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Live. Life. Well.

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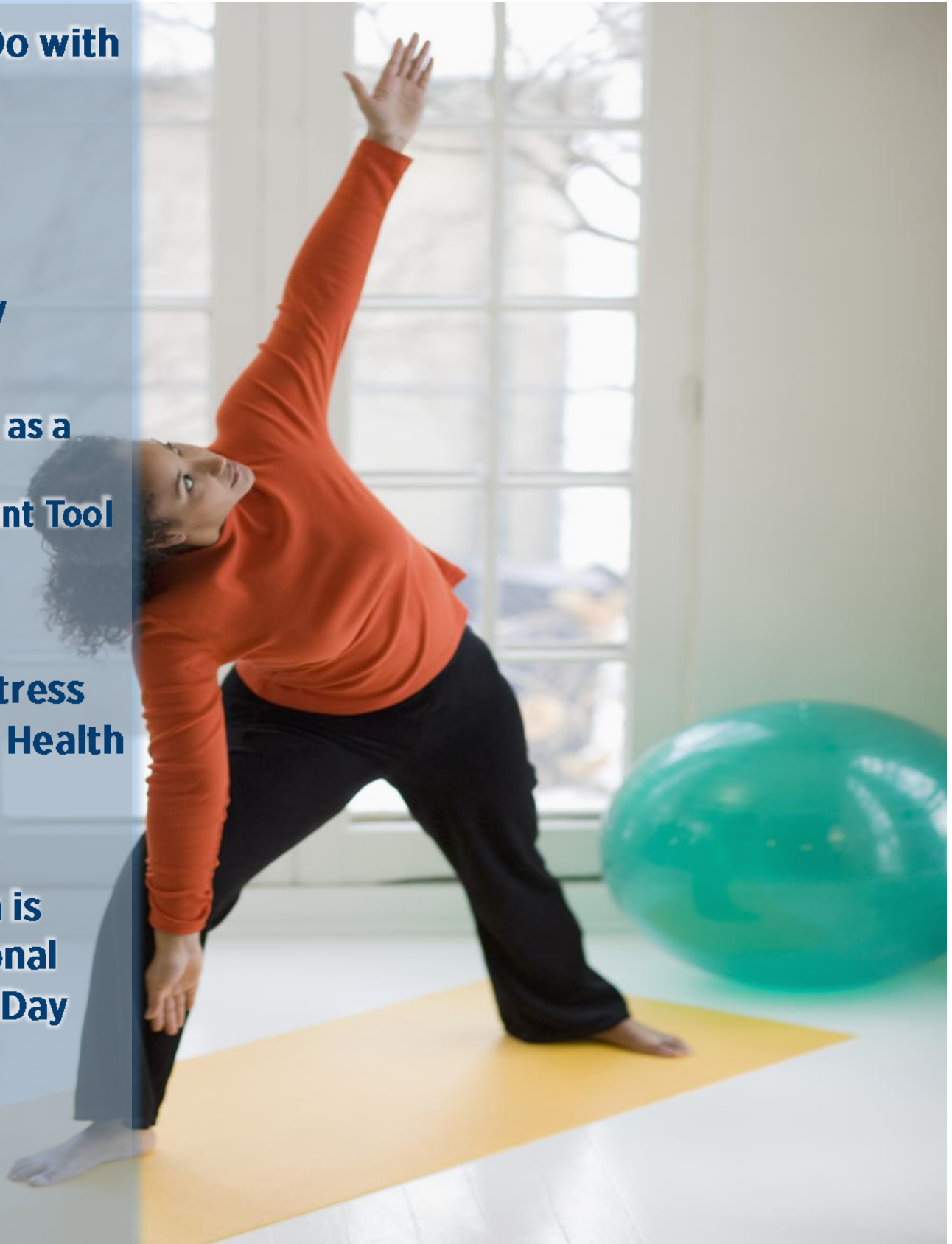
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What to Do with Intense Emotions

These days, a lot of things can trigger intense emotions. Political, social, and cultural topics often bring a wide variety of perspectives and discourse. What you choose to do with your strong emotions when they show up is what matters most, particularly where your health is concerned.

Although it can be tempting to want to suppress strong emotions, ignoring them can have a negative effect on your health. A better solution is to find healthy ways to release them.

Here are some positive ways to manage your emotional energy:

Physical Activity

Moving your body is a simple way to release tension and shift your mindset. As you move, your body releases feel-good endorphins that help calm your emotions.

Therapy

Discussing your feelings with a trained therapist or trusted friend can be helpful when you need to process or work through a complicated situation.

