



Official Newsletter of WIC Worksite Wellness

## WORK-LIFE BALANCE: A GUIDE FOR LEADERS

Edgar Doolan & Chelsie Miller

Completing everything needed for work and personal life can be hard. Work-life balance is a harmony between work and life outside of work. There are many health benefits if it is managed well.<sup>1</sup> Managers and leaders play a big part in modeling good work-life balance habits. This lets teams feel supported in practicing these habits too.<sup>2</sup> Boundary-setting and communicating well are great ways to start these habits. Below are some tips leaders can use to get balanced and feel healthy.<sup>3-4</sup>

- Get to know the different types of [boundaries](#), such as mental, emotional, and physical.<sup>4</sup>
- Address any [problems](#) that may come up in a direct way, whether it's someone who works for you or with you.<sup>4,6</sup>
- Communicate your needs or requests clearly, and hold [space](#) for those sharing their needs with you.<sup>4,7</sup>
  - As a leader, it's important to listen, and speak clearly and directly. This takes the guesswork out of the workplace, creating a more positive, respectful space.<sup>4,8-9</sup>

## WORK-LIFE HARMONY



John Haubenstricker & Meghen Bishop

We strive to fully engage in our work and life while limiting conflict between them—work-life integration—to create *harmony* between these connected roles.<sup>10,11</sup> To create a life of joy and fulfillment, align your values and priorities, and manage your boundaries among your work-life roles.<sup>11</sup> The opposite creates work-life conflict<sup>12</sup> resulting in poor work and health outcomes.<sup>10</sup> To create a work-life harmony, here are some tips:<sup>12</sup>

1. Create a schedule for your important tasks
2. Delegate tasks to reduce your workload
3. Take regular wellness breaks
4. Set boundaries to avoid taking work home
5. Communicate your values, needs, and responsibilities
6. [Give yourself grace](#)

For more helpful tips, check out this [article](#) and these [worksheets](#).

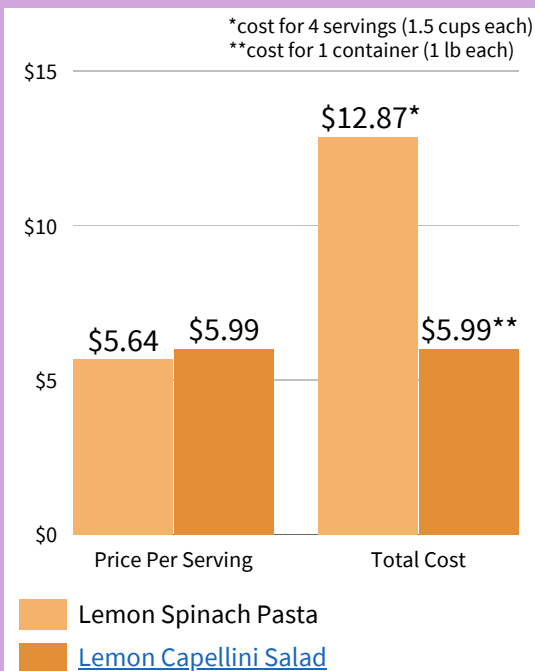
# LEMON SPINACH PASTA

By Aneth Gonzalez, Ashley Gubicza, & Karina Montes



Summer is around the corner, and this refreshing dish is just what you need to start off the season! It is packed with several nutrients that are great for your health. One of these nutrients—vitamin C—is found in lemons.<sup>13</sup> The spinach in this dish also contains several other healthy nutrients, like vitamin K, vitamin A, and iron.<sup>14</sup> The vitamin C from the lemon helps absorb more of the iron from the spinach.<sup>15</sup> This recipe will not only fuel you, but also nourish your body with essential vitamins and minerals. Give it a try!

## PRICE COMPARISON



**Total time:** 15 minutes **Prep Time:** 10 minutes **Servings:** 4

## Ingredients:<sup>16</sup>

- 12 ounces whole wheat spaghetti, dry
- 1 teaspoon extra virgin olive oil
- 2 cloves garlic, peeled and minced
- 1 pound baby spinach, frozen
- Juice from 2 lemons plus zest
- ¼ cup low-sodium mozzarella cheese, shredded
- Pinch of ground pepper

## Instructions:<sup>16</sup>

1. Bring a large pot of water to a boil. Cook 12-ounces of dry whole wheat spaghetti.
2. When the pasta is nearly done (about 5 minutes into cooking it), heat 1 teaspoon of extra virgin olive oil in a large skillet over medium heat. Add the minced garlic and cook, stirring, until fragrant (about 30 seconds).
3. Add in the frozen spinach to the heated skillet. Cook until the spinach is wilted (about 1 minute).
4. Reserve 1 cup of the pasta's cooking water before draining.
5. Add the lemon juice and about ¼ cup of the pasta cooking water to the skillet. The lemon juice can be added by simply inserting a spoon into the center of the halved lemon and twisting it.
6. Drain the pasta, add it into the skillet, and toss over medium heat.
7. Remove the skillet from the heat. Zest the lemon by using the small side of a box grater. Add the lemon zest and shredded mozzarella into the skillet.
8. Season with ground pepper to taste. Toss again to combine, and, if needed, add a little bit more of the pasta cooking water. Enjoy!

## NUTRITION FACTS

Serving size: 1.5 cups<sup>17</sup>

- Total Calories: 192
- Total Fat: 4 g
  - Saturated Fat: 1 g
- Cholesterol: 5 mg
- Sodium: 92 mg
- Carbohydrates: 32 g
  - Fiber: 6 g
  - Sugar: 2 g
- Protein: 10 g

# ACHIEVING WORK-LIFE BALANCE AND HEALTH

Grace Klein & Kacey Van Duzer



The [Habit](#) app is a simple way to maintain healthy habits at home and in the workplace. With the Habit app, goals and habits are made simple. This app helps you to build, track, and remember your habits. In a few simple steps, the Habit app allows you to set goal reminders, like drinking more water or deadlines. Creating healthy habits has never been easier with the Habit app. Give it a try!

Want to move more at home and work, but are aches and pains holding you back? Try watching [Doctor Jo](#) on Youtube for free exercise videos that help relieve pain and get you moving. There are tutorials for breathing exercises, seated stretches, and even ones for pain relief. These exercises can be done sitting or standing at work or at home. Watch them today!



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