

LIVE WELL. WORK WELL.

SEPTEMBER
2022

HEALTH & WELLBEING TIPS FOR YOUR WORK & LIFE

PRESENTED BY IRONWOOD, A MARSH MCLENNAN AGENCY LLC COMPANY



The Art of Mindful Eating

Taking time to be mindful of your eating process could enhance your awareness of the experience, improve your relationship with food and help you manage your weight. Mindful eating can be an essential practice in today's multitasking world. Multitasking while eating can lead to less satisfaction with your meals, less awareness of the food and, often, overeating.

Mindful eating makes you fully aware of the eating experience and your thoughts and feelings about food. This concept encourages focusing on preparing and consuming your food in a distraction-free environment. By thinking about the food, you may become more aware of the signals your body sends to your brain that indicate satisfaction and fullness, which can help you improve your general health and well-being.



Mindful eating focuses on being present and aware of one's feelings, thoughts, physical sensations and environment during meals.

Tips for Mindful Eating

Mindful eating may sound simple, but it takes practice. Consider the following mindful eating tips:

- Evaluate your appetite and continue to assess while eating.
- Start with small portions to help respect your hunger and satiety cues.
- Engage your senses while eating, noticing what you see, smell, feel, taste and hear.
- Eliminate distractions as they can fuel a negative relationship with food or lead to overeating or emotional eating.
- Chew your food more, allowing additional time for digestion and recognizing your body's cues.
- Don't skip meals since it can increase your risk of extreme hunger, often leading to quick and unhealthy food choices.

You can start small by attempting the practice once a week—for example, establish a “Mindful Monday.” Contact a registered dietitian if you need additional help or guidance with mindful eating or general eating habits.

APPLE PISTACHIO CRISP

Makes: 4 servings

INGREDIENTS

3 apples (such as honeycrisp, cored and cut into 1" chunks and unpeeled)

1/2 cup raisins

1/2 lemon (juiced)

1/2 cup old fashion oats

1/4 cup whole wheat flour

1 teaspoon cinnamon

3 tablespoons brown sugar

1/4 cup pistachios (unsalted, chopped)

2 tablespoons butter (melted)

PREPARATIONS

1. Place rack in center of oven and preheat to 350°F.
2. Place sliced apples, raisins, and lemon juice in 8" x 8" pan or baking dish; toss.
3. In a bowl, mix remaining ingredients except melted butter.
4. Add melted butter and mix until texture is consistent. Sprinkle over apple-raisin mixture.
5. Bake uncovered 45-50 minutes or until apples are tender.

NUTRITIONAL INFORMATION

(per serving)

Total calories	330
Total fat	10 g
Protein	5 g
Sodium	60 mg
Carbohydrate	60 g
Dietary fiber	7 g
Saturated fat	2 g
Total sugars	25 g

Source: MyPlate

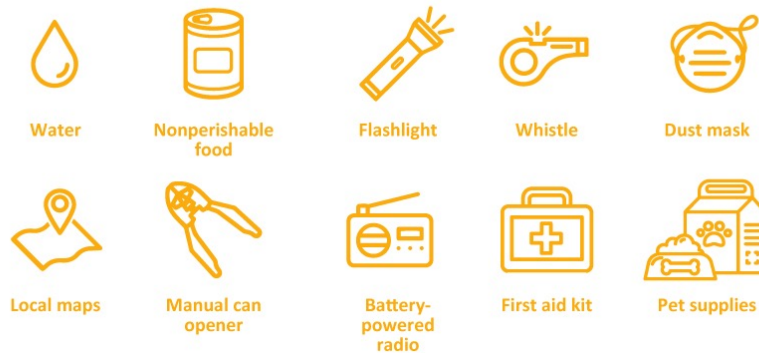
Are You Prepared for a Disaster?

Disasters such as hurricanes, tornadoes, floods and earthquakes can strike with little or no warning. September is National Preparedness Month, making it a good time for you and your household to make a plan in case you need to evacuate your home or get trapped inside for days. The Federal Emergency Management Agency (FEMA) recommends the following steps for creating an emergency plan.

1. Discuss the following questions:
 - How will I receive emergency alerts and warnings?
 - What is my shelter plan?
 - What is my evacuation route?
 - What is my household communication plan?
 - Do I need to update my emergency preparedness kit?
2. Consider specific needs in your household.
3. Fill out a household [emergency plan](#).
4. Practice your plan with your household.

These tips pertain to your home, but remember that emergencies can happen anywhere. Visit FEMA's website—[Ready.gov](#)—to learn more about preparing for emergencies at home, at work and on the road.

Emergency Supply Kit Checklist



Maternal Mental Health Hotline

In May, the U.S. Health and Human Services Department launched a new Maternal Mental Health Hotline. This line is confidential, free, 24/7 and geared to help expecting and new moms with mental health challenges. [Call or text 1-833-9-HELP4MOMS](#) to connect with a counselor.

Support includes:

- Counselors who are culturally and trauma-informed
- Referrals to community and telehealth providers
- Referrals to support groups and other community-based resources

This line is not an emergency response line and individuals in a behavioral health crisis should [call or text 988](#) to reach the Suicide and Crisis Lifeline.

