



The Wellbeing Journey

MARCH 2020

PORTAGE COUNTY WELLBEING

WELLBEING BUZZ

March is National Sleep Awareness Month!

March has been designated National Sleep Awareness Month. One part of sleep awareness is knowing how our sleep may be affected by changes in the environment.

Most of the United States returns to Daylight Saving Time beginning at 2 a.m. local time on Sunday, March 8. As we spring forward and advance our clocks one hour, it is important to consider how this small change can affect our sleep.

Moving our clocks, watches, and cell phones in either direction changes the principal time cue—light—for setting and resetting our 24-hour natural cycle, or circadian rhythm. This makes our internal clock out of sync with our current day-night cycle.

In general, “losing” an hour in the spring is more difficult to adjust to than “gaining” an hour in the fall. An “earlier” bedtime may cause difficulty falling asleep and increased wakefulness during the early part of the night.

You also may experience fatigue and daytime sleepiness. All of these are more likely if you consume alcohol or caffeine late in the evening. In general, people adjust to the change in time within a few days. You can help this by decreasing exposure to light in your home during the evenings, exercising, trying to have a consistent sleep schedule, and reducing or eliminating alcohol and caffeine.

Sleep Practices to follow:

- Stick to a sleep schedule of the same bedtime and wake up time. This will help regulate your body’s clock.
- Avoid naps if you have trouble sleeping. Power napping may help you get through the day but may interfere with bedtime.
- Exercise daily.
- Evaluate your bedroom. Your bedroom should be cool, between 60-67 degrees, free from noise and free from light.
- Sleep on a comfortable mattress and pillows. Make sure your mattress is comfortable and supportive.
- Wind down. Your body needs time to shift into sleep mode. Spend the hour before bed doing something relaxing.
- Avoid alcohol, tobacco and heavy meals in the evening.

5 Foods You Can Enjoy Without Gaining Weight

Honeydew Melon

Honeydew melon has only slightly more calories per serving than cantaloupe (64), and the majority of these calories come from the 14 grams of natural sugar the fruit provides.

Honeydew also contains over half of the recommended daily value of vitamin C, as well as copper, which is crucial for healthy skin.

Strawberries

There's more vitamin C in one serving of strawberries than there is in one orange. Strawberries are a good source of potassium and fiber.

Oranges

Most people know oranges for their vitamin C content, but the citrus fruit touts multiple other benefits. Since vitamin C is crucial in collagen production, oranges help keep skin free of damage and looking good. It's also low in calories; a medium-sized orange has about 80 calories.

And if you're not eating that white stuff under an orange's skin - pith - you should start. Pith contains a lot of fiber, which helps lower cholesterol and blood sugar levels.

Blackberries

Blackberries' health benefits are incredibly versatile. Like many other berries, the fruit is rich in vitamin C as well as antioxidants known as bioflavonoids.

Beyond that, eating blackberries can aid with digestion and staying alert, and tightens tissue, leading to younger-looking skin. There are around 62 calories in a single serving of the berries.

Cauliflower

Although its white color may make people think otherwise, cauliflower is actually a very versatile and nutritious vegetable. It contains antioxidants and phytochemicals - both of which help to fight off chronic disease - and it's an excellent source of folate, fiber, and vitamins C and K. There are around 25 calories in one serving.

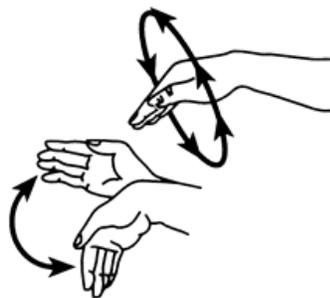


DESK STRETCHES



Shoulder Shrug

- Inhale deeply and shrug shoulders
- Hold for 5 seconds
- Release and drop
- Repeat 3 times



Wrist Circles

- Make 10 circles with your wrist
- Make 10 circles in the opposite direction



Upper Back Stretch

- Squeeze elbows behind back
- Hold for 5 seconds
- Release
- Repeat 3 times



Lower Back Stretch

- Arch body backwards
- Hold for 5 seconds
- Release
- Repeat 3 times



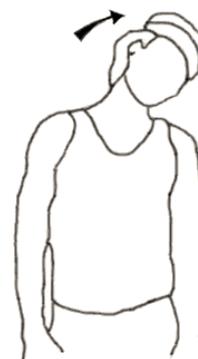
Leg Extension

- Extend leg forward
- Circle the ankle 10 times
- Circle the ankle 10 times in the opposite direction



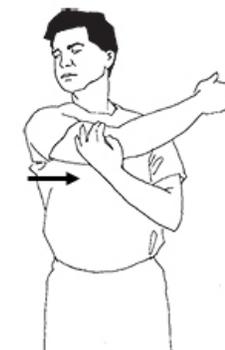
Arm Raise

- Clasp fingers together
- Raise both arms above your head



Neck Stretch

- Tilt your head to the right
- Hold for 10 seconds
- Tilt your head to the left
- Hold for 10 seconds



Arm Cross

- Stretch right arm across chest
- Hold for 10 seconds
- Release and repeat left

CHICKEN BREASTS WITH MUSHROOM CREAM SAUCE



Ingredients

- 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed (see Tip)
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth, or dry white wine
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons heavy cream (*healthy substitute low fat or fat free cream cheese*)
- 2 tablespoons minced fresh chives, or scallion greens

Preparation

1. Season chicken with pepper and salt on both sides.
2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.
3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

Nutrition Per serving: 275 calories; 15 g fat (5 g sat, 7 g mono); 84 mg cholesterol; 5 g carbohydrates; 25 g protein; 1 g fiber; 373 mg sodium; 370 mg potassium

Local Wellness Events

Check out these events happening near Stevens Point

Trailtessa Be Blissful Snowshoe Hike

Where: Hartmans Creek State Park, Waupaca WI

When: March 7th 10am – 1pm

Registration: \$12/adults

<https://www.iceagetrail.org/be-blissful-saturday-march-7-2020/>

Artha Yoga and Meditation Retreat

Where: Artha Sustainable Living Center, 9784 County Road K, Amherst WI

When: March 27th - March 29th

Registration: \$195 without lodging

<https://arthaonline.com/>

Stepping On for Falls Prevention

Where: Aging & Disability Resource Center Portage County

What: Class to reduce falls & stay active

When: 7wk class, Thursdays, April 2 through May 14

Registration is Free to those 60+ but a \$30 Donation appreciated.

Walk Wisconsin

Where: Pfiffner Park 110 Crosby Ave. Stevens Point

When: June 6, 2020

Registration: Early Bird \$30, \$40 after

<http://activeportagecounty.com/index.cfm?action=walking.walk>



Portage County Employee Assistance Program

ERC excels in helping clients through the events and mental health issues which impact quality of life. The Employee Assistance Program models are built on short-term, motivational, face-to-face counseling. The most common appointments are for family / relationship issues and stress / anxiety management / addiction. ERC has shown up to a 95% issue resolution rate and an above industry average for utilization with their proactive approaches.

Call: 1-800-222-8590 for appointment scheduling

Coming Soon! Portage County Wellness Chair Massages

Health and Human Services, Room C1, April 6th from 10:00am – 1:00pm

Courthouse - Conference Room D, April 13th from 10:00am – 1:00pm

Check your work email for scheduling!