



Official Newsletter of WIC Worksite Wellness

WORK-LIFE BALANCE

Samantha Camacho & Sherry Dinh

Having a healthy work-life balance may be difficult to manage, but it is important when it comes to overall health. Here are some helpful tips for creating that work-life balance!

- **Stay mindful** - Being attentive to our [emotions](#) can help us better understand ourselves. (1)
- **Time management** - Creating a [to-do list](#) to organize and plan ahead helps maintain order. (1)
- **Setting boundaries for work** - Setting limits for time spent on working may help prevent burnout. (2)
- **Take a break** - Taking a short break to eat well or do a breathing exercise can be the difference between being healthy or being stressed out. (3)
- **Prioritize** - Know what needs to get done versus what is nice to get done. (4)

Keep in mind that having a healthy work-life also means maintaining a healthy mindset!



SLEEPING TIPS

Dannie Haber, B.A., CPT, Lauren Yowell, B.S.

Sleep is crucial for our bodies to function well. Good sleep quality can increase our ability to focus, problem solve, and reduce stress. (5) Studies show that using our phones before going to bed can increase the risk of developing insomnia. (6,7)

To help lower screen time and improve sleep, include the following tips into your lifestyle:

- Reduce phone activity an hour before bed. (6)
- Take a break from phone use during the day. (8)
- Create a space that is quiet with a comfortable temperature (60-67 °F). (5,9)
- Have a consistent sleeping schedule. (5,9)

For more information, check out “Improving Your Sleep” which contains useful tips and activities to help you get a better night's rest!

HEALTHY ADULT LUNCHABLES

Bruna Honorio, Carla Corrales, & Rachel Jensen, BS, CPT



Whether we are working from home or going to work, time is precious. Meal prepping can help us save time for other responsibilities in our day. (10) Adult-style lunchables are an easy way to prepare meals for a busy week.

Prep time: **45 min**

Servings: **5**

Ingredients (11)

- 5 large eggs, hard-boiled
- 1 ¼ cup washed, cherry tomatoes
- 5 ounces of sharp cheddar cheese, cubed
- 20 whole-grain crackers
- 10 ounces thinly sliced turkey breast
- ¾ cup raw almonds

Instructions

1. Divide eggs, tomatoes, cheese, and almonds between 5 Tupperware containers and refrigerate
2. Keep crackers out of the refrigerator so they do not go stale
3. Enjoy!

WHY TRY IT?

Adult-style lunchable meals provide a variety of healthy fats, protein, and carbs to support your energy levels throughout the day. (10) It is an excellent way to meal prep for you and your family; as it is cost-effective and more nutritionally balanced than your store-bought snack boxes.

Price	Make Your Own	Vons: Oscar Mayer Lunchables (Turkey, Cheddar, Crackers)	Sprouts: Snack Box (Turkey, Cheddar, Grapes, Nuts)
Price per oz.	\$0.42	\$0.75	\$0.50
Price per box	\$3.16 (7.4 oz box)	\$2.39 (3.2 oz box)	\$4.80 (9.6 oz box)

Nutrition Facts

Per Serving (12)

- **Calories:** 478.6
- **Protein:** 37.4 grams
- **Carbohydrates:** 23 grams
- **Fat:** 27.3 grams
- **Saturated Fat:** 8.5 grams
- **Monounsaturated Fat:** 11 grams
- **Polyunsaturated Fat:** 5.4 grams
- **Potassium:** 747.3 grams
- **Cholesterol:** 259.3 grams
- **Sodium:** 441.9 grams
- **Sugars:** 4.9 grams
- **Fiber:** 5.8 grams

STRESS-REDUCING RESOURCES

Ana Hernandez & Pedro Guzman, B.S.

MyPlate App



When creating food intake goals for yourself, it can become stressful to keep track of your progress. The [MyPlate app](#) allows you to easily input your meals and view your nutrient intake. (13) You can also update your information daily and track your progress towards your health goals! (14)

Time Management



Time management is a helpful tool to complete a long list of tasks and reduce your stress. When performed effectively, time management can help you overcome procrastination, set deadlines, fit in regular breaks, and improve your productivity. Click [HERE](#) to learn more about time management. (15)



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

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EVENTS



CWA WELL WIC WORKSITE CHALLENGE

A 4-WEEK EXERCISE CHALLENGE.

THE CATEGORIES WILL BE WEEKLY WITH A WEEKLY WINNING TEAM ANNOUNCED:

- WEEK 1, OCT. 11-15: SQUATS SQUATS AND MORE SQUATS CHALLENGE
- WEEK 2, OCT. 18-22: WALL SITS FOR WIC
- WEEK 3, OCT. 25-29: PUSH-UP POWER CHALLENGE
- WEEK 4, NOV. 1-5: PLANK ANYWHERE CHALLENGE

PLEASE SIGN YOUR TEAM OF 6 (OR LESS) UP (LINKS AND EMAILS TO THE RIGHT). IF YOU NEED ACCOMMODATIONS, PLEASE LET US KNOW. THE PRIZES AVAILABLE EACH WEEK ARE ONE-STOP-SNACK-SHOPS FILLED WITH HEALTHY SNACKS, A CASH BOX, AND A HOW-TO ON STARTING YOUR VERY OWN SELF-SERVICE WELLNESS FUNDRAISING PROJECT FOR YOUR AGENCY. EMAIL JODI WITH QUESTIONS .

CONTACT JODI @
JMULLIGANPFILE@CALWI
C.ORG WITH QUESTIONS.
SIGN UP FOR THE
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CHALLENGE HERE
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AFDC61-CWAWELL](https://www.signupgenius.com/go/10COD45AEAE29A-AFDC61-CWAWELL)



WIC Wellness Wednesdays

Please join us for some self-care:

- **Wednesday Oct. 7, 12:30-1:00pm:** Rachel Van Cott, Santa Cruz County WIC - Yoga Nidra Guided Meditation/Mid-Day Stress Reduction. Register here or https://us02web.zoom.us/meeting/register/tZYpcu-gqz0jHNYv3re9uZe_biTDIh32SxbP
- **Wednesday Oct. 20, 12:00-12:45pm:** Kelley Axelson, MPH, Kelley Marie Wellness, Certified Health Coach. Guided Interactive Visioning Exercise. Register here or https://us02web.zoom.us/meeting/register/tZcrde-urT8oH9WrSxt_0RAI2SrFBoePCxWF
- **Wednesday October 27, 2021, 12:00-12:45pm:** Tony Gryffin, PhD, Portable Peace Practices Session Three: Movements for Mental and Physical Balance. Register here or <https://us02web.zoom.us/meeting/register/tZEqc-mgqj4vGdHMBj3dCr9OifXRNK95Js80>
Questions? Email Jodi at jmulliganpfile@calwic.