



# WELLNESS WATCH



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**April, 2021**

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## Mindfulness Starts Here

### Live-Stream Mindfulness Sessions

**Tuesday, April 13, 2021** This session will allow participants to foster self-compassion and self-acceptance [11:30 AM](#)

**Tuesday, April 20, 2021**

This session will allow participants to work to be present with thoughts and emotions. [11:30 AM](#)

**Wednesday, April 28, 2021**

This session will allow participants to rest, breathe, and foster feelings of self-love. [11:30 AM](#)



### Falling asleep at your desk?

**Suddenly your eyes close** and you're dozing at your desk—perhaps with your fingers still on the keyboard. You may discover willpower has little effect on this frustrating after-lunch phenomenon (caused by several metabolic processes), but you can manage it by planning ahead for it rather than fighting the losing battle. Begin with simple stretching exercises for a minute or two *before* sitting down to work after lunch. Every 30 minutes, stretch again. Engaging muscles will help counter sleepiness. Find loads of stretches at [get-fit-at-your-desk-stretches-exercises-and-tips-to-stay-active-at-work](#)

## Walking: Trim your waistline, improve your health

- Start with a simple goal, such as, "I'll take a 5- or 10-minute walk during my lunch break." When your 5- or 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work."
- **Find specific times for walks.** Soon you could be reaching for goals that once seemed impossible.
- **Make walking enjoyable.** If you don't like walking alone, ask a friend or neighbor to join you. If you're energized by groups, join a health club or walking group. You might like listening to music while you walk.
- **Vary your routine.** If you walk outdoors, plan several different routes for variety. If you're walking alone, tell someone which route you're taking. Walk in safe, well-lit locations.
- **Take missed days in stride.** If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine, and then get back on track.  
Once you take that first step, you're on the way to an important destination — better health.

## Autism

The fourteenth annual World Autism Awareness Day was April 2, 2021.

Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world came together to [Light It Up Blue](#) in recognition of people with autism and those who love and support them.

[Autism-friendly events](#) and educational activities take place all month, aiming to increase understanding and acceptance of people with autism, foster worldwide support and inspire a kinder, more inclusive world.



### Join the AEAP Spring 2021 Wellness Challenge!

#### ***Now is the time to begin forming your teams to join the Worldwide Wellness Globe Trotting Tour!***

What if you could travel the world without having a passport, packing a suitcase, or boarding a plane?

Well, now you can (sort of) in Worldwide Wellness. Starting Monday, 4/19, this [virtual world-wide tour](#) will take you from country to country, stopping at amazing hot spots with postcard-perfect images. Each day you'll visit a new attraction, earning points and pins as you log wellness activities.

## Oven-Baked Salmon



### Ingredients:

- 12 ounce salmon fillet, cut into 4 pieces
- Coarse-grained salt
- Freshly ground black pepper
- Toasted Almond Parsley
- Salsa, for serving
- Baked squash, for serving, optional

1. Preheat the oven to 450 degrees F.

Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond Parsley Salad and squash, if desired.

### Toasted Almond Parsley Salad:

- 1 shallot
- 1 tablespoons red wine vinegar
- 2 tablespoons capers, rinsed
- 1 cup fresh flat-leaf parsley
- 1/2 cup toasted almonds
- Extra-virgin olive oil

Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes.