

LIVE WELL - WORK WELL



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Five Things You Can Do to Improve Your Daily Mental Health

Mental health plays a huge role in your overall health and well-being. It affects everything, including how we think, feel and act, and helps determine how we make healthy choices and cope with stress.

Because it's such a crucial component of your health, it's important to focus on maintaining or improving your mental health. Here are five simple ways to do so every day:

1. Express 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.
2. Get exercise. You probably hear all the time how beneficial exercise is to your overall health, but it's true. Exercising regularly can benefit your brain function, reduce anxiety and improve your self-image.
3. Spend time outdoors. Getting outside, especially when it's sunny, can greatly improve your mood, which in turn, benefits your mental health.
4. Be kind. Helping others and being kind not only helps the receiver of the act, but can also help you. It doesn't have to be anything crazy—holding the door or giving a compliment can go a long way.
5. Get a good night's sleep. Fatigued individuals typically experience drowsiness, mood changes, loss of energy and appetite, headaches, and a lack of motivation, concentration and alertness. Strive for seven to eight hours of sleep a night to improve your mental health.



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CHEESY BROCCOLI & RICE SQUARES

- 1 cup low-fat cheddar cheese (shredded)
- 1 cup broccoli (chopped)
- 3 cups brown rice (cooked)
- ½ cup fresh parsley (chopped)
- ¼ cup onion (chopped)
- ½ tsp. salt
- 3 eggs (beaten)
- 1 ½ cups evaporated milk
- 1 tsp. Worcestershire sauce
- Nonstick cooking spray

Preparation

Heat oven to 350 F and coat a 9-by-9-inch baking pan with nonstick cooking spray.

1. In a bowl, combine the brown rice, cheese, onion, broccoli, parsley and salt.
2. In a separate bowl, combine the eggs, Worcestershire sauce and evaporated milk. Pour over rice mixture. Mix well.
3. Pour into the baking dish.
4. Bake until just firm, about 35 to 40 minutes. Cut into squares to serve.

Makes: 8 servings

Nutritional Information

Total Calories	183
Total Fat	4 g
Protein	12 g
Carbohydrates	24 g
Dietary Fiber	2 g
Saturated Fat	2 g
Sodium	328 mg
Total Sugars	6 g

Source: USDA



More Than Asthma, More Than Food Allergies

More than 60 million Americans overall have asthma and allergies.

- About 26 million Americans have asthma (19 million adults and 6.2 million children)
- About 32 million Americans have food allergies (26 million adults and 6 million children)
- About 21 million Americans have hay fever, rhinitis or nasal allergies (20 million adults and 5.6 million children)
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These numbers paint a picture of how many people in the U.S. are managing asthma and allergies. But they don't paint a picture of the overall impact these diseases have on people and communities.

- About 26 million people living in the United States have asthma, a chronic lifelong disease that affects the lungs.
- Asthma can cause wheezing, shortness of breath, chest tightness and coughing. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks by avoiding asthma triggers like tobacco smoke, mold, air pollution, and colds and flu.
- Asthma episodes can also be prevented by using prescribed daily long-term control medicines correctly.
- Up to 80% of people with asthma also have allergies. Nasal allergies affect about 50 million people, seasonal pollen allergies afflict about 25 million and it is estimated that 32 million people in the US have food allergies.
- Allergy symptoms can include itchiness, hives and sneezing and some allergic reactions can progress to a life-threatening condition known as anaphylaxis.

These conditions can be challenging to manage. But it's important to remember your condition doesn't define you. For more information about living with allergies & asthma, please visit the National Allergy and Asthma Foundation website at: www.aafa.org.



Source: aafa.org