

MEAP Quarterly

All That Yardwork

Tips for Procrastination

With the longer days of summer, we can find ourselves with longer lists of chores and tasks to complete. Whether at work or around the house, the following approaches to tackle procrastination may be just what you need to find the right balance:

Worst-First: Put simply, knock out the worst task first so all others are easy by comparison.

Using Momentum: Start with a task that energizes you and then (without a break) quickly switch to a task that you have been putting off.

Just 5-Minutes: Plan to spend just 5 minutes on a task so you feel can tolerate it. At the end of 5 minutes, reassess to determine if you can spend just 5 minutes more, and so on.

Set Time Limits: Set a specific, limited amount of time to work on a task and stick to that timeframe, such as 30 minutes.

Prime Time: Find what time of you day you are most energized or creative and start your task at that time.

Prime Place: Determine what types of environments support your productivity and which offer distractions. Isolate yourself if necessary to tackle the task.

Remember-Then-Do: As soon as you remember you need to do a task, seize that moment to follow through.

Reminders: If you forget tasks, use a visual reminder such as a note on the bathroom mirror or program a reminder in your smartphone.

Visualize: Use imagery to clearly visualize the successful completion of the task and then use that momentum to get going on the task in real life.

Focus: Take a moment to close your eyes and focus on your breath, lengthening each breath in and each breath out as you sit quietly for 5-10 minutes to settle and focus before getting back to the task at hand.

Plan Rewards: Reward yourself after achieving something or as a well-earned break from a task.

Try out one or even a few of these approaches to overcome procrastination. These should help you know *what* you need to get something done, such as *how* to do it and *when* to do it. Good luck!

*More tips are available at: cci.health.wa.gov.au/Resources/Looking-After-Yourself/Procrastination

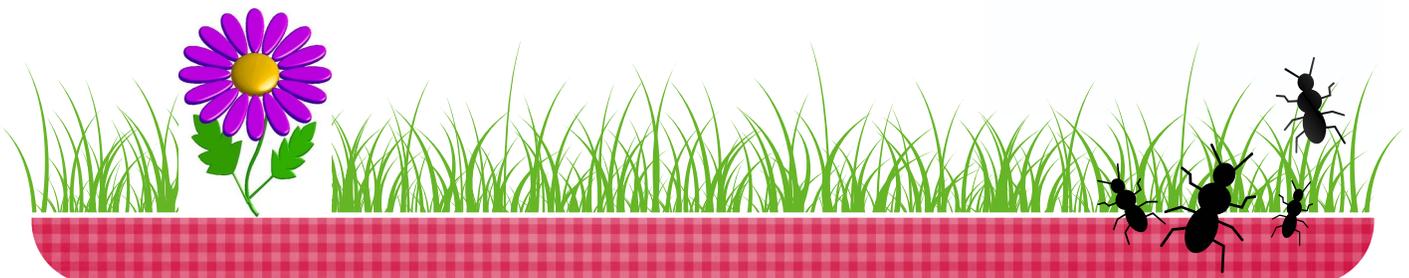


Inside this issue

Mental Health Month.....	1
Dolly Parton Imagination Library	2
Summer Camps.....	3
Simple Breakfast Recipe....	4

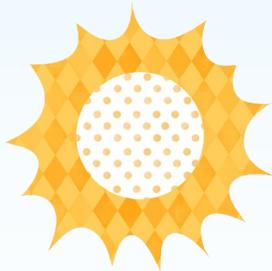
Important Dates

- June 7, July 5, August 2,
September 6
South Bend First Fridays
- June 8, July 13, August 10,
September 21
South Bend Outdoor Film Series
- Saturdays, June 8-August 31
South Bend Summer Fitness Series



#4Mind4Body

The theme for Mental Health Month 2019 built on last year's #4Mind4Body theme, which highlighted the link between physical and mental health. A well-balanced diet, a healthy sleep schedule, exercise, gut health, and hydration affect our mental health and physical health equally. Studies show that individuals who have chronic medical illness such as diabetes or autoimmune disorders have a greater chance of being diagnosed with a mental health disorder such as depression or anxiety. In 2019, the focus included the numerous ways to nourish mental health, such as social connection, leisure time, and therapeutic animal companionship. Perhaps one of the best ways to attend to self-care then is to create and maintain close, affectionate relationships, as this has been shown to support brain health, impacting of course both your mental and physical well-being.



