

# LIVE WELL. WORK WELL.

HEALTH & WELLBEING TIPS FOR YOUR WORK & LIFE  
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## Alcohol Awareness Month During the COVID-19 Pandemic

Observed every April, Alcohol Awareness Month is meant to raise awareness about alcohol use and break the stigma by discussing how alcohol-use disorders affect individuals, families and communities. This year is especially critical as COVID-19 restrictions and stress can increase susceptibility to substance misuse, addiction and relapse. In fact, alcohol sales in the United States have grown nearly 30% in the last year.

Alcohol abuse can affect both your personal and professional life. Prolonged drinking puts you at risk for developing serious health complications—such as high blood pressure, heart disease, liver disease and stroke—and can trigger other life-threatening consequences.



**Alcohol use disorder affects about 15 million Americans, and nearly 90,000 people die every year from alcohol-related causes.**

## Know the Warning Signs

Alcohol use disorder can be mild, moderate or severe, based on the number of symptoms you experience. Keep in mind that symptoms often occur at the same time.

Common physical and behavioral signs and symptoms of alcohol misuse include the following:

- Feeling irritable or experiencing mood swings
- Having poor coordination
- Showing signs of slurred speech
- Experiencing blackouts or short-term memory loss
- Isolating from friends and family
- Failing to complete responsibilities and obligations at home or work
- Drinking alone or in secrecy
- Making excuses for drinking, such as to relax or deal with stress
- Engaging in risky behavior, such as drunk driving

Alcohol use disorder can include both periods of alcohol intoxication and withdrawal symptoms—such as sweating, shaking and nausea.

If you or a loved one are concerned about alcohol use, talk to a doctor or use the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline by calling 800-662-HELP (4357).



## SPRING VEGETABLE SAUTE

Makes: 4 servings

### INGREDIENTS

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 clove garlic (finely chopped)
- 3 new potatoes (quartered)
- ¾ cup carrots (sliced)
- ¾ cup asparagus (pieces)
- ¾ cup sugar snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dill (dried)

### PREPARATIONS

1. Heat oil in a skillet. Cook onion for 2 minutes. Then, add garlic and cook another minute.
2. Stir in potatoes and carrots. Cover, turn the heat to low, and cook until almost tender (about 4 minutes).
3. If the vegetables start to brown, add 1-2 tablespoons of water.
4. Add asparagus, peas, radishes, salt, black pepper and dill.
5. Cook, stirring often, until just tender (about 4 minutes).
6. Serve immediately.

## Moving 11 Minutes Daily Can Improve Your Health

The pandemic may have changed your activity levels – some folks found themselves moving more, and others moving less and sitting more. A sedentary lifestyle can be hazardous to your health and if you find yourself in the second bucket, it's not too late to make some small, but beneficial, changes.

According to new research from the Norwegian School of Sports Medicine, just 11 minutes of moderate exercise a day can provide long-term health benefits and increase your life span. Additionally, people who worked out at least 35 minutes per day saw the biggest results in terms of health, especially joint health.

As long as you accumulate enough of it, any movement, no matter the duration, is beneficial. Start moving today, and talk to your doctor if you have questions about any lifestyle changes.

## Move Every Day

Breaking a light sweat may be easier to commit to than doing a high-intensity workout. Incorporate moderate exercises, such as the following, into your daily routine:



Walking briskly



Riding a bike



Dancing



Cleaning

## Mental Health Support During the Pandemic

The United States is experiencing a shortage of mental health professionals and the demand is at an all-time high. Mental Health America data reveals almost a quarter of adults with a mental illness say they aren't able to get the treatment they need. If you need support, try one of these resources:

- Telemedicine
- Work-based wellness and employee assistance programs
- SAMHSA's National Helpline, which is free, confidential and available 24/7 by calling 800-662-HELP (4357)
- Your primary care doctor, who can point you in the direction of mental health resources
- State psychological associations
- 211, United Way's free and confidential service for community resources

## Find a COVID-19 Vaccine

There's hope on the horizon with COVID-19 vaccine rollouts. If you need information for your area on eligibility and availability, try one of these resources:

- Plan Your Vaccine by NBC News: <https://www.nbcnews.com/specials/plan-your-vaccine/>
- Vaccine Finder: <https://vaccinefinder.org/>
- Local Department of Public Health



4401 Northside Parkway | Suite 800 | Atlanta, GA 30327 | [www.ironwoodins.com](http://www.ironwoodins.com)