



WELL~CONNECTED

Winter 2014

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Distracted Driving- A Danger For All Generations

Distracted driving has become an increasingly large problem on roadways nationwide. This stems from the increase of cell phone subscriptions in the past several years. According to the National Safety Council, in 1995, only 11% of the US population had a cell phone subscription. In 2012, that number has grown to 102.2%. As a direct result of that growth, cell phone usage while driving has also skyrocketed.

What exactly is distracted driving?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger the driver, passenger, and bystander's safety. A few of the most common distractions are:

- Texting
- Using cell phones
- Eating and Drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Adjusting a radio, CD player, or MP3 player



What is the most prevalent form of distracted driving?

- Texting is the most alarming distraction because it involves manual, visual and cognitive distraction simultaneously.
- Text messaging increases the risk of a crash or near-crash by 2 times and resulted in drivers taking their eyes off the road for an average of 23 seconds.
- Sending or receiving a text takes your eyes off the road for at least 5 seconds. At 55 mph, that's like driving the length of a football field, blindfolded. It's extraordinarily dangerous.

Tips for Preventing Distracted Driving

- If a distraction arises while driving, pull off the road and stop your vehicle in a safe place.
- Power down or stow your electronic devices before heading out.
- If children and pets need your attention, pull off the road safely to care for them. Reaching in the backseat while driving can cause you to lose control of your vehicle.
- Snack smart. If possible, eat before or after your trip, not while driving.
- Make adjustments to your vehicle systems such as your GPS, seats, mirrors and climate control before hitting the road.

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Give Yourself 5 Minutes a Day to De-Stress

According to the American Institute of Stress:

- 75% to 90% of all visits to primary care physicians are for stress-related complaints
- Up to 80% of on-the-job accidents are stress-related
- 40% of job turnover is due to stress

Minute 1 – Breathe Deeply

Rest your hands on the tops of your thighs, close your eyes, breathe through your nose, the mouth, or both, (whichever comes naturally), inhaling for a count of four and exhaling for a count of six.

Minute 2 – Find Your Natural Pace

Stop counting and allow your breathing to fall into an easy rhythm.

Minute 3 – Stay Focused

Continue to be aware of your breathing. If random thoughts (work, shopping lists, and deadlines) pop into your head, imagine them as harmless floating clouds.

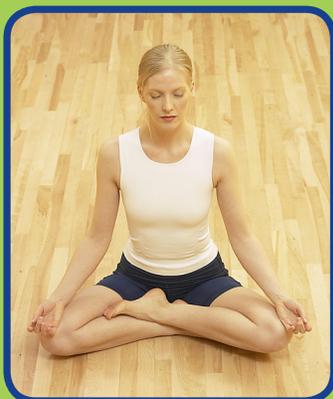
Minute 4 – Relax

Release your focus on your breathing and simply sit. Remind yourself that at this minute there's nothing to do, fix or change.

Minute 5 – Give Thanks

Think about something you are grateful for, such as this opportunity to meditate, spending time with family or close friends.

Open your eyes, stand up, and tackle the rest of your day calm, cool, and collected.



Are You Feeling SAD?

Winter is upon us. Cold days with minimal sunlight can lead to seasonal depression often called Seasonal Affective Disorder (SAD). SAD is linked to a specific time of year such as winter or summer. Winter SAD is the most common with symptoms usually starting in October or November, becoming more intense during the darkest, coldest months of winter, and ending in March or April.

How do you know if you have SAD?

- Fatigue
- Crying spells
- Hard time waking up in the morning
- Decreased activity level
- Overeating (especially carbohydrates)

How is SAD treated?

- Light therapy (Phototherapy)
- Psychotherapy
- Medications

Not ready to see a professional? You might want to try these home remedies:

- Opening window shades to let light in
- Drive with windows or sunroof open
- Get outside and exercise regularly

If you or someone you love is suffering from Seasonal Affective Disorder, here are some tips: get as much sunlight as possible and exercise daily to increase serotonin levels. Don't brush off that yearly feeling as simply a case of "winter blues". Take steps to keep your mood and motivation steady throughout the year.

7 Foods That Battle Depression

Turkey: Most lean proteins are good, but turkey is the best because it contains high levels of tryptophan. This chemical stimulates serotonin production, which is a natural feel-good chemical.

