There’s no health, without mental health: MIND your health!

Mental health is a crucial part of a healthy, fulfilling life. We often forget that mental illness, substance abuse and emotional issues are just as real as other illnesses - such as cancer or diabetes - and can have a tremendous impact on individuals and their families.

In the general US working population 20-30% suffer from a mental health disorder. According to the Mental Health Association of CT, “mental illness is not caused by a personal weakness, nor is it “cured” by personal strength. Proper treatment is needed.”

It is not uncommon to feel like you (or a family member) are carrying the weight of the world on your shoulders! Your employer understands the important connection between physical and emotional health, as well as the fact that EVERYONE occasionally experiences personal, family, or emotional difficulties, or encounters loss or illness. This is why, UCONN invested in the Employee Assistance Program (EAP). EAP is a confidential service provided, at no cost to you, at locations away from the workplace, at hours that are convenient to you, to help you and your family resolve stressful situations such as marital and family problems, emotional difficulties, stress, addictive behaviors, drug and alcohol abuse, job-related issues, and legal or financial burdens.

You can call the EAP Assistance Phone Line 24 hours a day, 7 days a week at 800-852-4392: save it in your phone contacts for anytime easy access! No problem is too small or too big for EAP, and your employer will not know you called!

Spring into Summer with this Workout Plan!

8-week Fitness Challenge—Whether you want to slim down, tone up, change up your routine, or build some extra stamina prior to the summer season, you may want to consider this program! It packs in six days of training per week alternating cardio, yoga or pilates, and circuit training videos from ExerciseTV. With a printable fitness planning sheet that allows for flexibility, and easy online access to the circuit training videos, this free plan is far from boring or unattainable! Do you have a favorite fitness challenge/training program? Share it with your colleagues by emailing us at be_well@ehhd.org!
Be Well!

4 South Eagleville Rd.
Mansfield, CT  06268
Phone: 860.429.3361
Fax:860.429.3321
Email: be_well@ehhd.org

Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from your employer. The goal of the program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Do you enjoy gardening?
Click on the yellow button to the left to take the Be Well poll!

Last month’s poll: Did you play an April Fool’s Day
Only 23% said YES!

Health tip: Family Playtime!
Enlisting family members as fitness teammates can net healthy results for everyone involved. Kick around these ideas to become active together:

- **Start walking.** Make a daily stroll around the neighborhood a new family tradition. Establish a regular time, such as before or after dinner. For more fun, bring a dog along.
- **Play ball.** Play Monkey in the Middle with a soccer ball. Or grab some mitts and toss a baseball back and forth.
- **Exhale:** Fit in some family time focused on building strength, flexibility, and breath awareness. Here are some yoga positions that are built for two!
- **Garden together.** By establishing a family plot, everyone can cultivate their favorite fruits and veggies, enjoy mood-enhancing fresh air and sunshine, and build strength while digging. Picking some weeds while you’re at it? Read here first!

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**Picnic-Perfect Recipes**

**Be Well Mac Salad (serves 6)**

**Ingredients**
- Vegetable Pasta – 1 pkg cooked according to package directions.
- Celery – 2 stalks, diced
- Carrots – 2 medium, diced
- Bell peppers (any color) – 1 cup diced
- Red onion – ½ cup finely diced
- Ripe avocado – 2
- Lime juice – 1 tsp
- ½ cup plain, nonfat greek yogurt
- Parsley – fresh chopped, ¼ cup
- Fresh ground pepper

**Directions**
Prepare the pasta according to directions on the package. When cooked, drain, rinse and cool. In a large bowl, mash the avocados, add the lime juice and yogurt. Mix to combine. Add the cooled pasta, celery, carrots, peppers, onion and parsley. Mix to combine. Season with fresh ground pepper. Options: Add chopped boiled egg whites, add raw broccoli or cauliflower, mix garlic powder with the avocado and yogurt before adding to the pasta & veggie mix. For Nutritional Information, click here!

**Black bean hummus**

**Ingredients:**
- Black beans, 1 can rinsed and drained
- Onion, ¼ chopped
- Garlic powder, 1 tsp
- Cumin, ½ tsp
- Cayenne pepper, 14-1/2 tsp
- Chili powder, 2 tsp
- Lime juice, 2 tsp
- Olive oil, 2 Tbsp
- Water, 2 Tbsp

**Directions**—In a food processor or blender, combine all ingredients. Puree until smooth. For an extra “kick”, add some fresh, finely diced jalapeno. For Nutritional Information click here!