



Official Newsletter of WIC Worksite Wellness

HOW EXERCISE BOOSTS YOUR MOOD

Jillian Arizcuren, BS & Janeza Bridges, BS

Did you know exercise can help improve our overall mood? This can be explained by [mind-body connection](#), otherwise known as the relationship between our physical and mental health. (1) Evidence shows that people who exercise 2-3 times a week experience decreased feelings of depression, anger, and anxiety. (2)

Exercise can uplift our mood by:

1. **Releasing [neurotransmitters](#):** These help regulate mood and cognitive function. (2)
2. **Increasing blood flow to the brain:** It also influences a region in the brain called the limbic system which controls our motivation and mood (3)
3. **Decreasing stress:** The chemicals released during exercise may help the brain deal with stress more effectively (4).

Remember, any body movement and exercise is beneficial as long as it is something you enjoy doing. To help monitor your mood after your next exercise, check out these mood tracking [journals](#) or [apps](#).



CONFLICT RESOLUTION

Jaquelyn Neves & Jade Martinez

Conflict resolution is a process by which two or more people decide on a solution to a disagreement. (5) Disagreements between coworkers, family, or friends can be a challenging experience, so here are some strategies to help resolve conflict:

1. **Recognize the Problem:** The people involved should agree and admit there is a problem. (6)
2. **Discuss and Understand:** Talk about the problem and try to understand the other person's view. (6)
3. **New Point of View:** Invite an unbiased, outside person to join the conversation and help ease the conflict. (6)
4. **Plan:** Think of a plan for all parties to agree. (6)
5. **Monitor:** Check in with oneself after the discussion to see if the plan is working. (6)

For more effective strategies, click [here](#).

HOMEMADE OH-MEGA (3)! OMELET MUFFIN

Ana Hernandez, BS, Lexi Skinner, BS, and Ashlyn Taylor, BS



Omega-3s are essential fats, meaning they cannot be created within the body and are consumed through food. Foods high in omega-3s include fish, eggs, vegetable oils, nuts, flax seeds, and leafy greens. (7) These Greek muffin-tin omelets are easy to make, delicious, nutritious, and flavorful!

Total time: 50 minutes **Prep Time:** 25 minutes **Servings:** 6

Ingredients (8):

- $\frac{3}{4}$ cup diced white onion
- $\frac{1}{4}$ teaspoon salt
- 1 medium red bell pepper, diced
- 2 tablespoon finely chopped fresh oregano
- 4 large eggs
- 1 cup egg whites
- $\frac{1}{2}$ cup 1% milk
- $\frac{1}{2}$ teaspoon ground pepper
- 2 cups chopped fresh spinach
- $\frac{1}{4}$ cup sliced Kalamata olives

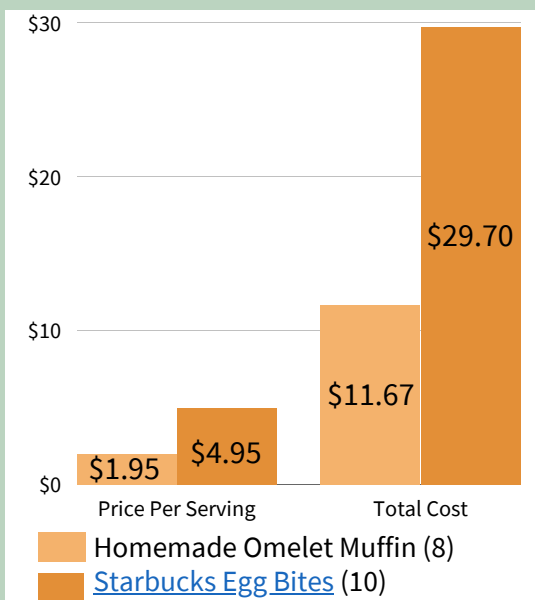
Materials (8):

- Cooking spray (olive oil, canola oil, or avocado oil)
- 12-cup muffin tin
- Large skillet
- Large bowl

Instructions (8):

1. Preheat the oven to 325°F. Coat a 12-cup muffin tin with cooking spray.
2. Heat a large skillet over medium heat. Add onion and $\frac{1}{8}$ teaspoon salt; cook by stirring until it starts to soften for about 3 minutes. Add bell pepper and oregano; cook by stirring until the vegetables are tender and brown for about 4-5 minutes. Remove from heat and let cool for 5 minutes.
3. Whisk eggs, milk, pepper, and the remaining $\frac{1}{8}$ teaspoon salt in a large bowl. Stir in spinach, olives, and the vegetables mixture. Divide among the prepared muffin cups.
4. Bake until firm to the touch for about 25 minutes. Let stand for 5 minutes before removal from the tin. Enjoy!

PRICE COMPARISON



NUTRITION FACTS

Per 2 muffins (9)

- Calories: 222.7 kcal
- Total fat: 8.9 g
- Saturated fat: 2.5 g
- Cholesterol: 250.7 mg
- Sodium: 547.2 mg
- Carbohydrates: 14.9 g
- Fiber: 3.9 g
- Sugar: 7.6 g
- Protein: 21.8 g

POSITIVE AFFIRMATION RESOURCES

Pedro Guzman, MS & Samantha Camacho, BS

Mantra



Trying to be positive all the time can be challenging. Luckily, the [Mantra](#) app can help you achieve a positive mindset throughout the day by sending reminders and providing words of encouragement. This app allows you to record your own voice so you can hear your own goals and develop your own positive affirmations.

Gratitude Garden



It can be helpful to remind yourself what feels worth your energy. [Gratitude Garden](#) is a free app where you can write down three good things that have happened to you over the past 24 hours. You will get points every time you complete the exercises. Once you collect points, you can use them to decorate your gratitude garden.



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