



The Wellbeing Journey

MAY 2020

PORTAGE COUNTY WELLBEING

WELLBEING BUZZ

Move to Be FIT!

Get off to slow start. Don't jump into everything and try to do everything. Exercise once or twice per week and work your way up to more days.

Find a workout buddy or co-worker. This will make you more accountable on days where you just don't want to exercise.

Be kind to yourself. If you can't make it to the gym, don't stress out about it. Find an activity outdoors or at home that fits better into your schedule.

Don't rely on willpower. If you need willpower to do something, you don't really want to do it. Instead, think of exercise in terms of why are you doing this? How will this benefit me?

Make it a habit. Prepare yourself. If you plan to go to the gym or for walk, back your things accordingly so there will be less room for an excuse.

If it doesn't work, change it. If it rains and rains, you can't walk/run outside. Have a back up plan. Some workout dvd's at home or example.

Ways to Help You Move More at Home or in the Office!

- Take the stairs. Skip the elevator everyday and take the stairs.
- Do Squats while on the phone. Every time you receive a call, do squats.
- Take a walk on your break.
- Lunge when doing a task. Do lunges while walking through the office/home.
- Leg raises. Do a few leg raises while sitting down.
- Practice stretching while at work, sitting down or standing. (refer to the March Newsletter for stretches).



May is Mental Health Month - Creating Healthy Routines

Working, paying bills, cleaning, cooking, shopping, exercising, getting enough sleep, and taking care of children are just some of the things millions of Americans do each day and it is easy to be overwhelmed. It can feel impossible to get everything done, let alone take care of yourself – especially if you're already struggling with a mental health concern like depression or anxiety. By creating routines, we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

Tips for success:

Create the routine that is right for you. We don't all have the same schedules or responsibilities and some of us struggle with certain parts of daily life more than others. All healthy routines should include eating a nutrition-rich diet, exercising, and getting enough sleep, but no two routines will be exactly the same. In fact, your routine may not even be exactly the same every day.

Start small. Changing up your day-to-day routine all at once probably won't end up with lasting results. Pick one small thing each week to work on. It could be adding something new and positive, or cutting out a bad habit. Small changes add up.

Add to your existing habits. You probably already have some habits worked into your routine, like drinking a cup of coffee in the morning. Try adding new habits to existing ones. For instance, if you want to read more, you could set aside ten minutes to read while you have your coffee (instead of drinking it on your drive to work).

Make swaps. Think about the things you do during the day that aren't so healthy and swap them with better behaviors. For example, if you feel sluggish in the afternoons and eat sugary snacks for a quick pick-me-up, try taking a brisk walk instead to get your blood pumping and endorphins flowing. Or if you find yourself having a few alcoholic drinks after a long stressful day, try sipping hot tea instead.

Plan ahead. When life gets hectic, you may be tempted to skip out on the new parts of your daily routine. By doing things like prepping meals ahead of time, picking out an outfit the night before work, or having an alternate home workout option for the days you can't make it to the gym, you help set yourself up for success even when you're hurried.

Make time for things you enjoy. Even if it's just 15 minutes a day, set aside time to do something you find fun or relaxing—it will release chemical messengers in your body that are good for your physical and mental health.

Reward yourself for small victories. Set goals and celebrate when you reach them. Have you added exercise to your weekly routine and worked out every day as planned for the last couple weeks? Treat yourself! Watch a movie you've been wanting to see or try out that new video game.

Don't beat yourself up if you miss a day. Making life changes can be hard and you might forget to do something that is new to your routine every once in a while. You don't have to be perfect, just try to do better the next day.

FAST FACTS

When it comes to diet, sleep and exercise, having good, strong routines is linked to improved mental and physical health._

People with more daily routines have lower levels of distress when facing problems with their health or negative life events._

It takes an average of 66 days for a behavior to become automatic (a habit), but for some people it can take as long as 8 ½ months._ Don't give up!



PLANNING YOUR ROUTINE

WHAT ARE SOME THINGS YOU WANT TO BE PART OF YOUR ROUTINE?

Examples: exercise, reading, quality time with my kids

1. _____
2. _____
3. _____

WHAT GETS IN THE WAY OF YOU ACCOMPLISHING YOUR GOALS OR TASKS ABOVE?

Examples: working overtime, needing new glasses, too tired

1. _____

2. _____

3. _____

WHAT ARE THINGS YOU CAN DO TO ADDRESS THE BARRIERS YOU WROTE DOWN IN THE BOX TO THE LEFT?

Examples: start with a 30 min walk, go to bed earlier

1. _____

2. _____

3. _____

HOW CAN YOU REWARD YOURSELF FOR SUCCESSFULLY MAKING NEW THINGS PART OF YOUR ROUTINE? Example: if I walk for 30 min, 3 times per week for 2 weeks, I can treat myself to a dinner out.

1. _____
2. _____
3. _____

Your
Mind
and
Body



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

HEALTHY RECIPES

Veggie Pasta Salad

1 box (16 ounces) spiral/shaped pasta	½ cup chopped tomatoes
2 cups diced vegetables	1 cup shredded/cubed cheese
½ cup chopped red pepper(broccoli, cauliflower)	¼ cup Italian salad dressing

Cook pasta according to the directions on the box. Strain, set aside, and allow the noodles to cool for 10 minutes. In a large bowl, toss together red pepper, tomatoes, your choice of vegetables, and cheese. Add salad dressing and stir. Serve or refrigerate. Makes 4 servings.

Tomato Soup

1 tablespoon butter	salt and pepper to taste
pinch of sugar	2 stalks celery, chopped
2 cloves garlic, minced	grated cheese
½ cup basil	2 quarts tomatoes, chopped
2 carrots, chopped	

Heat butter in skillet and sauté garlic, carrots, and celery. Add tomatoes and simmer 20 minutes. Add sugar, basil, salt, & pepper; simmer for 5-10 minutes longer. Top with cheese. Makes 8 servings.

Local Wellness Opportunities

Check out these opportunities in and around Stevens Point

May always brings a sense of new beginnings and new growth, remember the April showers we had will bring us May flowers – don't forget about your health and wellbeing in the rush of everyday life.

The Green Circle is a 27-mile scenic hiking and biking trail that loops through the Stevens Point area and connects with over 45 miles of additional trails. It winds through forests and parks, over wetlands, and along rivers, recalling the days of huge pineries, pioneer settlements, and the lore of the Wisconsin and Plover Rivers.

The Portage County Parks trail systems are open; however, all playgrounds are closed until further notice.

The Standing Rocks Park Family Fun!

Disc Golf Course passes:

Daily - \$4.00

Individual Season pass - \$30.00

Family Season Pass - \$60.00

Mountain Bike Trails are Open!

Daily - \$4.00

Individual Season pass - \$30.00

Family Season Pass - \$60.00

12 and under - FREE

Dog Excise Area:

Daily fee - \$4.00

Season Pass per Dog - \$30.00

Season Pass (3 dog max) - \$65.00



Wisconsin Retirement System

Whether you are a new employee learning about your WRS retirement benefits, a member planning to retire or a retiree, we have the information you need to have a successful retirement. Navigate to our WRS Retirement Benefit section to learn how this benefit works. Step into the Saving for Retirement section to learn how your retirement benefit is calculated, how to boost your retirement benefit and see more resources to plan for the future. Use the Planning for Retirement section if you are thinking about retiring soon or are ready to apply. Check out our Living in Retirement section for information about how your benefits work during retirement and what you need to do if you decide to return to work.

Visit: <https://etf.wi.gov/retirement>



Portage County
Wellness Committee