May and On: Mental Health

May 2019 marked the 70th year celebrating Mental Health Month. Since 1949 organizations such as Mental Health America and the National Alliance on Mental Illness have been raising awareness of mental health during the month of May. Although the month of May is now behind us, the efforts to fight stigma, provide support, educate the public, and advocate for policies that support those with mental illness and their families continue. We thought we'd include information and resources in this issue to take part in the efforts to promote awareness and education.

Consider the following healthy aspects of your daily life in order to promote mental wellness:

- ◆ Maintain uninterrupted sleep for 8 hours each night.
- ◆ Avoid sugars, greasy foods, salts, processed foods and saturated fats.
- ◆ Consume more whole grains, greens, unprocessed foods, lean meats and unsaturated fats.
- ◆ Eat 2-3 well-balanced meals per day.
- ◆ Drink at least 3 liters of water per day.
- ◆ Consume natural probiotics such as yogurt, miso, sauerkraut, kefir, and kimchi.
- ◆ Engage in a physical activity for at least 30 minutes a day.
- ◆ Stay away from toxic thoughts, toxic people, and toxic conversations.
- ◆ Engage in positive thoughts and conversations.
- ◆ Practice mindfulness or meditation on a daily basis.
- ◆ Learn how to manage your stress.
- ◆ Stay present in your daily relationships.
- ◆ Avoid "screen time" and engage in more "in person time".
- ◆ Visit your doctor for preventative health and cancer screenings.
- ◆ Take time for yourself every day.

Did You Know?

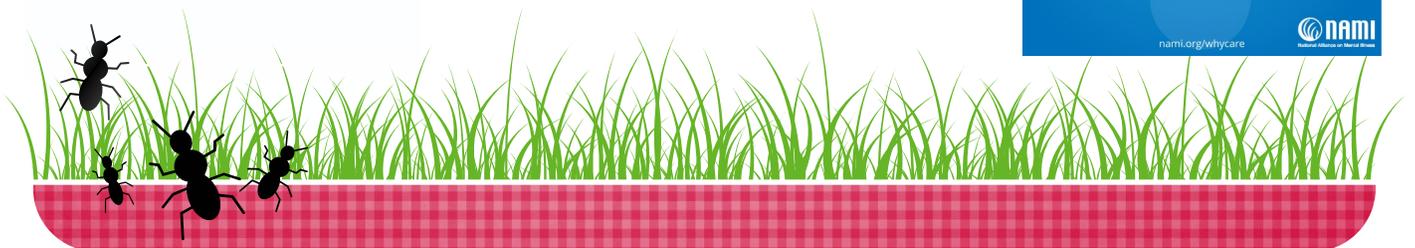
If you or a loved one is curious to learn more about symptoms of depression, anxiety, or other mental health conditions, simply visit **Perspectives Online**, where you can find various articles and screening tools to explore your emotional wellness. Basic screening tools such as the PHQ-9 for Depression and the GAD-7 for Anxiety take just a few minutes to complete and can help you determine if it is time to contact MEAP or schedule an appointment with your primary care physician.

**Check out the following resources for more information:*

Perspectives Online: perspectivesltd.com

NAMI: nami.org

MHA: mentalhealthamerica.net



St. Joseph County Offers Free Books for Kids Under 5

Looking for new books to read with your son or daughter? Hoping your child falls in love with reading? It starts early! The Community Foundation of St. Joseph County has brought Dolly Parton's Imagination Library to our community. This wonderful early childhood literacy program began in May of 2018 and provides any child from birth until age 5 who lives in St. Joseph County with a FREE, new, age-appropriate book by mail once a month. It is simple to register your child—just visit the following website:

cfsjc.org/imaginationlibrary.

You can also donate to the program online and check out the lead sponsors for the Imagination Library who helped bring the program to families in our area.

The aim of the program is to support young children's interest in reading and foster the development of their early literacy skills. Newborns, infants, and toddlers learn to love reading with their parents and families, and the imagination library ensures that families have books at home to share with their little ones. Summer is a great time to read—whether at the beach, under the shade of a tree, or before an afternoon nap. Take advantage of this free program for St. Joseph County residents, and enjoy the monthly surprise book delivery. Let the imagination begin!



"You can find magic wherever you look. Sit back and relax, all you need is a book."
-Dr. Seuss

Local Summer Camps

In addition to good books, there are a number of activities and camps available to children in the area to keep busy and entertained this summer!

