



Volume 25, Issue 1

March 2021

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Special points of interest:

- *Taking care of ones self mentally*
- *Taking time to nourish your body*
- *Taking care of your physical health*
- *Taking care of your fur-kids*
- *Taking time to enjoy dessert.*

Spring Forward with Mental Resiliency

As we've passed the one year mark of the pandemic, started a new year, and now a new Spring season, let's shake ourselves off and talk about our mental resiliency.

What is mental resiliency you ask? Resilience is the process of adapting in the face of adversity, trauma, tragedy, or other significant sources of stress. Resilience is a critical skill for reducing and managing stress and responding to emotional challenges, including traumatic life events. It's what allows us to recover from difficulties and setbacks.

Why do I need it/should I care about resilience? Once you develop resilience, you can work through difficult events, as well as grow and improve even in the absence of adversity. Keep in mind that being resilient is more than simply bouncing back. It includes learning from past experiences and developing new coping measures in the future.

How can I improve my resilience?

Establish a routine. Your nine-to-five business day might have changed dramatically, but you can establish new patterns: a morn-

ing coffee check-in with a colleague, a mid-day walk, ten minutes of meditation at 5:00 p.m. before you move into the next part of your day, etc.

Stay physically active. Although we are trying to stay inside and keep our social distance, regular exercise should be a priority. Research shows that regular exercise increases resilience and there are ways to stay active even indoors. Ultimately, the new routines we develop working from home may enable us to be more active than before at our workplaces.

Get more rest. Sleep enhances resilience. There are steps you can take to improve the quality of your sleep, despite experiencing stress and anxiety. They include being disciplined about bedtimes, going to sleep earlier, cutting down on television at night, drinking less and eating healthier to improve sleep quality.

Nurture relationships. During stressful times, the ability to focus on others can be hard, which results in our becoming more self-centered. You can disrupt this tendency by spending time with individuals who have a positive effect on your mood.

Laugh. Humor has enormous benefits during anxious times. The ability to joke and laugh is a strong sign of inner resilience.

Practice mindfulness. The benefits of mindfulness vary from person to person, but spirituality, meditation and religion can help you find some inner calm and strength to confront big challenges. Try to practice it regularly.

Embrace optimism. Optimism is important to enhancing resilience. You may be surprised to learn that we are prewired for optimism, which enables people to confront challenges and adapt. Typically, we think of optimism as a flaw that leads people to underestimate threats, risks and dangers. But when life is hardest, we need the ability to see light at the end of the tunnel. One way to do this is to write down one thing a day that gives you joy. At the end of the week, you'll have seven that you can share with family or friends.

Be compassionate. Stress often makes people snap at others and lose their tempers. This is likely to get worse when people are trapped at home and means loved ones bear the brunt of that frustration and anger. Counteract this by recognizing when it is happening, reminding yourself that everyone is experiencing the same stress and attempting to be kind and compassionate.

This article, and additional resources are available at: **perspectivesltd.com**. Please see HR for your log in information and enjoy!

Preparing to Move Forward with Daylight Saving Time



As we move out of winter hibernation and the days get longer, the nights shorter, let's help our internal clocks adjust. Here are four simple tips that can help you adjust your sleep cycle.

1. About a week before the time change, it's recommended that you go to bed 15–30 minutes earlier than your normal bedtime. This helps our body adjust to the time change much more easily.
2. Be consistent with your

routine times of eating, sleeping, and exercise. Also, expose yourself to the bright Spring sunshine.

3. Avoid mid-day naps as much as possible. Two hours is not a nap...a nap should not be longer than 20 minutes in duration.
4. Avoid caffeine and alcohol at least six hours before bedtime. **Six hours** after caffeine is consumed, half of it is still in your body. It can take up

to 10 hours to completely clear caffeine from your bloodstream.

Other helpful tips include:

1. Avoid heavy workouts within a few hours of bedtime.
2. Put your phone, computer or tablet away. Turn off the television and pick up a non-suspenseful book. (Electronics' high-intensity light stimulates your brain and hinders melatonin, a hormone that triggers sleepiness.)

Spring Growing Season 2021



Thinking of eating healthy and growing your own vegetables this Spring? Here are some tips for beginner gardeners.