Walnuts: These are rich in Omega-3 fatty acid which supports overall brain health.

Fish: This is a great super-food! Fish is high in Omega-3 fatty acid which helps to lower the risk of heart disease, improve circulation, reduce inflammation, and contains brain boosting properties.

Low-fat dairy: This is high in calcium and vitamin D which induce a sense of well-being and relaxation.

Whole grains: Brown rice, oatmeal, sweet potato and whole wheat pasta helps the body release serotonin.

Green Tea: This is high in antioxidants and contains theanine, an amino acid which provides an anti-stress and relaxation benefit.

Dark Chocolate: Helps to release serotonin and relaxes the blood vessels of the cardio vascular system. However, this is very calorie-dense (150 calories per ounce).



Blackened Fish Tacos with Peach Salsa & Chipotle Vinaigrette

Serves: 4

Ingredients

Fish:

- 1.5 lbs Tilapia Fillets
- 2 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Dried Oregano
- 1 tsp Onion Powder
- 1 Tbsp Cumin
- ½ tsp Salt
- ¼ tsp Cayenne Pepper
- 3 Tbsp Coconut Oil



Instructions

1. Dice peach and tomato. Mix in a bowl with lime juice and cilantro. Let sit.
2. Meanwhile heat a pan over medium heat with coconut oil.
3. Cut fish into sections.
4. Mix paprika, garlic powder, oregano, onion powder, cumin, salt, and pepper in a bowl.
5. Rub mixture onto fish and place in oil.
6. Cook 3-5 minutes on each side. May need to add more oil when flipping to get that browned look.
7. Remove from heat and cut into small pieces.
8. Assemble with a lettuce leaf, slaw, blackened fish, peach salsa and chipotle lime dressing.
9. Enjoy!

Chipotle Lime Dressing

Prep time 10 mins

Serves: 10

Ingredients

- ½ C Red Wine Vinegar
- ¼ C Honey
- 2 tsp Dijon Mustard
- 1 Chipotle Pepper in Adobe Sauce
- 1 tsp Lime Juice
- ½ tsp Paprika
- 2 small Garlic Cloves, minced
- ¼ tsp Onion Powder
- ½ tsp Dried Oregano
- ½-1 tsp Salt (depending on flavor)
- ½ tsp Ground Pepper, to taste
- ½ C Extra Virgin Olive Oil

Salsa:

- 1 peach, diced
- 2 tomatoes, diced
- ½ lime, juiced
- cilantro, to taste

Toppings:

- Kale and cabbage slaw
- Avocado
- Lettuce leaves, for wrapping

Instructions

1. Add all of the ingredients to a blender except olive oil and puree.
2. Slowly add olive oil into the top of the mixture while mixing over low speed.

Image and recipe reprinted with permission from "www.simplerootswellness.com" and www.healthyperture.com

Probiotics- What Are They & Why Use Them?

What Are Probiotics?

Probiotics are good bacteria that keep the bad bacteria in check.

Good bacteria should make up 90% of your gut micro biota but factors like diet, stress, illness and medications can skew the ratio.

Why Might I Need Probiotics?

- Probiotics are known to help extract energy from food.
- Help build the body's immune system.
- Prevent obesity.
- Protect against infection.

How Do I Pick A Good Probiotic?

Read the label. The label information should include:

- Genus, Species, strain of the microorganisms.
- At least 7 strains & 5 billion CFU (colony forming units).
- Encapsulated pills to ensure that the bacteria actually reach your colon.

Did You Know?

Recent studies have shown that consumption of saturated and trans-fats can increase the risk of depression. In fact, the more trans-fat consumed equaled more depression.

Olive oil, on the other hand, protects against this mental illness.

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"Vigorous exercise can improve your mood.
It's hard to feel blue when your cheeks are pink!"

Share Your Success Story

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HUSU ACADEMY



Congratulations to FitBit® Challenge Winners:

September

Donna Friesen
Plains ISD

Meagann Shaunfield
Aledo ISD

Chantel Stewart
Arp ISD

October

Dotti de la Hoya
Marble Falls ISD

Susan Luna
Whiteface ISD

Arethra Wofford
Arp ISD