Acupuncture

While the [research](#) is still inconclusive, mostly due to the small number of subjects in studies conducted to date, there is some evidence that acupuncture can alleviate pain and anxiety by increasing endorphins.

Journaling

Because therapeutic [journaling](#) requires the use of both left brain and right brain functions, it is an effective way to process challenges and reduce the intensity of emotions.

Primal Therapy

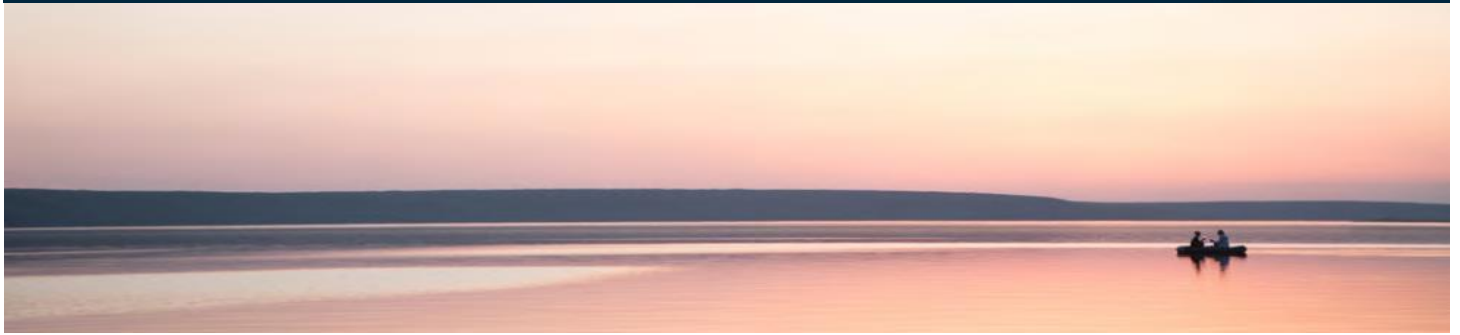
Scream therapy, or Primal [Therapy](#), has been used by clinical psychologists for decades to treat anxiety, depression, and trauma. While it is an unconventional method, it has been shown to be effective for some.

Meditation

[Research](#) has shown that mindfulness-based stress reduction (MBSR) techniques, such as meditation, can be an effective coping strategy when it comes to regulating emotions.



- [1. <https://www.health.harvard.edu/healthbeat/relieving-pain-with-acupuncture>](https://www.health.harvard.edu/healthbeat/relieving-pain-with-acupuncture)
- [2. <https://psychcentral.com/lib/the-health-benefits-of-journaling/>](https://psychcentral.com/lib/the-health-benefits-of-journaling/)
- [3. <https://www.psychologytoday.com/us/blog/in-therapy/201002/cool-in-al-therapy>](https://www.psychologytoday.com/us/blog/in-therapy/201002/cool-in-al-therapy)
- [4. <https://www.sciencedirect.com/science/article/pii/S1877042814024161>](https://www.sciencedirect.com/science/article/pii/S1877042814024161)



Building Resiliency

Resiliency has become a popular topic within wellness circles. That is because there is strong evidence suggesting that resilient people are better at managing stress and moving through life's difficult moments.

Psychological resilience is defined⁵ as the ability to adapt when faced with adversity. To build resilience, you need to understand how stress impacts you, so you can develop specific strategies to work your way through those difficult situations.



Here are a few ways to strengthen your resilience:

Practice Self-Care

Create a list of self-care strategies you can lean on when times are tough. Eating well, exercising, and getting enough sleep can dramatically improve your ability to deal with stressful situations. When you have a plan in place before you face a challenge, it is much easier to navigate your way through it.

Strengthen Your Circle

Having a trusted support system to turn to when you face tough circumstances can alleviate stress and help you find solutions more quickly. Research has shown that simply having a strong support network makes you more resilient.

Focus on Solutions

It can be tempting to focus your energy on problems, but giving your attention to solutions is a much better use of your energy. By refocusing your lens on solutions, you will be able to find your way through challenging circumstances more easily.

Give Yourself Space

Sometimes the best thing you can do when facing an overwhelming circumstance is give yourself space. Going for a walk or sitting in silence can help to see the problem more clearly.

Building resiliency can change the way you respond when life-changing situations arise.



5. <https://www.apa.org/topics/resilience>



Journaling as a Stress Management Tool

Everyone experiences stress from time to time, but stress can lead to a host of health problems if left unaddressed for long periods of time. One of the most common tools used for stress management is journaling. Getting your thoughts and feelings out of your head and onto paper can help you uncover the root causes of stress, so you can address it more effectively.