1. Pick a site that will stay in site. Out of site, out of mind.
2. Pay attention to the sunlight in your yard. Certain vegetables and herbs need a set amount of sunlight.
3. Make sure your garden is near water or water can be

easily available.

4. Get your soil ready for planting.
5. Choose the right size containers. This is especially important for container gardens.
6. Choose the right vegetables or plants for the season. Purchasing a Farmers Almanac and talking with a local horticulturist will be of great help.

7. Look to the tables in your Farmers Almanac and learn your grow zone and frost dates.
8. Be sure to mulch your garden appropriately to keep the weeds out and the moisture in.
9. Lastly, make sure to feed your plants regularly.

To read the full article please visit:

<https://www.miraclegro.com/en-us/library/gardening-basics/10-top-gardening-tips-beginners>

Healthy Recipe Resources



Now that we've reviewed ways to nourish our mental well being and start the foundations for growing a garden, let's discover some resources available for recipes to cook those fresh vegetables and nourish our bodies.

The Food Network not only provides entertaining shows on cooking, but also provides a website full of

recipe ideas. Stop by and visit their free website at: <https://www.foodnetwork.com/topics/spring>

Another fantastic online recipe recourse is All Recipes. Be sure to check out their desert ideas as well.

<https://www.allrecipes.com/recipes/629/everyday-cooking/seasonal/spring/>

Other resources for health tips and recipes include:

1. Woman's Health
<https://www.womansday.com/food-recipes/g2935/healthy-spring-dinners/>
2. Fit Men Cook
<https://fitmencook.com/recipes/>

There are many recipe resources out there for us when we feel stuck with what to cook. I hope you find these websites helpful and inspire you to create your own culinary masterpieces.

Bon appétit!

A Body in Motion.....

As the snow slowly melts way and Spring starts to signal the rebirth of this area's beauty, it's time again for us to get our bodies moving outdoors and witness the beauty of Mother Nature.

Want to ride a bike and enjoy nature at the same time? Well, we have something for you! The LaSalle Trail is located in Roseland City Park, and is 3.3 miles to the MI line. The trail then becomes the Michiana Trail and goes all the way to Niles. Time to saddle up and get those paddles in motion!

Not into biking? That's okay, the cities of South Bend and Mishawaka have plenty of park space for you to safely distance and get out and walk, run, hike, or take a picnic. Check out the Rum Village Park's system and the Mishawaka Riverwalk to find out more information regarding planned activities for the year.

<https://sbvpa.org/places/rum-village-nature-center/>

<http://mishawaka.in.gov/parks/park/mishawaka-riverwalk>

Had enough of city dwelling and feeling the need to disconnect and reconnect with nature? Good! There's plenty for you too!

Located in northern St. Joseph County, St. Patrick's Park is a 398 acre park system that offers quiet wooded trails, ponds, and St. Joseph River frontage. Did I also mention, it's dog friendly? Yes, just be sure to follow local leash laws and the pups can join you in your journey to reconnection.

This beautiful park also offers many amenities such as playground equipment, picnic sites, hiking trails, canoe and SUP rentals, and public boat launch access.

Please be sure to visit their website for park times and activities at: <http://www.sjcparks.org/592/St-Patricks>.

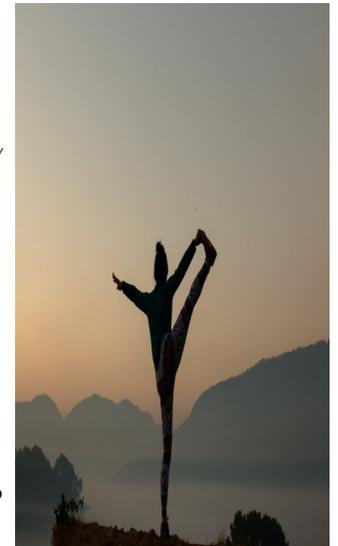
Feeling you want to head North and cross the border into MI? Check out the 200 acre, dog friendly, six miles of rolling trails at Love Creek County Park.

This park features eight different

paths for hiking and biking. There's a little something for every level walker. Please be sure to check them out at: <http://www.berriencounty.org/1299/Love-Creek-County-Park>.

We all know the saying, "a body in motion tends to stay in motion," but did you also know that recent research has shown that exercise not only increases your endorphin levels, but it's also shown to help create new cells in the brain? Now, it is all up to us to challenge ourselves to break the routines of the sedentary lifestyle developed during the pandemic and get our bodies in motion.

