



Official Newsletter of WIC Worksite Wellness

HOW TO AVOID BURNOUT AND FEEL YOUR BEST

Ashlyn Gonzales & Lauren Yowell

Have you ever felt exhausted, grumpy, or found yourself frequently sick? You may be experiencing burnout—a state of emotional, physical, and mental exhaustion caused by chronic stress.(1) This might sound scary, but here are some ways to prevent it.

- **Exercise** : Exercising allows you to breathe deep and relax. Try yoga, walking, dancing, or any movement that you enjoy to relieve stress.(2)
- **Eat a balanced diet** : Fruits, vegetables, whole grains and lean proteins such as poultry, fish and tofu can provide your body with the right amount of energy to get you through your busy days.(2)
- **Form healthy sleep habits** : Aim for 8 hours of sleep a night. Some helpful tips to improve sleep are: reducing screen time, reading, and using candles or incense oils to promote relaxation. (2)
- **Seek out help** : Support from family, close friends, or even a co-worker can help you feel less overwhelmed and allow your body to recharge.(2)



SPRING FRUITS

Dannie Haber & Sherry Dinh

Spring is finally here! Shop for these in-season fruits to get all the nutrients that spring has to offer. These fruits can help boost your body with vitamin C, fiber and antioxidants.(3)

- **Kiwi**- The tartness of kiwis goes well in smoothies & are a good topping for parfaits.(4)
- **Citrus Fruits**- Eat oranges, tangerines, clementines, lemons, limes, grapefruits whole or enjoy them as juice!(4)
- **Avocado** - Making avocado toast or adding avocado to a salad or wrap is an easy way to add healthy fats.(4)
- **Pear** - Pears are a quick and filling sweet snack on the go.(4)
- **Apple** - Apples are a nutrient packed snack to have with any nut butter.(4)
- **Strawberries** - Strawberries are packed with folate and can be added to smoothies or yogurt.(4)



VEGAN ZUCCHINI BROWNIES

Bruna Honorio,
Carla Corrales &
Rachel Jensen

This is the perfect opportunity to sneak veggies into your dessert, especially for the little ones. It's fudgy, yummy, and nutritious!

Prep time: **10 min**

Cook time: **35 min**

Servings: **9**

Ingredients

- 1 tbsp of flax meal
- 2 cups of zucchini, shredded small
- ½ cup of coconut oil
- ½ cup of maple syrup
- 1 tsp of vanilla extract
- ½ cup of cocoa powder
- ½ tsp of baking soda
- ¼ tsp of salt
- 1 cup of whole wheat flour

Instructions

1. Preheat the oven to 375 F and prepare an 8 x 8 baking dish with parchment paper.
2. Prepare flax "egg" by adding 1 tbsp of flax meal and 2 tbsp of water in a small bowl. Let it rest for five minutes.
3. During this time, shred the zucchini and pat it to remove excess water with a paper towel.
4. In a large bowl, combine the coconut oil, maple syrup, and vanilla extract, and flax egg until smooth.
5. Add the cocoa powder, baking soda, and salt, and whisk.
6. Add the zucchini and stir.
7. Lastly, add the flour and mix gently until combined.
8. Place the batter in the baking dish and bake it for about 35 minutes.
9. Let it cool for about 20 minutes, cut into 9 pieces and enjoy!

WHY TRY IT?

The Benefits of Zucchini

- Zucchini is naturally low calorie and full of nutritional benefits. (6)
- Zucchini is high in vitamins A and C which help support the immune system, vision and reproduction. (7, 8)
- Adding zucchini or other vegetables to your favorite desserts, you are adding beneficial vitamins into your diet without even tasting them!

Nutrition Facts

Per serving(5)

- Calories: 263 kcal
- Total fat: 11.8g
- Saturated fat: 10.6g
- Cholesterol: 0mg
- Sodium: 157mg
- Carbohydrate: 37.4g
- Fiber: 4g
- Sugar: 11g
- Protein: 2g
- Potassium: 235 mg

FREE APPS FOR MINDFUL TRACKING OF NUTRIENTS

Brianda Gonzalez & Pedro Guzman



Cronometer allows you to track your food and see your nutritional breakdown of vitamins and minerals. There is a scan barcode feature to easily log food and you can track up to 82 micronutrients to ensure you meet your goals.



Lifesum helps you track your fats, carbs, proteins, hydration, and exercise. Tracking is simple with barcode scanning and a large food database. It also connects to Apple Health, Samsung Health and more!

EVENTS & PROGRAM UPDATES

REGISTRATION REMINDER

Surviving Compassion Fatigue Through an ACEs Aware Lens

May 25-26, 8:30am – 12:00pm



Beverly Kyer, who presented on self-care during the 2020 Spring Conference, selected California WIC for an extended WIC staff training on compassion fatigue and traumatic stress. The training is open to all staff, at no cost, and includes CE units. Read more about this training [here](#) and forward to your staff. Please register [here](#) and email [Jodi](#) with any questions.

CALL TO ACTION: WELLNESS WEDNESDAYS

Please join us for a small measure of support and love for WIC and each other during WIC Wellness Wednesdays. Can you and your team spare 15-30 minutes to lead us in some wellness activities? If you love Wellness and want to find ways to get more engaged, start [here](#). All Wellness Wednesday hosting sessions will go towards Well WIC Worksite Certification and Re-certification. We need you, so [sign up today!](#) Email [Jodi](#) with any questions.



CALIFORNIA WIC ASSOCIATION



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