



# WELLNESS WATCH



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**May, 2021**

Editor: Samia Bellounis

## Mindfulness Starts Here

### MINDFULNESS PREVIEW SESSION

“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.

**Tuesday, May 25, 2021** This session will allow participants to rest, breath, and foster feelings of self- love. [11:30 AM](#)

**Tuesday, June 1, 2021** This session will allow participants to foster feelings of positivity and gratitude. [11:30 AM](#)

**Tuesday, June 8, 2021** This session will allow participants to rest, breath, and foster feelings of self- love. [11:30 AM](#)

**Tuesday, June 15, 2021** This session will allow participants to rest, breath, and foster feelings of self- love. [11:30 AM](#)



Many of us are missing sports right now. But we can work together to create a better sports experience for all youth once it's safe to get back in the game. These new public service announcements highlight the importance of safe, fun, and inclusive sports for all.

- This year, the President's Council on Sports, Fitness & Nutrition is teaming up with the Office of Disease Prevention and Health Promotion's (ODPHP) [Move Your Way campaign](#) to promote safe physical activity while practicing social distancing.
- The "[Move Your Way At Home](#)" YouTube playlist includes five promotional videos clips that emphasize ways that adults and families can be active at home.
- <https://health.gov/news/202004/celebrate-national-physical-fitness-sports-month>

## Worldwide Wellness Global Trotting Tour

The Arlington EAP congratulates employees who embraced our Spring Wellness Challenge and virtually toured the world while logging physical movement as well as emotional well-being activities to boost their health. We had 171 participants. Below are our raffle prize winners.

Hiroimi Isobe  
Regina Boyd  
Ken Campbell  
Melisa Rogers  
Latoya Hill

Catrina Moran  
Rachel Gunawardena  
Maria Manchester  
Lara Maksymonko

Let's work to continue those health habits throughout the year. Congratulations!

Arlington County's Community Services Board and the Department of Human Services introduced [myStrength](#), a new online tool and app to help you take charge of your mental health. This service is ABSOLUTELY FREE for Arlington residents. Check the 5/24 Arlington Daily Digest for your access code. Please try it and enjoy the benefits.

Kaiser also offers this app for members. Log into KP.org to access.

# Mental Health

Everyone feels worried or anxious or down from time to time. But in comparison, mental health conditions impact 20—25% of the population. What's the difference? A mental illness is a mental health condition that gets in the way of thinking, relating to others, and day-to-day function.

Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more.

Mental illness is an equal opportunity issue. It affects young and old, male and female, and individuals of every race, ethnic background, education level, and income level. The good news is that it can often be treated.

Signs and symptoms of mental illness depend in part on the illness. Common symptoms include

- feeling down for a while
- extreme swings in mood
- withdrawing from family, friends, or activities
- low energy or problems sleeping
- often feeling angry, hostile, or violent
- feeling paranoid, hearing voices, or having hallucinations
- often thinking about death or suicide.
- In some people, symptoms of a mental illness first appear as physical problems such as stomach aches, back pain, or insomnia.

Individuals with a mental illness can often ease their symptoms and feel better by talking with a therapist and following a treatment plan that may or may not include medication.

Source: <https://www.health.harvard.edu/topics/mental-health>

Learn more from these resources:

- <https://eap.apsva.us/>
- <https://www.mhanational.org/>
- <https://www.healthyplace.com/other-info/mental-health-newsletter/is-it-burnout-or-depression-how-to-tell-the-difference>

## LEMONY CARROT SALAD WITH DILL FOR TWO



### Ingredients

Tangy lemon and fresh dill make a bright dressing for shredded carrots.

- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ small clove garlic
- ⅛ teaspoon salt
- Freshly ground pepper
- 1 cup shredded carrots
- 1½ tablespoons chopped fresh dill

1 tablespoon chopped scallion

### Tips & Notes

Cover and refrigerate for up to 2 days

### Preparation

1. Whisk lemon juice, oil, garlic, salt and pepper to taste in a medium bowl. Add carrots, dill and scallion; toss to coat.

Per serving: 90 calories; 6 g carbohydrates; 7 g fat (1 g sat, g mono); 1 g protein; 0 mg cholesterol; 2 g dietary fiber; 198 mg potassium; 184 mg sodium. Nutrition bonus: Vitamin A (185%)

Makes 2 servings Active time: 10 minutes Total time: 10 minutes

Course: Dinner