



Official Newsletter of WIC Worksite Wellness

HOW LEADERS PROMOTE PROFESSIONAL GROWTH

Lauren Flotman & Ashley Hensen

It is important for leaders to help their team members learn and grow. Staff who learn new skills can better reach their goals and improve their wellbeing.¹ Also, learning can inspire workplace enthusiasm.² Here are some tips to help your team members grow:

- **Education:** Encourage educational courses that inspire growth. Let everyone have the chance to grow in their careers by gaining new skills. See the "resources" section for free educational courses.³
- **Coaching:** Help team members set goals and achieve them. Reaching goals builds confidence and helps them be their best.⁴
- **Mentorship:** Give advice to guide team members. Mentorship can build strong work relationships.⁵ Read seven tips for being a good mentor [here](#).
- **Feedback:** Share feedback to help others improve. Positive feedback, like [personal encouragement](#), boosts motivation.⁶

INTELLECTUAL SELF-CARE



Stacy Wells & Ashley Woo

Taking good care of your mind is an important form of self-care. Intellectual wellness means to take part in creative activities and habits to expand your knowledge and skills.⁷ Doing enjoyable wellness practices can enhance learning, produce new ideas, and promote better judgment.⁸

Here are some practices to try:

1. **Develop Personal Interests:** Listen to live music or plant an herb garden.⁹ Click [here](#) for inspiration.
2. **Stay Sharp:** Try crossword puzzles, reading, or play brain games.¹⁰ See some examples [here](#).
3. **Think critically:** Always question the sources of information and content you consume. Also, evaluate the arguments of other people and create your own opinions. Read the article linked [here](#) to learn more.¹¹

CRISPY CHICKPEA & SUMMER BERRY SALAD

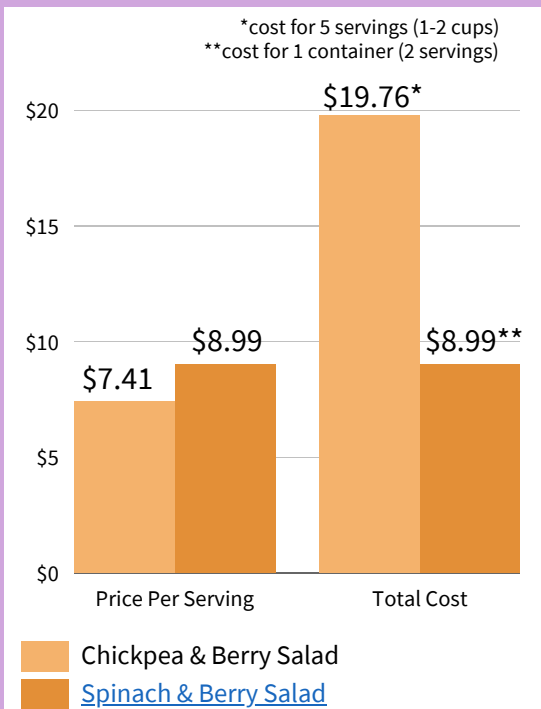
By Ashley Gubicza, Ivette Ramirez, and Kacey Van Duzer



Refreshing, nutritious, and filling are qualities we want from a salad. This crispy chickpea & berry salad gives all of that and more! Not only do the berries add a sweet flavor, but they may also help prevent heart disease and improve digestion.¹² The chickpeas provide a great source of plant-based protein and fiber. This makes the salad filling, which can help in keeping a healthy weight.¹³

Total time: 20 minutes **Prep Time:** 10 minutes **Servings:** 5

PRICE COMPARISON



Ingredients:

- **Crispy Chickpeas**
 - 1 ½ cups canned chickpeas, drained and rinsed
 - 1 ½ teaspoons of extra virgin olive oil
 - ¼ teaspoon of iodized salt
- **Salad Dressing**
 - ⅓ cup of lemon juice
 - ¼ cup of extra virgin olive oil
 - ¼ teaspoon of ground black pepper
 - ¼ teaspoon of iodized salt
- **Salad**
 - 2 cups of fresh spinach
 - 1 ½ cup of fresh zucchini, diced
 - ½ cup of fresh strawberries, halves
 - 1 cup of fresh blueberries

Instructions:

1. Preheat oven to 375°F and line a baking sheet with parchment paper
2. Place the drained chickpeas on a clean towel and pat dry.
3. In a bowl, toss the chickpeas with extra virgin olive oil and salt.
4. Dump the chickpeas on the baking sheet and spread them into a single layer
5. Roast chickpeas for 10 minutes, then remove from the oven and shake the pan. Roast for another 10 minutes.
6. As the chickpeas are baking, in a jar (or bowl) add lemon juice, extra virgin olive oil, black pepper, and salt.
7. Cover the jar and shake until ingredients are well combined (or whisk together if using a bowl).
8. Place the spinach in a large serving bowl.
9. Top the spinach with the zucchini, strawberries, and blueberries.
10. When ready to serve, top the salad with chickpeas and the dressing. Enjoy!

NUTRITION FACTS¹⁴

Serving size: 1 bowl

- Total Calories: 207
- Total Fat: 14 g
 - Saturated Fat: 2 g
- Cholesterol: 0 mg
- Sodium: 346 mg
- Carbohydrates: 19 g
 - Fiber: 5 g
 - Sugar: 7 g
- Protein: 5 g

ONLINE PLATFORMS TO FURTHER YOUR EDUCATION

Caitlyn Jones & Ashley Davis



[Coursera](#) produces online courses to prepare you for your next career. The courses offered through Coursera are self-paced and many are free! Change your life today with skills desired by leading companies.



[EdX](#) is a website that partners with schools and foundations to provide education through video, assignments, and quizzes. You can take over 2,000 courses, with some leading to a certification or degree, all at your own pace.



American Red Cross
San Diego and Imperial
Counties



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