

[View this email in your browser](#)



Coordinators' Bulletin

June 2020

Providing your wellness committee with updates and relevant health information!

New Classes Ready to Launch

Abby has a couple of new classes she is excited to roll out this spring/summer, so without further ado, here they are...



Beyond the Bullying

Workplace bullying isn't just an issue for one person, it affects everyone in profound ways. Attend this class to identify what workplace bullying looks like, what it does to those involved and how we can address it as employees and employers in order to move our workplaces beyond the bullying.



Stress During Uncertain Times

A new twist on our stress management class to address stresses linked to COVID-19, social isolation and anxiety about the unknown



Masks and More

The ins and outs of cloth face coverings to slow the spread of COVID-19, why we need them, how to wear them and how to make them.



Fast Facts on Fasting

Intermittent fasting is taking the eating world by storm, but is it a good choice for you? This class will discuss some fast facts on how fasting works, different options for fasting and whether it is a good plan for your eating style.



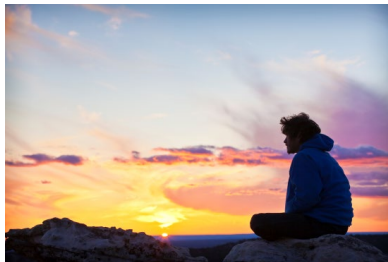
Grow & Give: A Modern Day Victory Garden

Having a modern day victory garden beats another trip to the grocery store - and the ability to get outside in the midst of stay-at-home orders and limited travel is a bonus!

Gardening can be rewarding and is an excellent way to improve your mood, boost family morale and get some outdoor exercise! Being able to grow and pick your own food is rewarding and can also add a nutritional boost to our diets. Plus, if we have enough space and plan our gardens well, we can plant enough to sustain our household needs and have some to share with local food banks and community members in need. "Grow & Give: A Modern Day Victory Garden" will walk you through the steps of getting your garden started, regardless of space!

**To Schedule any of the above five classes,
please contact Abby DiPasquale at adipasquale@memun.org.**

Danielle has a couple of new classes to offer that may help employees during these uncertain times.



Taking Care of Your Well-Being When It Matters

This class touches on the importance of taking care of yourself during social distancing and this pandemic period. This class focuses on a variety of areas that will make you and your family stronger during this time when social distancing and the fear of the unknown is causing everyone extra stress.



The Importance of Movement (during a pandemic and social distancing)

Movement of any kind is good for the body but also the mind, and during these times of uncertainty it's even more important. This class will discuss how movement helps with anxiety, builds your immunity and decreases your stress.

**To schedule either of these two classes for an on-line webinar (for now)
or an in-person lunch-n-learn in the future,
contact Danielle Yale at dyale@memun.org.**

We are continually looking for new class subject ideas to offer our groups - if you have something you would like us to offer, please let us know.



Sleep For The Health Of It!

A good night's sleep is paramount for the health of your brain and body. However, as our world continues to be in a state of chaos and our anxiety and worry continues to escalate, getting a healthy amount of quality sleep probably isn't as easy as it used to be. Getting good sleep is more important now than ever. Research has shown us that sleep deprivation can reduce your immune system and increase inflammation in the body, making you more vulnerable to illness - something none of us can afford now!

So, in addition to all the recommended hygiene behaviors to ward off illness, like handwashing and social distancing, consider your own sleep health as another way to stay protected. Here are a few helpful tips to help wind down and get a good night's rest, even during these stressful and uncertain times.

1. Maintain a regular routine

Many people have had their daily lives totally upended as a direct result of this pandemic. Some have been laid off. Some are adjusting to working from home. Others are now juggling work and family as they look after children who are now out of school for the remainder of the school year. No matter how your life has been affected, it's of the utmost importance to keep a regular routine in order to get good sleep.

2. Don't nap excessively

If you've found yourself in a self-quarantine or work-from-home situation due to the pandemic, the bedroom or couch might end up calling — a little too frequently. Adding to the importance of establishing a routine for yourself, make sure you're not napping excessively, as this can even make you sleepier during the day, potentially altering or disrupting a regular sleep routine.

3. Get some exercise (just not before bed)

Yes, your gym is probably closed, but exercise should still be part of your daily life. Daily exercise is still just as important, especially for sleep. Social distancing and stay-at-home orders may have you feeling that your options are more limited, but there are a number of ways you can effectively exercise without leaving your home. Just don't exercise within a few hours of bedtime because the stimulation of physical exertion make it harder to get to sleep.

4. Structure your news intake

It's nearly impossible to escape the constant distressing flow of news and information that permeates daily life right now. And yes, constantly consuming a 24/7 pandemic news cycle is likely to ratchet up your anxiety and affect your sleep. Be diligent in limiting how many times per day you check your phone, and for how long, to read news related to the pandemic.

