



Highway to Well & Safety

PETS AND MENTAL HEALTH

Did you know that owning a pet can be a great way to improve your mental health. A pet can offer unconditional love and be there to greet you or purr their love for you. Here are a few benefits:

- **Companionship**—There is always someone there for you. It can help with loneliness and help with building connections with other owners.
- **Mood booster**—Being in the presence of a pet can make you happier.
- **Healthy routines**—A pet can have you get into a schedule for exercising and other responsibilities. For those struggling with anxiety or depressing, routine can help offer a feeling of control.
- **Stress reduction**—Petting a dog or cat is a quick way to reduce stress. Just being around pets can lower the stress hormone cortisol.

If you do intend on owning a pet, please consider adopting and showing patience for these animals. Cats and dogs aren't the only pets you can have. There are fish, birds, ferrets, turtles and more. Find the right pet for you.

Reference: [Pets.Webmd](#)

TAKE CARE OF YOUR GUT

Did you know that every person has their own unique combination of probiotics? Probiotics are live bacteria and yeast that help your gut do it's job. It's important to help keep good bacteria that studies are showing probiotics help mood, digestion, skin, allergies and oral health. A few probiotic-rich foods to consider are: Yogurt, kimchi, kombucha, cottage cheese, kefir, sauerkraut, tempeh, and miso.

Reference: [Healthline](#) & Dean Health Plan Newsletter

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SPECIAL POINTS OF INTEREST

- **Last Month's Winners**
 Hunter Hill
 Terry Lane
 Meredith Yocum
 Evelyn Mikul
 Gabrielle Holtzman
 Kristin Moala



OUTDOOR EXERCISE SAFETY TIPS

Experts recommend at least 150 minutes of moderate aerobic activity each week. Working out outside can boost mood and concentration. Keep in mind these tips:

- **Avoid the hottest part of the day.** Workout before 10am and after 3pm.
- **Wear light-colored clothing.** Dark colors absorb heat, while light colors reflect the sun.
- **Apply sunscreen.** Opt for 30° SPF or more. Reapply every two hours.
- **Stay hydrated with water.** Drink water before you step out and sip ever 15 minutes during workout; whether you're thirsty or not.
- **Replenish your electrolytes.** Consider obtaining your electrolytes through real food like chia seeds, kale, coconut, or fruits/vegetables. Do your best to stay away from sports drinks.
- **Listen to your body.** If you're feeling dizzy, faint or nauseous, stop exercising and give your body a break. Opt to sit under shade and drink some water.

If you are someone who is not used to outdoor workouts, take a gradual pace.



KEEPING BUGS AT BAY

Stay away from pesticides and use these plants to keep the bugs away.

- **Mint**—Spiders, ants, flies, fleas and mosquitoes dislike the scent of mint. So, peppermint essential oil is an excellent resource to have handy. Suggestion: Add 10 drops of peppermint, thyme, and rosemary essential oils to a water-filled spray bottle, then spritz around your garden and outdoor seating area.
- **Lavender**—Great for repelling mosquitoes and other insects. For some reason the scent is unpleasant.
- **Sage**—This herb may repel some beetles, fleas, and flies. Studies are also showing that potted sage nearby could give protection against mosquitoes.
- **Catnip**—This essential oil can chase away house flies and mosquitoes. Plant a few in the garden.

Reference:

Prevention Magazine. June 2021 Issue. Pg. 8



“As we express our gratitude, we must never forget that the highest appreciation is not the utter words, but to live by them.”



5 MYTHS ABOUT BRAIN HEALTH

Let us discuss our strongest muscle, the brain. There's many misunderstandings and Prevention Magazine wants to help clarify.

Myth 1: If your memory is bad, too bad. There are ways to sharpen your memory. Crossword puzzles are a good way to get the brain cells going. Challenging hobbies like learning a language and increased physical activity can also help. A big reason why some can't remember is because of distraction. Suggestion: Try the Look, Snap, Connect. Focus on your five senses. Taken a mental picture of what you need to remember and connect it to a story or a meaningful detail/word.

