

APRIL  
2024

## Healthy habits to reduce depression

Your daily habits have a significant influence on your mental health. If you struggle with depression, developing healthy habits can be a key part of your treatment plan.

- **Physical activity:** Any movement is good and can help energize you.
- **Social connection:** Quality time with others releases feel-good chemicals in the brain.
- **Small goals:** Break large tasks into small ones you can easily achieve.
- **Quality sleep:** Make sleep a priority. Go to bed and get up at consistent times.
- **Regular meals:** Have a balanced meal at least three times a day.
- **Fruits and vegetables:** Plant foods contain nutrients that support brain health.
- **Nature time:** Being outdoors is a natural mood booster.
- **Journaling:** Writing down your thoughts can be therapeutic.
- **Meditation or mindfulness:** Your brain naturally relaxes during meditation.
- **Alcohol:** Moderate to heavy drinking is linked to depression.

# Ordinary apple: a powerhouse food

Apples may seem ordinary, but when it comes to nutrition, they are anything but. This simple fruit contains a wealth of quality nutrients that, when part of a balanced diet, enhance health. It's not bad advice to eat an apple a day!

## A NUTRIENT POWERHOUSE

What makes apples special is the blend of antioxidant phytonutrients they contain. The three most beneficial are quercetin, catechin, and cholinergic acid, which have been shown to reduce inflammation and oxidative stress and potentially protect against disease.

## GETTING THE MOST BENEFIT

- Apples are best eaten raw with the skin left on.
- They make a great filling snack due to their fiber content, which is primarily located in the peel.
- Be sure to wash thoroughly before eating to remove any bacteria or pesticide residue.
- Apples are highly portable, requiring no refrigeration or extra packaging. Take them along for a snack.

