



CREATIVITY MATTERS

All humans have capacity for creativity and it can have a very calming effect on a person. Here are some ideas to tap into.

- ◇ **Candle making:** Great way to work with your favorite scents or those that bring back wonderful memories. You can then use them to do candle meditation.
- ◇ **Music:** This task has amazing therapeutic benefits. Instead of worrying, one can focus on what’s happening in the here and now.
- ◇ **Scrapbooking:** A great entry-level way to mindful journaling. This is great for visual people. Cutting, arranging, sticking requires care and focus. It’s also something you can do online.
- ◇ **Clay:** It’s a mix of earth and water. This type of connection can be a great mindful activity. There’s no need to rush and take pleasure in the fact that you made them.
- ◇ **Painting:** A great way to create mindfully. Art is play and you don’t need an end goal. Enjoy the quiet and the silencing of a negative voice.
- ◇ **Coloring Books:** They help you slow down, have fun, be creative and perfect for focused creative meditation. There are different interests and they’re everywhere.
- ◇ **Knitting & Crochet:** Many long-time knitters and crocheters have mentioned the feeling of “flow” they get when creating. The act of creating out of wool is great for self-esteem.
- ◇ **Make clothes:** Look at what you own, identify what you are missing, and then try at making it yourself. There’s great pride in making something yourself. Great way to be unique.
- ◇ **Needlework:** The slowness of the task and repetitive movement help you focus on your hand work. There’s no need to stress, just keep it simple.
- ◇ **Creative writing:** Use mindfulness to work through creative blocks. To begin, start with observing the world, focus on sights, smells and sounds in that moment. Don’t worry about editing.
- ◇ **Drawing:** Adopting new patterns of wellness are refreshing and sketching, drawing and putting anything to paper is a great way to take a break. Don’t know where to start? Use drawing prompts.
- ◇ **Bake:** You’re using all of your senses during this hobby. It requires focus and it helps quiet your internal voice.
- ◇ **Printing:** This is a great practice to experiment with. There are many ways to mark and change the way you transfer. You can also use Styrofoam, make a drawing on it, then transfer with paint.

Reference: Mindful You Magazine. Pages 84 -89

Inside this issue

- Got Pain?2
- 5 Myths About Depression2
- Apple Cinnamon Pancakes.....3
- Almond -berry French toast bake .3
- Popular Wellness Trends to Know About.....4
- Brain Strain5

Special points of interest

• **Last Month’s Winners**

- Kris Meyer
- Shiela Wolff
- Rich Zie tko
- Lori Casper
- Mary Carpenter
- Gabrielle Holtzman
- Jamie Denman
- Mary Wambold

• **Flu Shots**

Week of September 20th

Locations available are:
CCB, SMO, LWRD, Courthouse
NPO, JCO, ADRC, Airport
Please view Katelyn Thurs email
dated 9/3/2021.

*If less than 10 sign ups, the
location will be cancelled.

GOT PAIN?

The average adult spends 6.4 hours sitting each day. Too much sitting could be the cause of neck, back and shoulder aches.

It's hard to maintain a straight back for long periods of time, so, we start to slump. This in turn begins to put pressure on the discs between our vertebrae and hence causes pain.

How can you prevent it?

- ◇ **Follow the 90 Rule:** Sit with both feet planted and your knees, hips and elbows bent at 90 degrees. Have your monitor at eye level and keyboard at lap level. This helps your shoulders relax. A support pillow can help your lower back.
- ◇ **Do AB workouts:** Strong core helps with posture. Stand alone ab exercises, Pilates, or yoga are all great in helping build

up, stretch abdominal and spinal muscles.

- ◇ **Take Breaks:** Make sure you move at least once an hour and incorporate movements and stretches. You can do these by taking long route to the bathroom or pacing anywhere.

How can you treat it?

- ◇ **Sweat it Out:** Getting the blood flowing and strengthening muscles is a great way to help with the pain. Aerobic exercises is a great option. In general schedule exercises into your week like walking before and after work.
- ◇ **Try Meds:** Over the counter like Ibuprofen, Advil, or Aleve can alleviate the

pain. However, it's not good to take them every day, so if they're not working, then talk to your doctor about other options like physical therapy.

