

UPCOMING PROGRAMS!

The Balancing Act webinar



When: Thursday, May 2

Time: 11-11:30 AM CT

Where: [Click here](#) to register and add the Webex invitation to your Outlook calendar.

What: Do you juggle multiple roles in life and struggle to find balance in activities, priorities, and life? Join Coach Paula to learn a new perspective – don't balance, blend! Finding the right blend of activities can help you find peace and manage stress.

Handout: Before exiting the registration area, be sure to download the handout and save it to your calendar invitation for easy access at the time of the webinar.

Rewards: Earn 50 Vitality Points



QUESTIONS:

Contact Vitality Customer Service at **1-877-224-7117** or wellness@powerofvitality.com.



BIG RED Steppers Challenge

Registration: Monday, May 13 – Friday, May 24

Log in to your Vitality account on the web and click on "Community" in the main menu at the top of the page to register. Or, click the "Challenges" icon in the Vitality Today app.

Challenge duration: 6 weeks, Monday, May 20 – Sunday, June 30

Goal: Complete 231,000 steps by June 30.

Prize: Earn 500 Vitality points!

Description: You don't need any special equipment, just lace up a pair of supportive walking shoes and take advantage of warmer weather with an outdoor walk or inside on a treadmill or around a shopping mall during inclement weather.

Walking can help lower your risks of various chronic conditions, such as:

- high blood pressure
- stress and anxiety or depression
- obesity
- heart disease
- diabetes

The daily recommended number of steps is 10,000 per day. Try to get at least 5,500 steps per day to meet the challenge goal. Start with a pace you're comfortable with and gradually increase the distance, length of time and total number of steps each week. Walking at any pace is beneficial in lowering the negative effects of sitting for too long. Even if you're unable to meet the challenge goal, pushing yourself to gradually do a bit more each week will benefit your overall health!

To help you stay on track, consider setting a Vitality Goal to complete a certain number of steps per day, per week throughout the duration of the challenge. You'll also earn 30 Vitality points each time you check in with your goal on Vitality!

Are you ready to step it up?



MAY
**MENTAL
HEALTH**
AWARENESS MONTH

Take care of yourself

Take a deep breath or two.

Sometimes we get so caught up in the bustle of life that we forget to slow down. By being mindful of your breathing for just a moment, you can take a short break from life's distractions.

Appreciate your environment.

Whether it's your home, the great outdoors, or the people around you, being aware of your surroundings can help you feel gratitude and enjoy the moment at hand.

Be grateful. Take a moment to notice and appreciate something positive in your life right now. It doesn't have to be anything big—in fact, it can be as simple as enjoying a warm cup of coffee, time with a friend or loved one, or a sunny day.

Laugh. There's nothing quite like a good chuckle to help you forget the stresses of the past and worries of the future, even if only briefly. Laughter is good for you, so look for little ways to do it more often!

Turn off technology. Electronic gadgets are here to stay, but they often distract us from the other things in our lives. Give yourself permission to silence them or turn them off, even if only briefly, to allow you to focus on other things. What do you notice when you focus more and multi-task less?

Sources: American Psychological Association; Harvard Medical School; HELPGUIDE

Tips to Cope with Stress

Stress Awareness Month has been recognized every April since 1992, but this year it seems particularly important. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.



Learn to overcome issues you cannot change. Sometimes the stress in our lives is not something we have the power to change. Try to:

- Recognize when you don't have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Here are some basic ideas to help you cope with stress:

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.
- Avoid drugs and alcohol. These can create additional problems and increase the stress you are already feeling.
- Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues.

Source: Stress.org

[WKU Mental Health Resources](#)

are available to support you!





Weight Watchers



The science-backed program you trust that is flexible, enjoyable, realistic, and effective at helping you meet your weight loss goals!

Stick to your weight loss journey with our wellness partner, Weight Watchers, who will help you change your relationship with food.

- Go beyond calorie counting.
- Learn to stick to a budget.
- Connect with others in a judgement free zone.
- Remove the guesswork.

Earn 1,000 Vitality points once per program year! Just track your weight in the Weight Watcher's app two times a month for three consecutive months. Then, submit a screenshot of your weight journey to Vitality.



Coach's Corner with Coach Stephanie

Quinoa Black Bean Bowl

Ingredients:

- 1 T olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- ¾ cup quinoa, rinse
- 1 † ground cumin
- ¼ † cayenne pepper
- 1.5 cups vegetable broth or water
- 1 can corn
- 2 cans black beans
- Salt and pepper to taste
- Optional toppings include cilantro, sour cream, shredded cheese, avocado, limes.



Directions:

- 1) Sauté onion and bell pepper over medium heat 5 minutes, add garlic and stir for 30 seconds
- 2) Add quinoa, cumin, cayenne, salt, pepper, and vegetable broth or water
- 3) Bring to a boil, turn to low and cook for about 20 minutes
- 4) Stir in corn, black beans, and cilantro, cook until heated through
- 5) Serve with options toppings

Nutrition:

Calories: 389kcal | Carbohydrates: 66g | Protein: 19g | Fat: 7g | Saturated Fat: 1g | Sodium: 332mg | Potassium: 951mg | Fiber: 16g | Sugar: 2g | Vitamin A: 1118IU | Vitamin C: 50mg | Calcium: 69mg | Iron: 5mg

Source: <https://www.bowlofdelicious.com/spicy-quinoa-and-black-beans/>

