



Wellbeing

Insights

Living a Better, More Vibrant Life



A Season for Self Care

This year marks the 70-year anniversary of Mental Health Month. Mental Health America has named this year's theme #4Mind4Body, emphasizing the strong link between mental and physical health. 1 in 5 adults experiences mental illness in any given year, which means most of us are affected directly, whether it is our own struggle or that of our loved ones. Nurturing meaningful relationships with others and tending to our personal wellbeing can help prevent the onset or

worsening of mental health conditions in many cases. In the spirit of #4Mind4Body, here are some fun ways to tend to your mental and physical health:

- Try something new with your exercise routine, such as a new class, a new running path or engaging a new friend to buddy up for a walk.
- Experiment with a new food. Look up a recipe for that fun-looking produce you always pass by, or you could start

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Mental Health Month

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with collagen peptides from this month's On the Menu.

- Prompt yourself to smile by placing smiley face Post-its a few different places in your home and/or office. When you see them, put a grin on your face for 15 seconds and see how much better you feel!
- Get some animal love by carving out play time with your furry friend or visiting the zoo.
- Plan an adventure. Studies show that having a future trip to look forward to improves our happiness, even if it's local or a low-ticket getaway. Check out page 6 for some tips on traveling on a budget.
- Journal about your day. You might choose to write down a funny encounter or make a list of the people and things you're grateful for. If something's got you feeling blue, it can be beneficial to journal and reflect. See the Mindful Minute segment for a step-by-step exercise to try.

For more tips and information about Mental Health Month, visit mentalhealthamerica.net



Healing isn't about changing who you are. It's about changing **your relationship** to who you are. A fundamental part of that is **honoring** how you feel.

- SUZANNE HEYN



Mindful Minute

Major life events and daily hassles can take a toll on our emotional and physical wellbeing. While these stressors are not entirely within our control, how we respond to them is and can make all the difference in terms of how they affect us. In honor of Mental Health Month, **consider these exercises to help you cope with stressful events and build resilience to manage future events.**

- 1. Set some time aside.** If you find yourself feeling stressed, depressed or anxious, tune into the feeling.
- 2. Write it out.** Take a pen and paper and write out what you are feeling, what precipitated it and what thoughts are going through your mind. Take note of which thoughts cause you the most distress.
- 3. Dial it back.** Oftentimes our minds go rogue, and we let worst-case-scenario thoughts rule, causing unnecessary distress. As you consider your fleeting thoughts that you have written down, ask yourself if they are true or if they are "what-if" thinking.
- 4. Tune into the present.** Focus on your breathing to center yourself by taking 3 to 4 slow, long deep inhales and exhales. Spend 3 to 4 minutes taking in the sounds, sights and smells around you. Then, turn toward your thoughts. Consider what is presently true (versus what might happen) about the stressor you are experiencing and write that down.

5. Focus on the best-case scenario.

Our minds can have a tendency toward negative thinking. Take time to think about situations that have caused distress in the past and how they turned out. In many cases (especially daily hassles), things turn out better than expected. Apply that consideration to the stressful events you are currently experiencing, and ask yourself what the best-case scenario(s) are for those events. Write those down, and take note of how you feel when you consider those outcomes, recognizing that we often do our best thinking and strategizing when we are calm.

Going through the process of feeling our emotions, thinking through what's driving them and discerning what is true versus what we fear can be a powerful exercise in harnessing our thinking and the related stress that comes from that. However, if the challenges in your life are keeping you from functioning well or making you feel like harming yourself or others, seeking professional help is paramount. You can call **1-800-273-TALK (8255)** to reach a 24-hour crisis center or dial 911 for immediate assistance.

Additionally, you may check to see if your employer offers an Employee Assistance Program to speak to someone about your mental health concerns.

On the Menu

Collagen Craze

Collagen peptides are one of the newest and hottest health trends on the market, and many are convinced they're here to stay for the long haul. But what are collagen peptides and do you actually need them?

Collagen peptides are touted as the most common protein in the body. Their job is to "hold" everything together in your connective tissue, bones, cartilage, skin, nails, hair, etc. It's naturally produced in the body, but over time it's produced less and less, explaining why this powder is one of the most sought-after health supplements. Collagen most commonly comes in the form of an odorless, tasteless powder. It's often added to hot or cold beverages or smoothies for a protein boost. It can also be added to oatmeal, chia pudding, baked goods and more. Two scoops (one serving) of collagen powder provides roughly 60 to 70 calories and 16 to 18 grams of protein with no sugar or fat.

Collagen peptides have a wide array of potential benefits, including:

- Improving joint health
- Thicker hair and stronger nails
- Aiding in muscle repair
- Promoting healthy aging
- Supporting bone strength
- Reducing wrinkles
- Improving skin elasticity
- Supporting connective tissue
- Strengthening and healing the gut lining

However, collagen is relatively new to the health food shelves, so it's important to note the following:

- Additional research is needed to confirm all of the potential benefits listed above.
- Only purchase from reputable distributors. Supplements are not regulated by the FDA and therefore can vary in quality.
- Vitamin C is essential to synthesize collagen in the body, so be sure you are consuming plenty of

it each day, such as papaya, bell peppers, broccoli, Brussels sprouts, strawberries, pineapple, oranges, kiwi, cantaloupe and cauliflower, in conjunction with the supplement.