## RECIPE:

## APPLE & CHICKEN SALAD



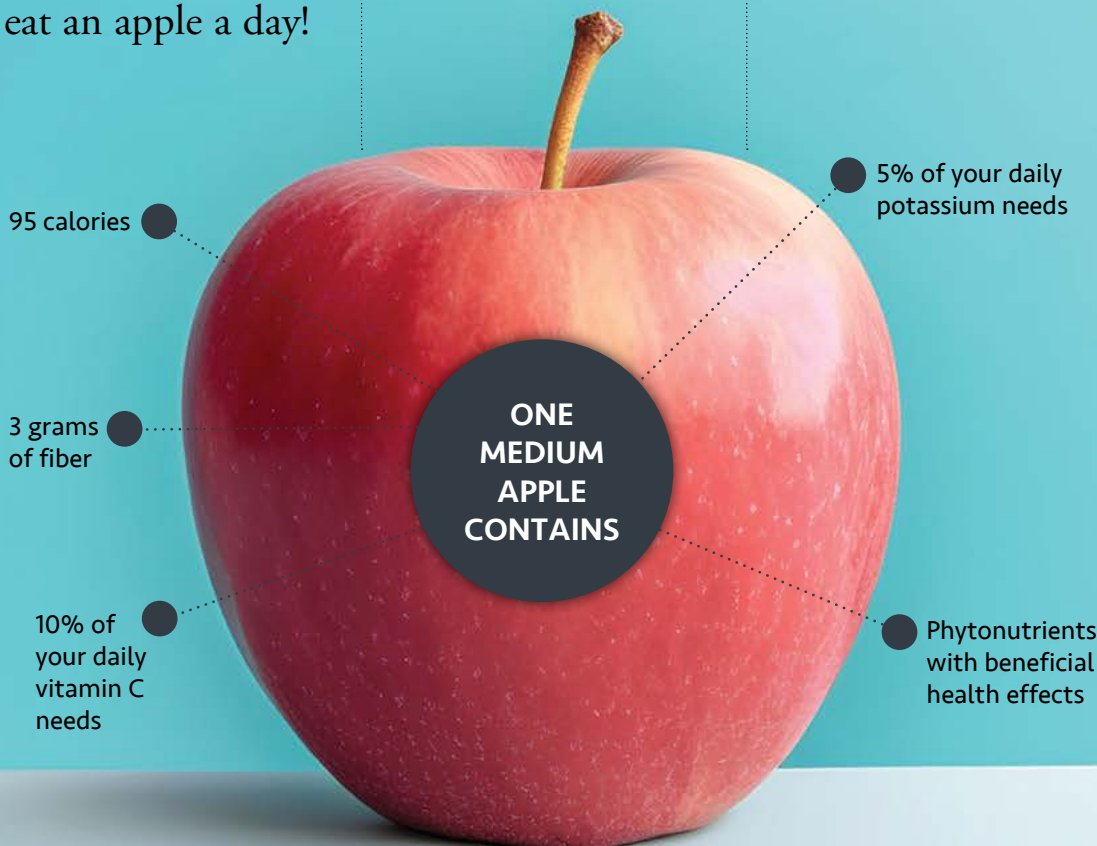
## INGREDIENTS

- 2 red apples (such as Cameo Apples)
- 2 celery stalks, diced
- 2 boneless, skinless chicken breasts, cooked and diced
- 1/4 cup non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

## DIRECTIONS

1. Cut apples in quarters, remove the core, and chop.
2. In a medium-sized bowl, mix all ingredients except lettuce.
3. To serve, arrange lettuce on serving plates and top with apple and chicken salad.

**Nutrition Information:** Serves 4. Per Serving, 290 calories, 8 g fat, 2 g saturated fat, 330 mg sodium, 34 g carbohydrate, 4 g fiber, 25 g protein



# Good gym hygiene

HITTING THE GYM IS A GREAT HABIT. BUT IT'S ONLY NATURAL THAT A PLACE WHERE PEOPLE WORK HARD AND SWEAT WILL HARBOR LOTS OF GERMS. FOLLOW THESE GOOD HYGIENE PRACTICES TO PROTECT YOURSELF (AND OTHERS).



- Wash your hands when you arrive before touching any equipment. Protect your fellow exercisers!
- If cleaning wipes are available, use them to wipe down any part of the machine you touched with your hands or sat on.
- Bring a towel to wipe sweat off your face and body so it doesn't drip on the equipment.
- Carry your own cleaning wipes if needed.
- Use a water bottle that allows you to take a drink without having to touch the area where your mouth will be.
- Carry your phone in a bag or pocket, and try to touch it as little as possible.
- Wash your hands when you're done, and wipe down your water bottle and phone to remove germs.

# Public speaking 101

Public speaking is a skill that makes you an asset at your job and in many other areas of life. While it may not come naturally to everyone, it is a skill that's worth developing.



## KNOW YOUR SUBJECT

Being an expert on the topic will naturally boost your confidence. Study what you need to learn and try to anticipate questions and find answers in advance. Always practice and memorize the content you intend to deliver.

## KNOW THE AUDIENCE

A good presentation is one that is targeted to its audience. Know who will be attending and their current level of knowledge on the subject. Your presentation should hit the sweet spot of new information and foundational knowledge.

## RECORD YOURSELF

One of the best ways to troubleshoot your public speaking skills is to actually watch yourself deliver a presentation. Be kind to yourself, but observe what works well and what doesn't, and practice ways to improve.

## CREATE CONCISE VISUALS

If you're using a slide show or other visual, keep the information concise. Don't write out everything you want to say, and do not read from your slides. Short bullet points and graphics are all you need.

## ENGAGE THE AUDIENCE

If your presentation is more than 10 minutes long, it's easy for people to lose interest. Keep them engaged with interesting anecdotes, case studies, or compelling questions. Just be careful you don't let the audience derail your presentation.

## SOLICIT FEEDBACK

Feedback on your public speaking skills can help you improve. Post-presentation feedback forms allow you to assess whether you caught their interest and imparted the information you intended. Use what you learn to get better.

