

HEALTHY ON THE JOB

Mindful of Work-at-Home Stress



Being attentive to stress can help make you feel more energetic plus improve your overall health and quality of sleep. Managing stress is identifying the cause. Increased workload, changing jobs, marriage, having a new

baby, and other major life events can create stress. The key will be practicing a few simple strategies that you can use in stressful times. To start with, focus on eating a healthy diet and drink water!

Mindfulness Tip: Say No!

Learning to say “no” can be a useful tool to help manage stress. If you are overloaded with too many activities it is a good idea to limit the number of things you are trying to accomplish. Empower yourself by practicing saying “no” so you can better attend to your current to do list.

MINDFULNESS SERIES

USEFUL RESOURCES



Rutgers Cooperative Extension
<https://njaes.rutgers.edu/>



Get Moving Get Healthy NJ
<http://getmovinggethealthynj.rutgers.edu/>



Get Moving Get Healthy NJ Workforce
<http://getmovinggethealthynj.rutgers.edu/workforce/>



Family & Community Health Sciences Department
<https://njaes.rutgers.edu/fchs/>

learn when & how to say

NO

Healthy Recipe

Spiced Lentil Dip

- 1 (15 oz.) can lentils
- 1 cup low sodium vegetable stock
- 2 Tablespoons olive oil
- 2 Tablespoons flour
- 2 small onions, chopped
- ¼ Teaspoon powdered ginger
- ½ Teaspoon chili powder
- Juice of ½ lemon
- Salt & paprika to taste
- Cook onion in the oil for 5

minutes, stir in the flour, & add vegetable stock, cook & stir over medium heat until boiling. Combine drained lentils with this sauce. Season with ginger, chili powder, lemon juice, salt & paprika. Place in oven-proof dish & keep hot at 300 degrees in oven until ready to serve.

[Spiced Lentil Dip Recipe](#)

[Healthy Family Recipes](#)



Health Tip of the Week

Keep track of the foods you eat for a 24- hour period. Write them down and count the number of fruits and vegetables you consumed. Is the number 5 or higher?

****Disclaimer****

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all work-place safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

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More Mindfulness Resources

[8 Tips to make Working from Home for You](#)

[3 Tips to Avoid WFH Burnout](#)

[Free Mindfulness Apps](#)





More Resources....

www.choosemyplate.gov

www.njaes.rutgers.edu/health

www.getmovinggethealthynj.rutgers.edu

Family & Community Health Sciences
Healthy Recipes

<https://vimeo.com/getmovinggethealthynj/videos>

Explore our healthy recipe videos!

EatingWell.com has lots of healthy recipes.

Mayo Clinic Healthy Recipes

<https://www.mayoclinic.org/healthy-lifestyle/recipes>

The Food Network's Healthy Dinners in 40 Minutes or Less

<https://www.foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less>

[Insight Timer free guided meditations](#)

[Handling Leftovers Safely Fact Sheet](#)

Practice This!

Take one minute to close your eyes and breathe normally. Clear your mind by focusing on your breathing. Breathe in for the count of 1, 2, and 3. Try this a few times each day.



America on the Move's Tip of the Day

Encourage healthy decisions by drinking water instead of soda!

Keep low-fat cheese and yogurt on hand.

Volunteer to walk dogs for an animal shelter.

Substitute steamed vegetables for rice or pasta.

Get out and play and take a walk.



“In times of stress the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

Fred Rogers

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