

LIVE WELL. BE WELL.

♥ NOURISHING NEWS ♥

March/April 2023: Emotional Well-Being

"He who has health has hope; and he who has hope has everything."

Arabian Proverb

What is Emotional Well-Being?

Emotional well-being is the ability to handle life's stresses and adapt to change. Examples include stress reduction, mindfulness, building resilience, finding your purpose, and more! Over the next 2 months your Live Well. Be Well. wellness program will focus on events and activities to help enhance your emotional well-being.



Emotional Well-Being Tips & Tricks

Emotional well-being is an important part of health that often gets overlooked in favor of physical well-being. However, emotional fitness plays an important role in overall happiness, reducing stress, building relationships and social networks, and living a healthy life!

Here are some ways to improve your emotional well-being:

- **Label your emotions:** In giving a name to your emotions, you become more aware of them, which can help decrease the intensity of what you are feeling.
- **Practice mindfulness:** Mindfulness can help you live in the present moment without judgement of your own thoughts and feelings. Try a breathing exercise or short mindfulness meditation.
- **Ask for help:** You are not alone! If you are struggling with strong emotions, talk to a trusted friend, loved one, or consider reaching out to a mental health professional.
- **Have some fun:** Recognize the things that bring you joy and schedule time for them!

Check out Dr. Jud Brewer's mindfulness techniques that can help you during emotional situations in the Sharecare article: [How to Deal with Strong Emotions.](#)



March/April Health Observances

March:

National Nutrition:

- Participate by attending the March 22nd Coffee Talk: Food & Mood!

National Save Your Vision:

- Schedule your [annual eye exam!](#)

MS Education & Awareness

- For more information visit nationalmssociety.org

April:

Stress Awareness:

- Track your stress throughout April with the Live Mindfully Challenge at parsons.sharecare.com.

National Autism Awareness:

- For more information visit autismspeaks.org

Check out [Human Resources \(HR\) on Workplace](#) for the Live Well. Be Well. Monthly Calendar of Events & additional communications!

Garlic, Sausage & Kale Naan Pizzas

Some days we could all use a little pick-me-up, this fast and healthy take on a classic comfort food does just that.

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 3 cloves garlic, thinly sliced
- ¼ teaspoon crushed red pepper, or to taste
- 12 ounces 93%-lean ground turkey
- 1 teaspoon fennel seeds
- 1 teaspoon paprika
- ¼ teaspoon kosher salt, divided
- 8 cups lightly packed prechopped kale or baby kale
- 1 tablespoon red-wine vinegar
- 2 8-inch whole-grain naan breads or whole-wheat pitas
- ¾ cup mini mozzarella balls

Preparation

Prep time: 20 minutes | Yield: 4 servings

- Position rack in upper third of oven; preheat broiler to high.
- Heat 2 tablespoons oil, garlic and crushed red pepper in a large nonstick skillet over medium-high heat. As soon as the garlic starts to sizzle, add turkey, fennel seeds, paprika and 1/8 teaspoon salt. Cook, breaking up the turkey with a wooden spoon, until it is almost cooked, 2 to 3 minutes. Add kale, vinegar and the remaining 1/8 teaspoon salt; cook, stirring, until the kale is wilted and the turkey is no longer pink, 2 to 3 minutes more. Remove from heat.
- Place naan (or pitas) on a large baking sheet and brush with the remaining 1 tablespoon oil. Top with equal portions of the turkey mixture and mozzarella.
- Broil until the cheese is melted and the edges are starting to brown, 2 to 4 minutes. Cut in half.

Nutrition

Serving Size: 1/2 pizza

Per Serving: 498 calories; protein 29.5g; carbohydrates 33g; dietary fiber 5.6g; sugars 4.1g; fat 27.6g; saturated fat 7.7g; cholesterol 86.1mg; vitamin a iu 3726.1IU; vitamin c 39.3mg; folate 54.1mcg; calcium 339.3mg; iron 3.6mg; magnesium 43.3mg; potassium 396.4mg; sodium 717.9mg; thiamin 0.1mg; added sugar 2g.

Live Well. Be Well.
parsons.sharecare.com

Source: eatingwell.com