South Bend Civic Theatre Summer Camps 2019

(574) 234-1112

The Stanley Clark School Summer Camps: Ages 3– Grade 9

stanleyclark.org/summerfun

Luvability Ministries Summer Camp: Serving Individuals with Disabilities

(574) 367-8693

Red Barn Theater Camp: Grades K-8

redbartheatercamp.com

Outdoor Adventures Day Camp at St. Patrick's County Park

(574) 654-3155

Montessori Academy Summer Camps 2019: Ages 3.5– Grade 8

(574) 256-5313

Camp Ideal 2019: (574) 233-1164



2019 Summer Fun at The Farm: Ages 4-12

(574) 229-3201

Saints Athletic Camps: Grades 1-12

mmcbride@hcc-nd.edu

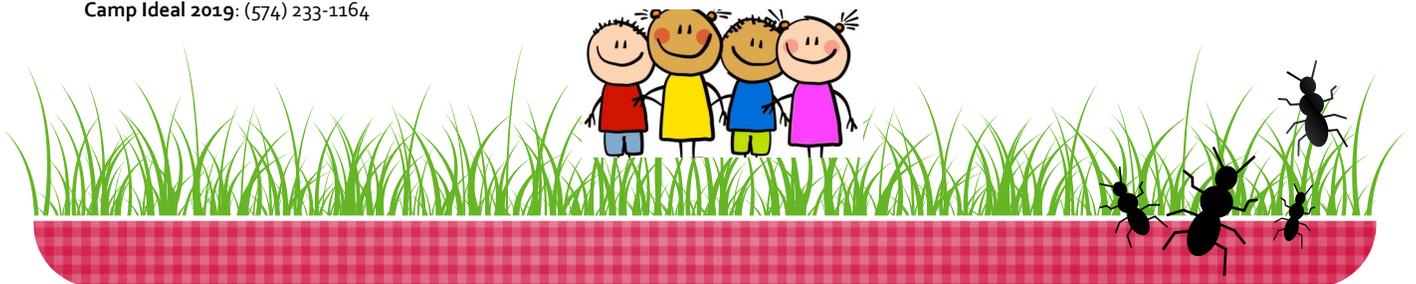
Suzuki Music School of Michiana, Inc. Summer Camp 2019:

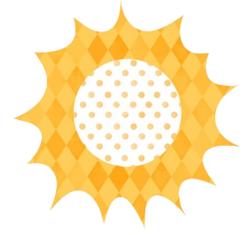
Prenatal-Grade 8

suzukimusickids.org

Feel free to contact any of the above camps for more detailed information regarding availability, scheduling, and more.

**All camp information found in the South Bend Tribune*





Start The Morning Off Right

Stay fueled for the longer days of summer with quick, easy, and versatile breakfast recipes. Here we've included one recipe which will take less than 5 minutes to prepare:

Cook an Egg Breakfast in the Microwave

1. Coat inside of mug with nonstick cooking spray.
2. Add veggies, microwave until softened, and blot dry.
3. Stir in eggs or egg substitute.
4. Microwave for 90 seconds.
5. Stir in cheese, extras, and herbs.
6. Microwave until egg is set and extras are hot; about 1 minute.
7. Top with condiments.



*Recipe is available at verywellfit.com



MEAP Reminds You...

Summer Health and Safety Tips:

The three essentials for heat illness prevention are:

Water, Rest, & Shade.

Get plenty of all three when outdoors this summer to beat the heat!

*For more information on summer health and safety, visit:

ehs.princeton.edu/news/beat-the-heat-these-summer-safety-tips



Michiana EAP
818 E. Jefferson
Blvd.
South Bend, IN
46615

(574) 287-1879
or (800) 388-0154



Did you know?

Consuming alcoholic beverages, particularly in the summer heat, can lead to dehydration. Keep in mind at your summer barbecues and picnics that low-risk drinking involves consuming no more than 4 drinks on any day for men, and no more than 3 drinks on any day for women. Low-risk drinking for men also means drinking no more than 14 drinks per week and no more than 7 drinks per week for women. Limits for women are different because on average women weigh less than men and also have less water in their bodies than men do. After a man and woman of the same weight drink the same amount of alcohol, the woman's blood alcohol concentration will tend to be higher, putting her at greater risk for harm.

*Additional information and resources are available at:

rethinkingdrinking.niaaa.nih.gov