Myth 2: Gingko biloba can boost your brainpower. Currently, there is no evidence that backs this up. However, nutrition does play a role in brain health. Focus on whole foods. A Mediterranean diet which contains fish, veggies, fruit, whole grains and healthy fats like nuts and olive oils appears to delay cognitive impairment.

Myth 3: Some people's brains function just fine on four hours of sleep. You may feel ok, but that doesn't mean that others will. Adults should be getting 7 hours of sleep. Sleep time is not just a time to rest. Your brain is actually creating memories, consolidating old ones, and good amount sleep helps you remember better.

Myth 4: Dementia is inevitable—especially if it's in your family. Aging alone doesn't cause it. Studies show that lifestyle habits like staying active, eating healthy, and maintain social connections can reduce the risk. There are studies that show that 40% of dementia cases are traced to risk factors like alcohol use, social isolation, physical inactivity, and high blood pressure.

Myth 5: Dementia is an equal opportunity problem. This is incorrect. Race, gender, and access to health care means that dementia doesn't affect everyone equally. Social and environmental disparities can play significant roles as well. Hispanic Black Americans are 1.5-1.9 times as likely to have dementia as opposed to non-Hispanic white Americans.

Reference: Prevention Magazine. June 2021 Issue. Pages 48-51

USING YOUR SENSES

Take time to stop and smell the roses. Paying attention to senses helps a person become mindful and present with an experience. You're experiencing a moment, what are the colors you see, the smells enveloping you, or the sounds surrounding you. Experience the world in a different way by paying attention to these:

- **Vision:** light exposure stabilizes the circadian rhythm that leads to better sleep. Colors can have an energizing or calming effect.
- **Hearing:** Communication is good for your mental health. Music can do wonders for your mood and white noise can calm the nervous system and help induce sleep.
- **Smell:** This sense will take you back to your childhood. Certain smells can trigger mouth watering senses or improve senses.
- **Taste:** Good way to include variety in your day and eating out can create links with others.
- **Touch:** Direct way to connect with family, friends and the environment.
- **Balance:** Practices like yoga, tai chi and qigong have great strengthening effect and helps with balance. That's because these practices require mindful control over your body.
- **Proprioception:** This is the sense of movement and position of the body together with balance. This is important to being able to interact with the environment.
- **Temperature:** Exposing your body to cold can reduce the stress hormone and increase metabolism. Exposing it to hot can induce general feelings of well-being.

Here are a few great opportunities you can take to indulge in your senses.

- Seek out scent.
- Take a cold shower.
- Embrace inclement weather.
- Try qigong.
- Treat your taste buds to novelty.
- go off the beaten track.
- Self-massage.
- Go foraging.
- Just gaze.
- Create your own sensory journey at home.

Reference:

Breathe: Mental Health Magazine. Pages 10-13



CORE VALUES

Without thinking too much, grab a sheet of paper and write your response to the three following questions:

1. What do you have/want to have that's important to you?
2. What do you want to do?
3. Who do you want to be?

Look over your responses and see if there are any core values that recur. Examples of core values are:

- Adventure
- Balance
- Creativity
- Determination
- Faith
- Growth
- Happiness
- Influence
- Knowledge
- Leadership
- Optimism
- Peace
- Reputation
- Spirituality
- Wisdom

To help steer your focus on accomplishing these core values, put them at the forefront to your mind. Make decisions and set goals that can help align you to focus more on what you want your life to be.

Reference:

Breath. Mental Health Issue.



COOL 'N EASY STRAWBERRY PIE

Ingredients:

- 2 cups fresh strawberries, divided
- 2/3 cup boiling water
- 1 pkg. (3 oz.) JELL-O Strawberry flavor Gelatin
- Ice cubes
- 1/2 cup cold water
- 1 tub (8 oz.) COOL WHIP LITE Whipped Topping, thawed
- 1 ready-to-use reduced-fat graham cracker crumb crust (6oz.)