5. Limit blue light exposure near bedtime

The internet has proved to be an invaluable tool for communication and entertainment during a time in which people across the world have been mandated to self-quarantine or shelter in place. However, staring at a screen all day is not helpful when you're trying to fall asleep. Instead, try activities like reading a book or listening to music as means of entertainment before bed.

6. Avoid drinking excessive alcohol

Alcohol isn't a healthy coping mechanism for dealing with stress and anxiety. The one-two punch of alcohol and poor sleep can have a real effect on diminishing the immune system

We hope these sleeping tips can help you find some peace and rest. Remember, you have to take care of yourself day and night!

Source: Healthline, 2020



Why Is Gratitude So Important?

Gratitude is important because it helps us see a world that is much bigger than ourselves.

When we have gratitude, we can help each other grow personally or in business. We can help those less fortunate because we see and appreciate how much we already have.

Gratitude is a mindset. Gratitude is about being aware of what's around us, not just what's within our reach or within our circle of influence. Being grateful is good for our physical, social, and mental health.

- Physical benefits of having an attitude of gratitude include a stronger immune system, lower blood pressure, better quality sleep, and waking refreshed.
- Mental benefits of gratitude include having more positive emotions, being more alert, and experiencing more joy and optimism.
- Social benefits of gratitude include being more helpful, compassionate, forgiving, and outgoing.

The two main aspects of gratitude are an awareness of the positive aspects of life and the realization that the source of goodness is in the outside world. When we know both of these things, it leads to a deeper appreciation of what is around us. And when multiplied together, these attitudes and the actions they spur have the power to change the world. You have to step outside of yourself and your immediate world to see that in the grand scheme of things, you have a lot to be grateful for. When practicing gratitude, there is a greater awareness of the world around you and it's easier to recognize the good in others. A deeper appreciation for all of the immaterial things in life, family, health, shelter, and the ability to pursue your dreams and passion. It's a beautiful way to live. Let's make this world a more positive place filled with gratitude.

Reference: www.fiscalfitnessphx.com

To schedule the Power of Positive Thinking, contact Danielle at dyale@memun.org.



Eat Your Greens - Try Bok Choy

What comes to mind when you hear the phrase “eat your leafy greens?” The average person may associate leafy greens with kale, spinach or broccoli, but there are so many other fantastic green vegetables that offer the same, if not more, benefits. Bok Choy, also known as Pakchoi or Chinese cabbage, is a popular food in Southeast Asia. It is an excellent source of calcium, iron and alpha-linoleic acid. As a member of the Brassica family, it is great at fighting off cancer.

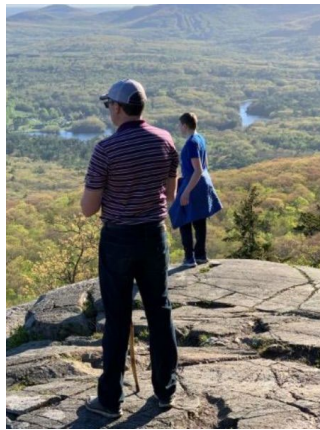
Bok Choy is high in nutrients and low in carbs. One cup of chopped Bok Choy has 1 gram of net carbohydrates and 1 gram of fiber. The total calorie count per cup adds up to a mere 9 calories. The glycemic index of Bok Choy can't be determined by standard procedures, but eating it is assumed to have little to no effect on blood sugar.

Bok Choy contains high amounts of Vitamins C, K, A and beta-carotene. Fibrous foods such as Bok Choy feed healthy gut bacterium which affects overall health, metabolism and digestion. It is also a sufficient source of folate, calcium and vitamin B-6. It pairs well with other leafy greens. It cooks quickly and can be prepared by steaming, stir frying, braising, grilling or stewing. Bok choy pairs well with chopped snow peas, mushrooms, chicken or tofu. It can be crunchy if the cooking time is kept short, but can be cooked for a longer duration to develop a creamy texture unique amongst other leafy greens. Try something new, it's healthy for you!

May Marathon a Success

Thank you all who joined us and those who encouraged others to join us in the first ever Wellness Works May Marathon. We were thrilled so many chose to join us and go the distance! We will be sending out the Wellness Works "swag" to those who submitted their completed logs in early June.

Our members always find clever ways to stay active, some hiked mountains with their friends, others played with their kids, and some even worked out with their pets! Here are a few of the photos we received of our marathoners getting their "miles" in! We will be featuring one of our ultra-marathoners in the Summer Wellness Works Newsletter, so keep your eyes peeled for his inspiring story!



Contact Us:

Wellness Works
Maine Municipal Employees Health Trust
60 Community Drive
Augusta, ME 04330

You are receiving this email because you are a Coordinator or Co-Coordinator of your employer's Wellness Group.