

# LIVE WELL WORK WELL



## Workplace Stress Levels Dropping

Stress in the workplace is on the decline, according to a recent study from health portal provider MediKeeper, Inc.

The majority of respondents said, on a scale of one to five, that their stress level was at a two in 2016. This is down from 2014, where the majority said they were at a level three.

Similarly, the number of people who reported a level one increased by 58 percent over the same two-year period.

Curb your stress with these helpful tips:

- Make to-do lists of tasks that need completing and cross off items as you finish them.
- Talk with a co-worker about things that are bothering you. Getting support from friends is a great way to relax and reduce anxiety.
- If you continually run late, set your clocks and watch ahead to give yourself extra time.
- Read over your job description so you know exactly what is expected of you.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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## National Nutrition Month

"Cooking from scratch will yield health benefits for you and your family," says registered dietitian nutritionist and Academy spokesperson Jennifer Bruning.

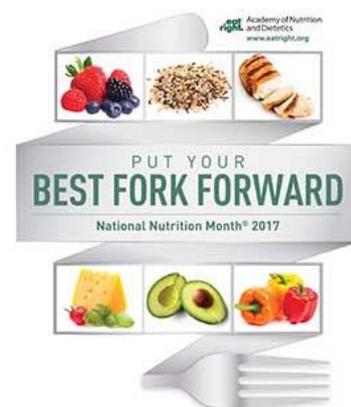
"Serve regular, balanced meals and snacks with a variety of nutrient-rich foods, and enjoy family dinners each night or as often as possible."

Nutrient-dense options — foods packed with important nutrients — are naturally lean or low in solid fats and have little or no added solid fats, sugars or sodium.

Bruning suggests small changes families can make to their eating habits:

- Start the family's day with a nutritious breakfast.
- During each meal, fill half your plate with fruits and vegetables.
- Make at least half of the grains you eat whole grains.
- Talk positively about eating healthy foods. Your kids are listening.

As part of National Nutrition Month the Academy's website includes articles, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds. Visit [www.eatrightprog.org](http://www.eatrightprog.org). Consumers can also follow National Nutrition Month on [Facebook](#) and [Twitter](#) (#NationalNutritionMonth).



## ROASTED HERB POTATOES

- 1 pound potatoes (3 cups cubed)
- 2 tsp. vegetable oil
- ½ tsp. rosemary
- ½ tsp. salt

### PREPARATIONS

1. Preheat the oven to 450 F. Use vegetable cooking spray to coat a baking sheet large enough to fit the potatoes.
2. Wash and peel the potatoes. Next, cut them into ½-inch cubes and place into a bowl.
3. Combine the rosemary, oil and salt in a small bowl. Then, pour the mixture over the potatoes and stir to coat them evenly.
4. Spread the potatoes evenly on the baking sheet. Bake for 25 to 30 minutes, or until golden brown.

Makes: 6 servings

### Nutritional Information (per serving)

|                |        |
|----------------|--------|
| Total Calories | 70     |
| Total Fat      | 2 g    |
| Protein        | 2 g    |
| Carbohydrates  | 13 g   |
| Dietary Fiber  | 1 g    |
| Saturated Fat  | 0 g    |
| Sodium         | 190 mg |

Source: USDA



## Spring Break Travel Tips

Traveling is usually the most stressful part of any vacation. Things like bad traffic, airport security or misplaced travel documents can set a bad tone for the rest of the trip. Here are some tips to help avoid travel woes.

### Plan Ahead

A good trip is often well thought out and incorporates as many details about the vacation as possible. Things like coordinating transportation to and from airports and hotels, packing appropriate clothing for the destination climate, and having all required travel and reservation documents is essential for a smooth trip.

### Arrive Early

If you are flying, it is recommended that you arrive at the airport at least two hours ahead of your departure. This will ensure you have time to queue through security checkpoints and settle in at the gate before boarding the plane.

### Pack Smart for TSA

Security is a time-consuming and unavoidable ordeal at the airport. Make the process a little quicker by storing liquids in a separate, clear bag so you can pull it out at the screening checkpoint.

## Top 5 Spring Break Destinations

1. Miami Beach
2. Cancun
3. Bahamas
4. Cabo San Lucas
5. Maui

Source: US News & World Report