- ◇ **See a Specialist:** If the aches and pains are consistent, interrupt your sleep, or are happening with other symptoms, please see your doctor.

Reference: Prevention Magazine. September 2021 Issue. Pages 48-49.



“A simple hello could lead to a million things.”

10 Reasons to Smile

1. Smiling helps you live longer.
2. Smiling relieves stress
3. Smiling elevates mood
4. Smiling is contagious
5. Smiling boosts the immune system.
6. Smiling may lower blood pressure.
7. Smiling reduces pain.
8. Smiling makes you attractive.
9. Smiling suggests success.
10. Smiling helps you stay positive.

[Article](#)

5 MYTHS ABOUT DEPRESSION

There's so much confusion when it comes to depression.

Myth #1: You'd know if someone was depressed. The typical image regarding depression is someone who is not able to get out of bed. The truth is that many who are suffering have other symptoms like irritability or anxiousness. Because depression can affect motor functions, it's possible a person could be having trouble concentrating, speaking and/or moving slowly.

Myth #2: Everyone gets depressed sometimes. True depression is a specific diagnosis. There are times that people may use the expression of how they're depressed, but in reality one in six adults will experience depression in their lifetime. Sadness is an emotion, but clinical depression is constant and lasts a long time. Some symptoms may be: feelings of extreme guilt or worthlessness, loss of interest in activities you once liked, and/or suicidal thoughts.

Myth #3: Depression only affects mood. Depression can eat up people's energy, appetite and even disrupt sleep. It can also cause physical symptoms like migraines, cardiac, or stomach issues. There's also been a connection found between inflammation, autoimmune disease and depression.

Myth #4: You just have to power through depression. This has nothing to do with willpower. Depression can cause physical changes in the body and brain. It disrupts mood-regulating chemicals, so it's not that easy for a person to snap their fingers and get out of the frame of mind.

Myth #5: Depression is really hard to treat. It is one of the most well-researched disorders. What can take a bit is getting the right treatment. With therapy and medication, up to 70% of people with major depression show improvement.

Do not wait to get treatment, the sooner you start, the more effective it is.

Reference: Prevention Magazine. September 2021 Issue. Pages 60-63.



Natural Benefits of Apples

Apples have many benefits and are not only just for apple pies or those apple cinnamon pancakes.

◇ **Apple Essential oil:** Use in a diffuser or add it to homemade beauty products.

Recommendation: 1 medium apple. Thinly slice it using a box grater, a mandolin, or the slicing disk of a food processor.

Combine slices with 1 cup organic olive or almond oil in the top of the a double boiler. Add a few inches of water to the bottom of the double boiler and boil the mixture 30 minutes, then strain out the apples and store the oil in a lidded glass jar in a cool, dark place. Lasts 3-6 months.

◇ **Moisturizing Soap:** This soap is mild and soothing.

Recommendation: Combine 1/3 cup coconut oil, 1/3 cup beeswax pellets, and 1/3 cup shea butter. Microwave in 20-30 sec intervals for 1 1/2 min total. Stir in 15 drops apple essential oil, pour into soap molds, and chill 30 min.

◇ **Antioxidant Smoothie:** Good morning boost of nutrients.

Recommendation: Wash, core and chop 1 medium organic sweet apple. Keep the peel for an extra dose of fiber and vitamins. Combine with 1/2 cup ice, 1/2 cup cranberry-pomegranate or cranberry juice, 1 medium banana, and 1 tsp. green tea powder. Blend.