- Collagen peptides are a good protein source, but they don't have all of the essential amino acids that help your body grow, repair tissues and perform many other body functions. If you're looking for a post-workout protein boost and recovery, be sure to look to other sources with a more complete amino acid profile.

If you have any questions or concerns about adding collagen into your current diet, speak with your physician or a registered dietitian.

Glowing Green Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 cup frozen kale or spinach
- 1 handful ice cubes
- $\frac{1}{3}$ cup frozen banana
- 1 Tbsp. ground flaxseed
- 1 serving collagen powder
- Optional toppings: mixed nuts, granola, fresh fruit, etc.

Directions:

Add all ingredients to a blender and pulse until smooth. Add optional toppings, if desired. Enjoy immediately.

Nutrition Info

Per Serving (1 smoothie)

Calories	231
Total Fat	8.3g
Carbohydrates	21.5g
	Sugar 6.3g
	Fiber 9g
Protein	23.4g
Sodium	145mg



Ask the Experts

Get to know the CBIZ Wellbeing Solutions team as we ask our experts about their own personal journey to live a vibrant life.



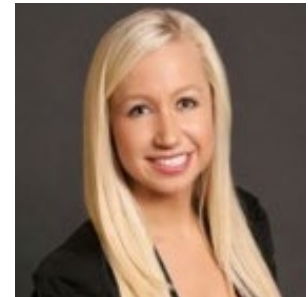
Abby Stevenson,
Wellbeing Consultant

Known on our team as
The Trendsetter:
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Stephanie Faris,
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Known on our team as
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Kelley Elliott,
Wellbeing Account Manager

Known on our team as
The Editor-In-Chief:
Productive, Skilled, Detailed

Q: Research suggests we are happy and fulfilled when we are able to apply our strengths to our work to find purpose and meaning. How do you bring your unique strengths to work each day?

Abby: I always like to have a pulse on emerging trends and don't like settling for the status quo. I love creating ways to weave new innovations into our practice and approach every aspect of my work with an eye toward excellence and innovation.

Steph: In a continually changing world I try to approach my work with purpose but also remain adaptable. I like thinking of creative new ways to engage people in wellbeing activities and practices when traditional methods get stale.

Kelley: To thrive at work, I have to acknowledge that I excel at certain tasks like executing timelines, keeping projects moving forward and understanding the level of detail needed for success. I focus on what I can do well for a client or for my team. Focusing on my strengths allows me to feel reenergized each day.

Q: Online programs, videos and blogs seem to be endless. Are there any particular free online resources for wellbeing that you have found to be the most beneficial?

Abby: The YouTube channel [Yoga with Adriene](#). I discovered this about 4 years ago, and I have gone from thinking "I can't DO yoga" to having a regular home practice that has improved my mental and physical health dramatically. Adriene's approach is easygoing and unthreatening. Second, all women should check out [Beauty Redefined](#). Their messages related to body image and empowerment have been pivotal for me in the way that I approach my own self-care and how I talk with others about health and physical appearance.

Steph: I really like the [Calm](#) app and website. I never considered myself a meditator but have found that taking a few minutes every day to refocus my energy and step away from the noise around me has had a real impact on my wellbeing. Calm allows you to customize what topics and practices you see for your own needs. I particularly love the sleep feature. My brain seems to be the most active when I go to bed, and this has really helped me learn to relax and quiet all the must dos and don't forgets that always pop into my head at bedtime.

Kelley: I love Yale's "[The Science of Wellbeing](#)" course. It gives you the science behind wellbeing practices plus the applications to truly be well and thrive. It includes video lessons, quizzes and homework to help you practice improving things like sleep, exercise, meditation and more. I love how it connected the practice of keeping a gratitude journal with the science behind why it's beneficial. I was surprised at how well it resonated with me, and I'm not sure if I would have tried it without having the homework as a prompt.

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Ask the Experts

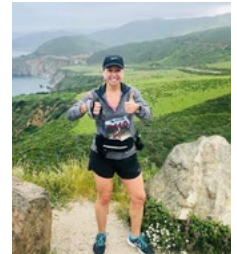
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Q: Establishing and maintaining a habit of being physically active can seem impossible. What has been most successful in helping you stay physically active?

Abby: I guard the time I set aside for the activities I love like dance class, volleyball league and park walks with friends and have given myself permission to pass on the forms of exercise I don't enjoy. I also add short exercise sessions into my day where I can. Nothing major, just a 5-minute walk between meetings or 20 squats and a 1-minute plank during a TV commercial break. For me, this is much more sustainable (and enjoyable) than going to the gym for an extended period of time, and it feels more like a pick-me-up than a workout.

