



Official Newsletter of WIC Worksite Wellness

HELP YOUR STAFF FEEL VALUED & APPRECIATED

Aneth Gonzalez & Grace Klein

Leaders play an important role in helping staff feel valued, appreciated, and that their work has meaning.¹ When staff feel appreciated and have a sense of value and purpose, the quality of their work improves as does their ability to manage stress.²⁻⁴ Here are some tips to help your staff feel appreciated and have a sense of value and purpose:

- **Be personal:** In detail, share with each of your team members how what they do benefits the agency and those they serve.⁵
- **Show gratitude:** Make sure to recognize and appreciate your staffs' efforts. Be specific when giving recognition.^{3,4}
- **Be authentic:** What you say should match what you do and how you lead.⁵ Otherwise, your tactics will seem controlling instead of motivating.
- **Make a habit:** To make a workplace feel personal, supportive, and authentic, you need to make the prior tips routine.^{5,6} This helps to create a culture of gratitude, appreciation, and trust.

MEANINGFUL WORK = BETTER HEALTH



John Haubenstricker & Karina Montes

Meaning and purpose in the workplace benefits both your mental and physical health.⁷ You can find meaning and purpose through the fulfillment of daily tasks, relationships, and work benefits.⁸ Having a purpose motivates you to create meaningful relationships and show your values and goals in the workplace.⁹ This leads to joy and job satisfaction.¹⁰

If you want to improve your happiness and health, here are 5 tips to find more meaning and purpose at work:

1. Set personal and achievable [goals](#) for the day.¹¹
2. Build [meaningful relationships](#) at work.¹⁰
3. Learn new and helpful work skills.¹²
4. Change up the [“look and feel”](#) of your work space.¹²
5. Say “thank you” to a team member.¹²

FETA AVOCADO DIP

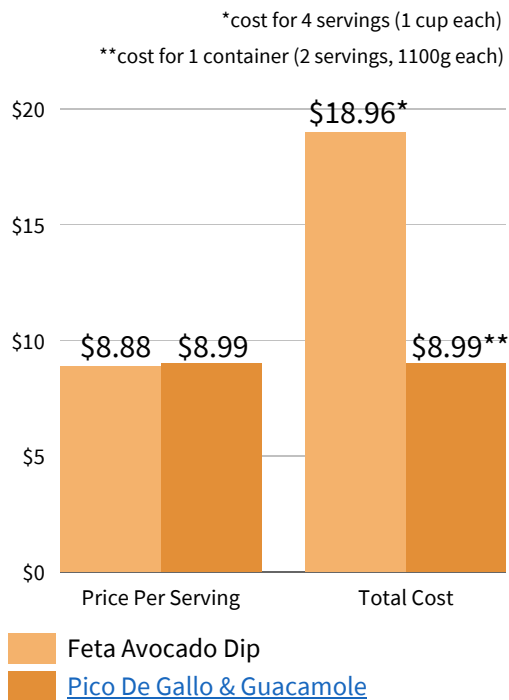
By Meghan Bishop, Ashley Gubicza, & Chelsie Miller



Not sure what to do with those avocados that are about to go bad? Try making this feta avocado dip! This recipe is an easy and tasty idea that you'll be craving all summer. Besides being delicious, this dish can help reduce your risk of cancer and heart disease.^{13,14} The tomatoes in this recipe are packed with vitamins and minerals, while the avocado provides healthy fats and protein.^{15,16}

Total time: 15 minutes **Prep Time:** 15 minutes **Servings:** 4

PRICE COMPARISON



Ingredients:¹⁷

- 2 ripe medium avocados, fleshed & diced
- 4 ounces feta*
- 3 medium Roma tomatoes, seeded & diced
- 1/3 cup red onion, diced
- 2 garlic cloves, minced
- 1/2 cup cilantro, chopped
- 1 tablespoon extra virgin olive oil
- 1 tablespoon white vinegar

*use a block of feta for best results

Instructions:¹⁷

1. Check your avocados for firmness. Once diced, the cubes should still hold their shape.
2. Cut the 4 ounce block of feta into cubes.
3. Add all ingredients to a medium bowl. With a large spoon, gently fold everything together until combined.
4. Transfer the contents of the bowl to a serving dish or an airtight container to save for later. This dip pairs well with crackers, pita bread slices, chips, and vegetables. Leftovers should be kept in the refrigerator for no longer than three days.

NUTRITION FACTS

Serving size: 1 cup¹⁸

- Total Calories: 248
- Total Fat: 20 g
 - Saturated Fat: 6 g
- Cholesterol: 25 mg
- Sodium: 338 mg
- Carbohydrates: 13 g
 - Fiber: 6 g
 - Sugar: 4.5 g
- Protein: 7 g



TOOLS FOR FINDING PURPOSE

Kacey Van Duzer & Edgar Doolan



Finding your purpose and figuring out life isn't easy, but it can be easier with help. Jay Shetty is a podcaster, author, life coach, and former monk. His podcast, *On Purpose*, focuses on self-help topics. His website has an option to take a quiz to reveal specific resources just for you. Start [here](#) to find your personal resources.



[Affirmations](#) are statements we say to ourselves regularly to shift or challenge negative thoughts. Saying these statements can reduce stress and improve health. [ThinkUp](#) is a free app that lets you record your own affirmations, and reminds you to play them back. Download it today to start practicing your positive mindset path!



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