Instructions:

1. Since 1 cup strawberries; refrigerate for later use. Chop remaining strawberries; set aside.
2. Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Add enough ice to cold water to measure 1 cup. Add to gelatin; stir until slightly thickened.

3. Whisk in COOL WHIP. Stir in chopped strawberries. Refrigerate 20-30 min. or until mixture is very thick and will mound. Spoon into crust.
4. Refrigerate 6 hours or until firm. Top with sliced berries just before serving.

[The recipe](#)



GRILLED CHICKEN RAMEN SALAD

Ingredients:

- 2 tbsp. canola oil
- 2 packages (3 oz. each) ramen noodles, crumbled
- 2/3 cup canola oil
- 2 tsp. sesame oil
- 1/3 cup seasoned rice vinegar
- 1 tbsp. sugar
- 2 tbsp. Reduced-sodium soy sauce
- 1 1/2 lbs. boneless skinless chicken breast halves
- 1/2 tsp. pepper
- 1/4 tsp. salt
- 1 package (14 oz.) coleslaw mix
- 1/2 cup minced fresh cilantro
- 3 cups fresh snow peas, thinly sliced lengthwise
- 2 cups shredded carrots
- 4 cups torn mixed salad greens
- 3 thinly sliced green onions
- 1/3 cup crumbled cooked bacon, optional

Instructions:

1. In a large saucepan, heat oil over medium-low heat. Add ramen noodles; cook and stir until toasted, 5-8 minutes. Remove from pan; set aside.
2. In a small bowl, whisk oils, vinegar, sugar and soy sauce until blended; set aside.
3. Sprinkle chicken with pepper and salt. Place chicken on a lightly oiled grill rack. Grill, covered, over medium heat or broil 4-5 in. from heat until a thermometer reads 165°, 8-10 minutes on each side. Cool slightly and chop into 1/2 in. pieces.
4. In a large bowl, combine coleslaw mix and cilantro. Layer coleslaw mixture, peas, chicken, carrots, salad greens, noodles and green onions in an 8-10 qt. dish. Sprinkle with bacon; serve with vinaigrette.



[The Recipe](#)

BRAIN STRAIN

Name: _____

Location: _____

To enter the newsletter giveaway, you must complete at least one puzzle and then submit your entry via inter-d (CCB 418) or email (employee-relations@countyofdane.com). Prizes must be received by June 18th, 10AM. You must complete one puzzle correctly to be entered into the drawing.

Please circle your prize of choice. Please note that quantities are limited and picking more than one helps.

- Fruit Infusion Water bottle
- Yoga Mat (Black or Orange)
- Titleist TruFeel Golf Ball Sleeve+ Tees
- 10 Vegetable Seed Pack
- Plenty Vegetable Recipe Cookbook
- Meal Prep Weight loss Cookbook
- Air Fryer Cookbook
- Step by Step Instant Pot Cookbook
- Color by Numbers + Coloring Pencils
- No-Waste Organic Gardening Book
- Two Large Print Puzzle Books (random)
- 5D Diamond Painting (Random)
- 500 pc Sweet Tooth Puzzle
- Jillian Michaels Shred It DVD
- Fitness Planner
- Fitness Tracker HR
- Calming Forest Sounds CD
- Tai Chi for Beginners
- Bike Lock

Puzzle #1

DOG BREEDS



AIREDALE
AKITA
BASSET HOUND
BEAGLE
BORZOI
BOXER
BRIARD
BRITTANY
BULLDOG

CHIHUAHUA
CHOW
COCKER SPANIEL
COLLIE
DACHSHUND
DALMATIAN
GREAT DANE
GREYHOUND
HUSKY

IRISH SETTER
MALTESE
MASTIFF
PAPILLON
POINTER
POODLE
PUG
PUMI
SALUKI

SCHNAUZER
SHAR PEI
SHIH TZU
SPITZ
TERRIER
WELSH CORGI
WHIPPET

Puzzle #2

MAGIC SQUARE

Fill in the blanks so that each row, column and diagonal adds up to 14.

	-2	-1	
	+7		+4
+5	+3		+6
		+11	-3

