



ARLINGTON EMPLOYEE ASSISTANCE PROGRAM

WELLNESS WATCH



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January 2021

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Mindfulness Starts Here

LIVE STREAM MINDFULNESS SESSIONS

“Mindfulness is the awareness that arises when we non-judgmentally pay attention in the present moment”. Mindful meditations are great tools for well-being that can be particularly helpful during times of high stress. We invite everyone to try the experience with us. Please visit our [Live-Stream Mindfulness Sessions](#) page to chose a session and time that works for you.

Use this link for additional mindfulness resources:

[AEAP Mindfulness Resources](#)

The EAP would like to acknowledge everyone that participated in our third Health for the Holidays Wellness Challenge. We had 293 participants, 240 active, 36 teams, with 18,334 total inches logged. Many employees shared great recipes and heart-warming family traditions. Congratulations on jumpstarting your health and well-being for the new year! Let’s work to continue those healthy habits throughout the year.

Congratulations

Results will be posted on the EAP website soon!

Emotional Well-Being Webinar Series

*Brought to all employees by the AEAP in partnership with Kaiser Permanente at **no cost** to you*

Kick off your week by turning Mondays into Mind-days, dedicated to Mindful Self-Care

<p>Stress & Emotional Eating</p> <p>Date: Monday, February 8, 2021 Time: 12:00pm - 1:00pm</p>	<p>Coping with Covid-19 and Beyond</p> <p>Date: Monday, February 22nd, 2021 Time: 12:15pm - 1:15pm</p>	<p>Getting Healthy Sleep</p> <p>Date: Monday, March 8, 2021 Time: 12:00pm - 1:00pm</p>
<p>Stress Management</p> <p>Date: Monday, March, 2021 Time: 12:15pm - 1:15pm</p> <p>Registration Links:</p>	<p>AEAP Emotional Wellbeing Webinars</p>	<p>Women & Depression</p> <p>Date: Monday, April 12, 2021 Time: 12:15pm - 1:15pm</p>

BurnAlong

The Arlington EAP is pleased to promote BurnAlong, the online fitness and wellness program to support APS employees and their families! We encourage you to attend register and learn more about what BurnAlong has to offer and how it can benefit you and your family.

Register here: [Burn Along Registration](#)

[BurnAlong Promotes Gratitude](#)



COVID-19 Vaccine:

Helps protect you from getting COVID-19

Get a COVID-19 vaccine, wear a mask, stay at least 6 feet apart, avoid crowds, and wash your hands to protect against COVID-19.

8 Things to Know about the U.S. COVID-19 Vaccination Program

1. The safety of COVID-19 vaccines is a top priority.
2. COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.
3. CDC is making recommendations for who should be offered COVID-19 vaccine first when supplies are limited.
4. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.
5. After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.
6. Cost is not an obstacle to getting vaccinated against COVID-19.
7. The first COVID-19 vaccines are being used under Emergency Use Authorizations (EUA) from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested.
8. COVID-19 vaccines are one of many important tools to help us stop this pandemic.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/>

If you haven't been able to schedule a vaccine appointment, please keep checking the web. County Public Health is working to obtain vaccines for everyone,



Spiced Butternut Squash Chili



Ingredients

- 1 pound ground beef or turkey
- 3/4 cup chopped red onion
- 5 garlic cloves, minced
- 3 tablespoons tomato paste
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 to 1 teaspoon salt
- 1-3/4 to 2 cups water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes
- 1 can (14-1/2 to 15 ounces) tomato sauce
- 1 tablespoon Gustus Vitae spicy chocolate cinnamon cake sugar
- 3 cups peeled butternut squash, cut into 1/2-inch cubes
- 2 tablespoons cider vinegar

Optional: Chopped avocado, plain Greek yogurt and shredded mozzarella cheese

Instructions

1. In a Dutch oven over medium heat, cook beef and onion, crumbling meat, until beef is no longer pink and onion is tender, 6-8 minutes.
2. Add next 5 ingredients; cook 1 minute longer. Stir in water, both types of beans, diced tomatoes, tomato sauce and spicy chocolate cinnamon sugar. Bring to a boil; reduce heat. Stir in squash; simmer, covered, until squash is tender, 20-25 minutes. Stir in vinegar.

Servings: 8
Preparation Time: 20 minutes
Cooking Time: 30 minutes
Level of Difficulty: Easy