

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

January 2019



Fresh Start to Your Healthy New Year

As we start 2019, make some time to add some new healthy habits to your day. Here are some simple ideas that you can use at work or at home:

Add a Minute of Movement to Your Day

Every bit of movement matters. This month, find a new way to add an extra minute of physical activity to your day. Get creative: take the stairs instead of the elevator, do 10 walking lunges en route to your next destination, or try a [Fitness Break](#) led by one of our celebrity trainers.

Eat an Energizing Breakfast

Start your day with a well-balanced meal to boost your metabolism and your brain power. Try a [strawberry banana smoothie](#) or a [hearty breakfast pita](#).

Determine How Much Sleep You Need

The American Academy of Sleep recommends adults sleep [7 or more hours](#) each night for healthy sleep. Some adults may need more, while a small percentage may need less than 6 hours to feel their best. Determine your optimal number by tracking your hours and energy levels throughout the week in a sleep diary.

Do you have children? [Determine if your child is getting enough sleep](#) and take steps to help them create a healthier bedtime routine this month, too.

Give Thanks

Expressing gratitude is a wonderful way to increase feelings of happiness and strengthen empathy skills. This month, take 5 minutes to write down as many things, people, experiences, etc. as you can that give you a feeling of gratefulness. Promote even more positivity by expressing your appreciation directly to a family member, friend or colleague. Use our [Pause for Appreciation guide](#) to get started.

January Recipe

Hearty Beef Stew with Vegetables and Garlic Mashed Potatoes



Ingredients:

- 2 pounds boneless chuck roast or beef stew, cut into 1- inch pieces
- 4 teaspoons vegetable oil
- 1½ cups onions, chopped
- 4 medium carrots, cut into ¾ inch pieces
- 1 large clove garlic, minced
- 1 cup Burgundy wine or lower-sodium beef broth
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme, crushed/ 2 teaspoons fresh thyme leaves
- 2 teaspoon dried rosemary, crushed
- ½ teaspoon black pepper
- 2 bay leaves
- 1 cup quartered fresh mushrooms - White or baby portabella
- 1 cup frozen green peas, thawed
- 1⅓ pounds red-skin, Yukon gold, or russet potatoes, cut into quarters
- 4 cloves garlic, peeled and halved
- 1 tablespoon butter
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 3 to 5 tablespoons fat-free milk
- Snipped fresh thyme (optional)

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Headspace gives back

Improving the health and happiness of the world, one educator at a time

Headspace's newest Social Impact initiative focuses efforts on one group in particular; educators. Educators are pivotal to society – we entrust our children to them for 8 hours a day, 5 days a week, 10 months a year. So, in 2018, they are giving an annual Headspace subscription to working K-12 teachers, school administrators, and support staff across the US for just \$12 a year.*

Let go of anxious thoughts

Research has shown that Headspace can reduce stress in 10 days. And, although Headspace wasn't used in these particular studies, general research suggests that a meditation practice can help with symptoms of anxiety and depression.*

*Headspace has not been proven to manage, treat, or cure medical conditions.

Build healthier relationships

Meditation can help us be more compassionate and improve our relationships with friends, family, and everyone around us - including your students.

Enjoy calmer nights

Meditation can help create the conditions for more restful sleep. Plus, although Headspace wasn't used in these particular studies, general meditation research shows it can improve the quality of sleep for those struggling to get a good night's rest.

Get some Headspace

Interested in learning the life-changing skills of meditation and mindfulness? Click below to verify your educator credentials and redeem this offer. Verification service powered by [SheerID](#).

Preparation:

1. Prepare the beef: Heat 1 teaspoon of oil in a large nonstick skillet or Dutch oven. Brown half of the beef over medium-high heat; remove from skillet. Repeat with the remaining beef and another teaspoon of oil.
2. Place chopped onions, carrots, whole onions and garlic in pan. Place beef on top of the vegetables. In a medium bowl whisk together wine or broth, tomato paste, the dried thyme, the rosemary and pepper. Pour over all in cooker. Add bay leaves, tucking them down into the liquid.
3. Cover and cook on low-heat setting 1 to 2 hours, stirring and checking liquid has not dried out every 30 minutes or so.
4. Add more broth if liquid begins to dry out, keeping beef and vegetables submerged in broth. Discard bay leaves.
5. During last 30 minutes of cooking time, prepare the mashed potatoes: In a covered large saucepan cook potatoes and garlic in enough boiling lightly salted water to cover for 20 to 25 minutes or until tender; drain. Mash with potato masher or beat with an electric mixer on low speed. Add butter, salt and black pepper. Slowly beat in fat-free milk until potato mixture is light and fluffy.
6. Just before serving, in a large skillet cook mushrooms in the remaining 2 teaspoons hot oil over medium-high heat until browned. Stir mushrooms into beef mixture. Add peas and stir well. Serve beef-mushroom mixture with mashed potatoes. If desired, sprinkle with fresh thyme or fresh parsley.

Makes 8 servings/ ¾ cup meat mixture and ½ cup potatoes

Nutrition contribution/serving: 344 calories; 9 g fat(3 g sat); 4 g fiber; 28 g carbohydrates; 29 g protein;8 mg cholesterol; 255 mg sodium

Source: Eating Well Magazine