Steph: I don't have a set routine that I follow; I just do what sounds fun and will get me moving. Typically that ends up being a round of golf. My husband surprised me with a new push cart last spring, so it's a lot of fun getting out and walking 18 holes. Staying active shouldn't be a task or chore you must complete; just find something you love that keeps you active. I also wear a Garmin fitness tracker every day. The physical reminder to move is nice to have so that I'll push myself to get up and move more throughout the day.

Kelley: I like variety and the ability to change my plans daily. Some days, I want to disconnect and go for a long run. Other days, a yoga class is the most restorative activity for that day. It's taken time, but I now know it's okay to take an afternoon off based on my energy and workload for the day. I listen to my body and determine what will be the most reenergizing in that moment. My advice – find something you actually enjoy doing.



Q: We're all battling the crisis of low personal energy. What is your favorite (non-caffeine) pick-me-up that gets you energized?



Abby: Depends on the situation, but typically some sort of moving. At home, I'll do a few minutes

of yoga or a quick body-weight circuit. In the office, I'll put in my headphones and walk a few flights of stairs.

Steph: Getting outside. After just a few deep breaths I immediately feel the renewed energy. In the backyard, that new energy generally leads to being productive and working on my garden or deck. When I'm camping, that new energy helps me see more of the beauty in the world around me and appreciate what I have. I try and spend as much time outdoors as I can; there is no medicine like being in nature.

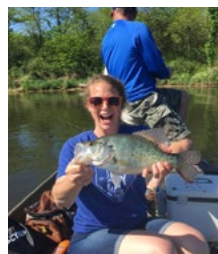
Kelley: There's nothing like a good dose of Vitamin D for an afternoon pick-me-up. I love to go for a walk without headphones. I try to take note of what is going on around me, focusing on things that I haven't noticed before. I've found that disconnecting from technology and reconnecting with everything that goes on outside really puts thoughts and worries into perspective, which can be very reenergizing.

Q: What is your #1 tip or piece of advice for optimal wellbeing?

Abby: Get your mind and your body on the same team. So many people are at war with their own body, viewing it as something to be manipulated, changed or conquered. But really, our bodies are all unique and they have the huge task of being the vessel that carries us through life. Be kind to yourself. Follow what brings you joy, peace and fulfillment. Forget the rest.

Steph: Do what's best for you and don't compare yourself to those around you. There's also a quote

by Arthur Ashe that I really love, "Start where you are. Use what you have. Do what you can."



Kelley: Get enough sleep. Period. For me, it's nonnegotiable because it's my time to recharge, so I guard that time as much as possible. To ensure I'm getting time for sleep, I try to communicate my needs to family, friends and coworkers so I can be my best self for them and for me. I also try to stick to a bedtime routine that includes a technology break, essential oils and journaling time.

Planning a Vacation that Won't Break the Bank

With summer fast approaching, it's time to start planning your well-deserved vacation. However, while daydreaming about indulging in a new destination, the dollar signs can begin to mount quickly, leaving us stressed or feeling as if our dream destination is out of reach. Luckily, there are lots of great travel hacks that can help you get the most from your vacation dollars.

■ **Use third-party sites.** Scottscheapflights.com is a great website if you like traveling to different countries and you're open to where and when. You can sign up to receive regular alerts for destinations that interest you the most. Skiplagged.com is another useful site for cutting airline costs. One of the best features is that you are able to type in your destination and see a calendar with the price differences, allowing you to easily plan your dates around when it's least expensive. Additional sites to check for reasonable airfare are Hopper.com and Skyscanner.com. Mondays and Tuesdays are usually the best days to book travel, and flights are normally cheaper in the beginning of the week. Also, when booking your travel, make sure to have your privacy browsing on. Websites are able to fluctuate flight prices based on your cookies and browsing history.

■ **Do your research.** Get to know the peak tourist season for the location you're visiting. If you have the option



of going just before or just after, you'll cut costs and increase your experience substantially. Rick Steve's books and free website (ricksteves.com) have great beginner guides on where to go, what to see and eat, and where to stay. If you're going to Europe, check out www.use-it.travel/home to get the best ideas on where to go from the city's locals! You can also find out the best ways to travel once you're there. For example, getting a train or a bus pass can be less expensive than buying tickets for each individual trip. Many places have tourist cards; these are passes where you pay a flat discounted rate to get access to many different tourist sites, which is cheaper than paying for admission at each attraction.

■ **Use apps to help save.** Digit (<https://digit.co/>) is an amazing app that helps you save money without thinking about it. The amount of money it saves out of your account fluctuates based off of spending and deposits so that you barely notice the withdrawals. You can create different saving goals, which is great to use for upcoming trips. That way, you don't have to pay a large lump sum at one time, which also makes traveling more feasible.

By following these tips and tricks, you'll be on your way to having the financially stress-free summer vacation you deserve!

The *Wellbeing Insights* Newsletter is prepared for you by CBIZ. The contributions included in this newsletter do not specifically reflect your employer's opinions. Consult your health care provider before making any lifestyle changes.

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