To read more about the mind-body connection, please visit: <https://health.howstuffworks.com/wellness/diet-fitness/information/mind-body-exercise-connection.htm>



INHALE



EXHALE

Fur-Kid Corner

As we spring forward and work towards decluttering from the winter, let's not forget our ever faithful fur-kids. Here are some health tips to keep in mind.

1. Be mindful of the those Easter baskets. Even with all the attention the cocoa bean gets, chocolate still ranks as the number one pet poison according to vets across the USA.

2. Be careful when using cleaning chemicals, especially around birds.

Keep your pet's paws and beaks safe from reach of chemicals.

3. The Spring flowers are beautiful, but remember, lillies and daffodils are toxic to kitties.

4. Just like us, our fur-kids can develop allergies as well. If you see them scratching and/or biting more, this could be a sign of an allergy. Always consult with your vet

regarding best course of treatment.

5. Lastly, one thing to remember as we venture outside for warmer weather, so do the fleas and ticks. Be sure to equip the fur-kids with proper flea and tick treatment.

To read the full article, please visit: <https://www.embracepetinsurance.com/waterbowl/article/springtime-safety-tips-for-pets#:~:text=Springtime%20Allergies,but%20do%20seek%20veterinary%20advice.>



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We're on the web!
<https://aarcinfo.org/services/meap>

MEAP

Spring Desserts

The Best Lemon Loaf (Better-Than-Starbucks Copycat)

Lemon Loaf

- *3 large eggs
- *1 cup granulated sugar
- *1 cup (8 ounces) sour cream or Greek yogurt (lite okay)
- *1/2 cup canola or vegetable oil
- *2 tablespoons lemon zest
- *1 to 2 tablespoons lemon extract, to taste (not teaspoons)*
- *1/2 cups all-purpose flour
- *2 teaspoons baking powder
- *1/2 teaspoon salt, or to taste

Lemon Glaze

- *1 cup confectioner's sugar
- *3 tablespoons lemon juice, or as necessary for consistency



INSTRUCTIONS

Preheat oven to 350F. Spray a 9x5-inch loaf pan with floured cooking spray, or grease and flour the pan; set aside.

Make the Loaf:

1. To a large bowl, add the eggs, sugar, sour cream, and whisk vigorously until smooth and combined.
2. Drizzle in the oil while whisking to combine.
3. Add the lemon zest, lemon extract, and whisk to combine. Note - I used 2 tablespoons of lemon extract because no actual lemon juice is used in the loaf and I found 2 tablespoons lemon extract necessary for full-bodied lemon flavor, but add to taste.
4. Add the flour, baking powder, salt, and stir until just combined, don't overmix. Some lumps will be present and that's okay, don't try to stir them smooth.
5. Turn the batter out into prepared pan, smoothing the top lightly with a spatula.
6. Bake for about 50 to 52 minutes, or until top is domed, set, and toothpick inserted in the center crack comes out clean or with a few moist crumbs but no batter. In the last 10 minutes of baking, tent pan with foil (loosely drape a sheet of foil over pan) to prevent excessive browning on the top and sides of bread before center cooks through.

Allow loaf to cool in pan on top of a wire rack for at least 30 minutes (I cooled 4 hours) before turning out onto rack to cool completely before glazing.

Make the Lemon Glaze:

1. To a small bowl, add the confectioner's sugar and slowly drizzle in the lemon juice while whisking until smooth and combined. You may need to play with the sugar and lemon juice amounts a bit as necessary for desired consistency and flavor.
2. Evenly drizzle glaze over bread before slicing and serving.

Extra glaze can be spread on the cut surface of the bread like you'd spread butter on toast and it soaks right in making the bread even moister and more lemony. Or you can halve the glaze recipe if you're not a glaze person.

To read additional questions and comments regarding the recipe, please go to:
<https://www.averiecooks.com/best-lemon-loaf-better-starbucks-copycat/>

As we continue with times of uncertainty, Michiana EAP is available to you and your family members.

In our attempt to limit the spread of COVID-19 our office has opted in to utilizing telehealth services, which include scheduling appointments to occur by telephone or video using the HIPPA-Compliant Platform, Doxy.

To schedule an initial appointment, simply call our office at 574-287-1879.