriad of intimidating fitness equipment and being too self-conscious around already fit people to really let go and enjoy their workouts.

But exercise has no shame. Seriously. The moment you lace up your shoes and start your workout, you're already a rock star as far as taking the first step. No one will judge you for making an effort.



What you need to do is focus on fitness methods to get the most out of your exercise and also to avoid injuries. Do some research online for tips and different workouts.

So what are you waiting for? May the fitness be with you this month and beyond!

<https://caloriecontrol.org/get-moving-with-national-physical-fitness-and-sports-month-this-may/>