APPLE CINAMMON PANCAKES



INGREDIENTS:

- ◇ 3/4 CUP MILK
- ◇ 1 1/2 TBSP. VINEGAR
- ◇ 1 CUP FLOUR
- ◇ 3 TBSP. SUGAR
- ◇ 1 TSP. CINAMMON
- ◇ 1 TSP. BAKING POWDER
- ◇ 1/2 TSP. BAKING SODA
- ◇ 1/2 TSP. SALT
- ◇ 1 EGG
- ◇ 2 TBSP. OIL

ALMOND-BERRY FRENCH TOAST BAKE

INGREDIENTS:

- ◇ 12 SLICES STALE WHOLE-WHEAT BREAD (CUT INTO 1 1/2 IN CUBES)
- ◇ 6-8 OZ RASPBERRIES
- ◇ 6 LARGE EGGS
- ◇ 2 LARGE EGG WHITES
- ◇ 2 1/4 CUPS 2% MILK
- ◇ 3 TBSP. PURE MAPLE SYRUP
- ◇ 2 TSP. PURE VANILLA EXTRACT
- ◇ 3/4 TSP. GROUND CINNAMON
- ◇ 1/2 TSP. KOSHER SALT
- ◇ 1/4 CUP OLD-FASHIONED OATS
- ◇ 1/4 CUP SLICED ALMONDS

APPLE TOPPING INGREDIENTS:

- ◇ 2 TBSP. BUTTER
- ◇ 2 APPLES-PEELED, CORED, DICED
- ◇ 2 TBSP. BROWN SUGAR
- ◇ 1/2 TSP. CINNAMON
- ◇ 1/3 CUP MAPLE SYRUP

INSTRUCTIONS:

1. Preheat a skillet to medium-high heat (275°).
2. Whisk together the milk and vinegar and allow to rest for 5 minutes.
3. While milk is curdling, whisk together flour, sugar, baking powder, baking soda and salt in a large bowl.
4. Whisk egg and oil into milk. Add wet ingredients to dry ingredients and stir until combined (don't overmix).
5. Spray skillet with cooking spray. Use a 1/4 cup measuring cup to pour batter onto skillet. Cook about 2 minutes until bubbles form and the edges start to look "dry". Use a spatula to flip the pancake and cook another 1-2 minutes on the other side. Set pancakes aside and repeat with remaining batter.
6. Add butter, apples, brown sugar, and cinnamon to a medium sauce pan. Stir over medium heat 3-5 minutes until apples are very tender. Stir in syrup. Serve apple topping over warm pancakes.

[The Recipe](#)

INSTRUCTIONS:

1. Lightly coat shallow 1 1/2 qt baking dish with cooking spray. Scatter bread cubes and raspberries in even layer.
2. In large bowl, whisk together eggs, egg whites, milk, maple syrup, vanilla, cinnamon, and salt. Pour mixture over top, cover, and refrigerate 3 hr.
3. Heat oven to 350°F. Sprinkle oats and almonds over top and bake until puffed and golden brown, 40-50 min.



Reference: Prevention. Sept 2021 Issue. Pg. 76.

POPULAR WELLNESS TRENDS TO KNOW ABOUT

There are always trends popping up; however, due to the pandemic, people needed to get creative with wellness activities. Here are a few you should check out:

- ◇ **Touchless spas:** Some people are not ready to be in close quarters with others. These spas offer services like no-touch facials, relaxation pods, and dry hydrotherapy massages.
- ◇ **Virtual fitness:** From spin class experiences to remote yoga retreats, virtual fitness classes provide real-time or asynchronous instruction. They can be very affordable and convenient.
- ◇ **Immune health:** A new understanding of how the immune system works has led to a rise in immune balancers. Superfoods such as elderberry are what is being promoted.
- ◇

- ◇ **Functional Foods:** These are neither naturally or artificial modified to have additional benefits. This is to help with thoughtful nutrition choices.
- ◇ **Mental fitness:** As of late, the stigma has been wearing off of mental health. Now more than ever, it's more acceptable and understandable to reach out for mental health support.
- ◇ **Meditation apps:** A high number of people own a smartphone and that's a great opportunity to find the right app for you. There are numerous features and options in every price range (including free).
- ◇ **Virtual hangouts:** Even after people go back into the office, virtual social activities will continue. That's because it can help those who are not able to travel to that bachelorette party or family reunion.