Journaling removes you from the situation itself and invites you to become an observer. By stepping back from the strong emotions tied to a specific event, you are able to see it differently.

Journaling can take many forms, and there is no wrong way to do it. Here are some different ways to journal:

Gratitude Journaling

Counting your blessings is beneficial to your health. Gratitude journaling involves taking inventory of what is going well, helping you to refocus your attention on the positive aspects of your life. In fact, [research](#) has shown that gratitude journaling can even improve your health biomarkers.

Freestyle Journaling

Writing without rules is the foundation of freestyle journaling. This open-ended format involves an uninhibited stream of writing. The objective is to simply release your thoughts and feelings as they come to you.

List Journaling

List-making can be an extremely helpful form of journaling when you need to find solutions to a problem. You might create a pros and cons list or brainstorm possible ways you could improve a situation.



Chronic Stress Puts Your Health At Risk

Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. You may face multiple demands each day, such as taking on a huge workload, paying the bills and other daily responsibilities. Your body treats these responsibilities as threats and as a result, you may feel as if you're constantly under attack.

When you encounter a perceived threat such as a large dog barking at you during your morning walk, your hypothalamus, a tiny region at your brain's base, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol also curbs functions that would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with the brain regions that control mood, motivation and fear.

The body's stress-response system is usually self-limiting. Once a perceived threat has passed, hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities.

When stressors are always present and you constantly feel under attack, that fight-or-flight reaction stays turned on. The long-term activation of the stress-response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all your body's processes. This puts you at increased risk of many health problems, including:

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment

Your reaction to a potentially stressful event is different from anyone else's. How you react to your life stressors is affected by such factors as:

- **Genetics.** The genes that control the stress response keep most people on a fairly steady emotional level, only occasionally priming the body for fight or flight. Overactive or underactive stress responses may stem from slight differences in these genes.
- **Life experiences.** Strong stress reactions sometimes can be traced to traumatic events. Stressful events are facts of life. You may not be able to change your current situation, but you can take steps to manage the impact these events have on you. Stress management strategies include:
 - Eating a healthy diet, getting regular exercise and plenty of sleep
 - Practicing relaxation techniques such as yoga, practicing deep breathing, getting a massage or learning to meditate
 - Taking time for hobbies, such as reading a book or listening to music
 - Fostering healthy friendships
 - Having a sense of humor
 - Volunteering in your community
 - Seeking professional counseling when needed

The reward for learning to manage stress is peace of mind and perhaps a longer, healthier life.



INTERNATIONAL

WOMEN'S DAY

March 8th is International Women's Day

International Women's Day is held annually on March 8th to celebrate women's achievements throughout history and across nations. It is also known as the United Nations (UN) Day for Women's Rights and International Peace. In 1981, Congress established National Women's History Week to be commemorated the second week of March each year.

Gender parity in government, workplaces, health care, sports and media coverage is achievable through collective actions. This year's theme, #ChoosetoChallenge, will inspire people to think

about biases, question stereotypes and celebrate the achievements of women around the world.

Supporters (both men and women) are asked to "strike the #ChoosetoChallenge pose" in selfies with special cards found online. Post your #IWD2021 message on social media with your "hand up," hold your selfie card (found at internationalwomensday.com) take a photo, and publish on any social media outlet for a strong call-to-action for others to support #EachforEqual and #ChoosetoChallenge.





Recipe: Salmon Cakes with Potato and Fire Roasted Corn Salsa

INGREDIENTS

SALMON Cakes with POTATO

- 2 medium russet potatoes, peeled and quartered
- 1 can of salmon (6 ounces), drained
- 1 small onion, chopped or grated
- 1 egg
- 1/4 cup flour
- 1/4 cup fresh dill, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 tablespoons extra virgin olive oil for frying

INSTRUCTIONS

Salmon Cakes with Potato

1. Boil peeled potatoes until soft, then drain in a colander. Mash potatoes with a fork.
2. In a large bowl, flake salmon with a fork. Add onion, egg, flour, dill, 1/4 teaspoon salt, 1/4 teaspoon pepper and potatoes. Mix well with a fork.
3. Make 12 patties. Heat olive oil on medium heat in a frying pan. Fry until golden brown on each side (about 5 minutes per side). Drain on a paper towel.

Fire Roasted Salsa

1. Peel and roast corn on a gas burner or on a grill. Shave corn off the cob with a knife into a mixing bowl.
2. Add rest of salsa ingredients. Mix well. Salt and pepper, to taste.
3. Serve salmon cakes with fire roasted salsa.

