

# Newsletter

## Stress on the Job: Take Charge

If you're like most of us, you probably feel pressure and stress related to your job from time to time — and it's personal. That's because each of us responds to stress differently based on our personality and our workplace culture.

### WHAT YOU CAN DO

Remember, it's not the job that creates stress, it's the way you respond to pressures and demands that make you feel stressed. Try these tips and ideas to help you dial it down.

- **Do a reality check.** Assess your train of thought to see if it's adding to the stress you feel. Are the immediate demands really more of a challenge than a disaster in the making? Are you over thinking things?
- **Start each day making a to-do list.** Prioritize the list with tasks you must do, would like to do, and those that can wait.

→ **Take hourly mini-breaks.** Stretch your neck, shoulders, and back for physical and mental relief.

→ **Learn to say "no."** Be realistic about how much you can handle. You can always offer to help at a later time.

→ **Take some "me time."** Close your eyes for five minutes. Focus on your breathing and relax your muscles.

→ **Eat a healthy diet.** Eating fruits, vegetables, whole grains, and lean protein may reduce stress. Consuming caffeine, sugar, and alcohol can increase it.

→ **Exercise regularly.** Add some exercise, like walking, running, or swimming, and you'll tame your stress in no time.

→ **Talk it out with a friend for a fresh perspective.** You may find a whole new way of coping with your stressor.

For more information visit: <http://thriveon.staywell.com> and search "Stress" or visit <http://liveandworkwell.com> Access Code: EAP.

## Exercise of the Month: Tricep Dips

**Use a bench, sturdy chair, or even your desk to do this exercise and tone the backside of your upper arm.**

- ▶ Position your hands shoulder-width apart on a secured bench or stable chair.
- ▶ Slide your bottom off the front of the bench with your legs extended out in front of you.
- ▶ Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints.
- ▶ Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Be sure to keep your back close to the bench.
- ▶ Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning to the starting position. This completes one rep.

- ▶ Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.

Do 15 to 20 reps per set and aim to do two to three sets.

Don't have a sturdy piece of furniture to do this exercise? No excuses, you can even do it on the ground. Modify, by bending your legs in front of you with your knees in the air and bottom off of the ground.



## Coming this Month

### Cooking Demo:

### No Bake Key Lime Pie

On a warm summer's day there is nothing better than the balance of sweet and tart found in a fluffy slice of key lime pie. It may seem light and fresh, but a slice of traditional key-lime pie can add up to a whopping 300-500 calories of fluff! Try this fresh and healthy recipe instead.

[Click Here for This Month's Education Calendar](#)

### Fitness Classes offered:

Bootcamp  
Chair Fit  
Beginner Yoga  
Gentle Yoga  
Hatha Yoga  
Progressive Yoga  
HITT  
Line Dancing  
Meditation  
Strictly Strength  
Total Body Circuit  
Zumba

[Click Here for This Month's Fitness Calendar](#)



# May Cooking Demo Recipe



## Springtime Tofu Scramble

Tofu is a staple for many people following a vegetarian diet, but it's not just for vegetarians! Tofu is a soybean product made from the curds of soymilk, similar to the way cheese is made. Tofu has a bland flavor and is intended to be used as a blank canvas for any flavor combination that strikes your fancy. This versatile recipe uses simple fresh spring flavors.

### Ingredients:

- 1 tablespoon olive oil
- ½ cup finely chopped red onion
- fresh chile, chopped, to taste (*optional*)
- ½ cup fresh or frozen peas
- 1 pound of firm tofu, crumbled
- 2 tablespoons fresh herbs, chopped
- salt and pepper to taste

### Directions:

- ▶ Heat the oil in a large skillet and add the onion and optional chile with a pinch of salt. Sauté the onion until it softens and add the peas. Cook gently until the peas become bright green. Frozen peas may take a little longer, but be sure to not overcook the peas into mush.
- ▶ Add the tofu and toss with the vegetables, keeping the heat low, until the tofu is warm. Taste and add salt and pepper as needed. Remove from heat, toss in the fresh herbs and serve.

Recipe from: <http://www.thekitchn.com/vegan-mornings-springtime-tofu-113533>

**Suggested fresh herbs:** any fresh herbs will do — try basil, tarragon, parsley, dill, oregano, or thyme. Don't have fresh herbs on hand? Try adding 1-2 teaspoons of dried herbs instead. Add them when cooking the onion.

Estimated Cost per Serving: \$1.37

Estimated Cost per recipe: \$2.75

Yield: 2 Servings



## Food Fight "Eat This, Not That" At Taco Bell



**Yo Quiero Taco Bell, Think Outside the Bun, and now, Live Más.** You probably remember hearing these Taco Bell taglines over the past 10 years, and who can forget that adorable little Chihuahua? Fortunately, the Taco Bell menu has evolved over the years as well. Many of the menu items remain high in calories, fat, and sodium, but **there are a few items that won't totally blow your calorie budget.**

### Eat this!

#### Option #1: Black Bean Burrito

|                     |         |
|---------------------|---------|
| Calories            | 380     |
| Total Fat           | 11 g    |
| Saturated fat       | 4 g     |
| Trans fat           | 0 g     |
| Cholesterol         | 10 mg   |
| Sodium              | 1030 mg |
| Total Carbohydrates | 57 g    |
| Dietary Fiber       | 8 g     |
| Sugars              | 3 g     |
| Protein             | 14 g    |



**It probably goes without saying that if you order something with "XXL and stuff" in the name, it's not going to be a very healthy option. The Dietary Guidelines for Americans recommend we eat less than 2300 mg of sodium per day. This one burrito would put you at 90% of your total daily allotment of sodium.**

### Not that!

#### Option #2: XXL Grilled Stuff Burrito

|                     |         |
|---------------------|---------|
| Calories            | 860     |
| Total Fat           | 41 g    |
| Saturated fat       | 14 g    |
| Trans fat           | 1 g     |
| Cholesterol         | 65 mg   |
| Sodium              | 2170 mg |
| Total Carbohydrates | 91 g    |
| Dietary Fiber       | 12 g    |
| Sugars              | 6 g     |
| Protein             | 32 g    |

They also recommend that **less than 10% of calories** come from **saturated fat**, for a person eating a 2000 calorie diet, this burrito contains about 70% of your daily allotment. What's worse? It even contains trans fat—the worst fat of all! Instead, go for the black bean burrito which is much lower in calories, fat, and sodium and still has a good amount of fiber and protein to keep you feeling full.