- ◇ **Adaptogens:** The newest addition to superfoods, they are known for stress-busting properties that help augment immunity.
- ◇ **Cooking:** Many are cooking more than ever before, including those who had not much luck in the kitchen. Meal kits help with this.
- ◇ **Gentler workouts:** Since there has been a lot of absence from the competitive and structure of a gym, many people don't want to "go hard" on their bodies like before. Mind-body exercises like yoga, mat Pilates, barre, jogging, and more have gained more traction.
- ◇ **Decluttering and decorating:** Creating space is therapeutic and very practical. DIY home projects have provided a creative outlet and can help on many levels.



- ◇ **Breathwork:** It is simple, free, and can be easily done anywhere. It is a powerful way to reduce stress. A deep breath can help pull you out of your head and back into the moment.
- ◇ **Mindful eating:** With people working from home, and near a refrigerator, there has been some weight gain. Make more time making at-home meals more frequently. Turn it into a ritual.
- ◇ **Sleep hygiene:** Sleep health is important and due to the pandemic, many saved many hours of commute time. But, people do better while on a routine. Due to extra time, many are cancelling sleep and that uses more problem. Get your sleep.
- ◇ **Upcycling food:** Food insecurity is at an all-time high. With people still out of work, food pantries are struggling to keep up with the demand. The selling and buying of imperfect and misshapen foods has been reducing food waste.

- ◇ **Outdoor activities:** With more time being spent indoors and evidenced based research that outdoors has a lower rate of transmission, getting fresh air is appealing. Doing outdoor activities is gaining popularity.
- ◇ **Cozy and casual chic:** Working from home has permitted people to have a more relaxed dress code. Even stores are offering hybrid work-leisure gear.
- ◇ **Tracking stress:** Stress is at a new high and affecting record amounts of society. Fitness trackers now document physiological responses and this can help a person have insight into their daily routines.
- ◇ **Digital Healthcare:** Sometimes it's really hard to get an appointment. Now, virtual sessions are available, not only with your doctor but other professionals as well.

- ◇ **Travel:** Remote work allows employees to finally leave expensive and busy areas and work from wherever they like. Even places who rely on tourism have begun offering digital nomad visas.
- ◇ **Financial wellness:** A growing awareness about money came about during the pandemic and many ways on how to manage the situation came about. Whether it's the government coming up with stimulus or people learning how to lower costs.

The point of wellness is to do something that brings you comfort and helps make you feel better. It doesn't matter how simple the idea is.

[Article](#)

Name: _____

Location: _____

To enter the newsletter drawing, at least one puzzle must be completed and one prize must be picked. If both of those are not completed, your entry is void.

Please submit via inter-d to CCB 418 attn. Linda Ramirez or ER e mail: employee-relations@countyofdane.com.

Please submit your entry by 10am September 17th.

BRAIN STRAIN

PLEASE CIRCLE AT LEAST ONE. YOU'RE WELCOME TO PICK SEVERAL AND RANK WHICH YOU WOULD PREFER. WE DO TRY OUR BEST TO GIVE TOP PREFERENCE.

- ◇ GIAM BALANCE DISC
- ◇ SKLZ PRO MINI HOOP
- ◇ AGILITY LADDER & SPORTS CONES
- ◇ STAND BLENDER + HEALTHY SMOOTHY RECIPE
- ◇ MANDALA MEDITATION SIT PILLOW
- ◇ MINI SOUND SPA + SLEEP MASK
- ◇ ELECTRIC TOOTHBRUSH + FLOSS PICKS
- ◇ JILLIAN MICHAELS SHRED DVD SET (3)
- ◇ DREAM CASTLE SCRATCH ART
- ◇ MOUNTI FUJI SCRATCH ART
- ◇ 2 COLORING BOOKS + COLORING PENCILS
- ◇ 2 RELAXATION CD SET

PUZZLE #1:

DURING WHICH MONTH DO PEOPLE TEND TO SLEEP THE LEAST?

PUZZLE #2:

HISTORY TEST

Put these events in the order in which they happened, longest ago to most recent.



First U.S. astronaut orbits Earth



The polio vaccine is approved



The Sound of Music is released in theaters



Hawaii becomes a state

PUZZLE #3:

MISSING NUMBER

Use the first two sets of numbers as clues to figure out what should go in the middle of the final triangle.