FIRE ROASTED SALSA

- 2 large ears corn, shucked
- 1 medium red pepper, diced
- 1 jalapeño, diced
- 12 cherry tomatoes, cut in half
- 2 tablespoons cider vinegar
- Salt and pepper, to taste

Total Time (Cook and Prep):

30 minutes

Servings: 4

NUTRITION INFO

(per serving)

Calories: 443

Total Carbohydrates: 32g

Fat: 26g

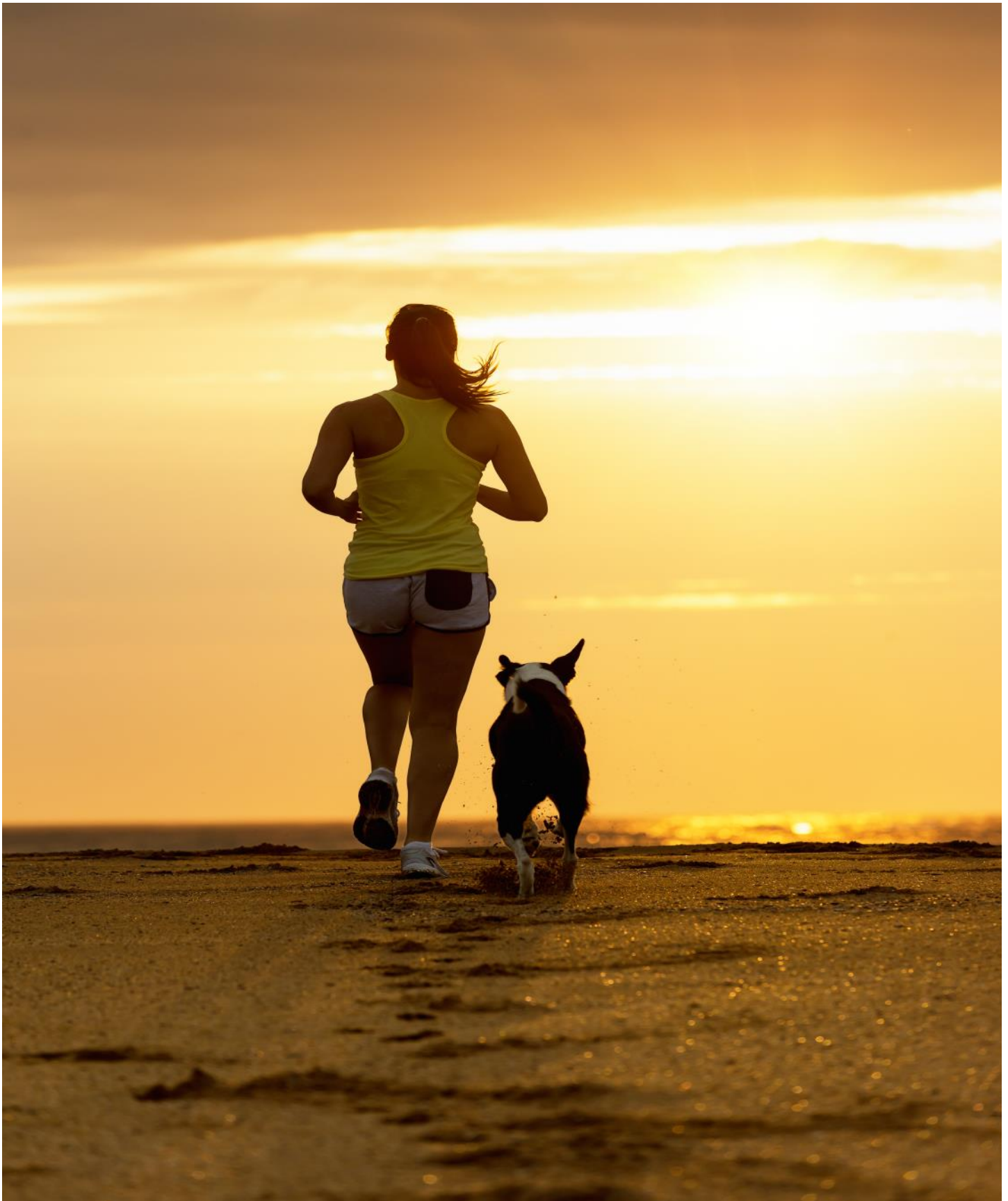
Protein: 22g

Sodium: 317mg

Sugars: 5g

Source:

www.mediterraneanliving.com



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