

Take Note!

A monthly update from the Heartland Family Service
Employee Assistance Program

March 2019

Surviving Cabin Fever

The majority of the U.S. is suffering from a frigid “polar vortex.” Below are some good ways to keep your spirits high during the cold winter chill.

Change your diet

Lean proteins high in omega-3 fatty acids have been repeatedly linked to improved moods. Many of these foods — like lean beef and wild salmon — are also high in B12 and vitamin D, nutrients important for emotional regulation.

Take up an indoor hobby

With a little creativity, you can turn your house into a winter fun zone. Grab your putter from the garage, some plastic cups from the kitchen and turn the living room into a miniature golf course. Try some arts and crafts, or birdhouse building. Keeping your brain engaged in an activity is the best way to beat the blues.

Exercise

If you don't want to brave the outdoors or a crowded gym, try a yoga session on YouTube or get out that DVD you bought so long ago and shake your booty to the oldies.

As long as you are getting your heart rate up for 30 minute a day, you'll do your brain and body a whole lot of good.

Get outside & get some

Vitamin D

Vitamin D elevates your mood and is a common treatment for Seasonal Affective Disorder (SAD). Be brave and enjoy an outdoor activity as a spectator or participant.

Coming Soon



Slow Cooker Chicken Chili

- 2 lbs. boneless skinless chicken breasts, cut into 1-inch pieces
- 1 cup onion, chopped
- 1/2 cup green bell peppers, chopped
- 1 tsp garlic powder
- 1 15-oz can great northern beans rinsed and drained
- 1 15-oz can pinto beans, rinsed and drained
- 1 14.5-oz can stewed tomatoes
- 1 14.5-oz can diced tomatoes
- 1 8-oz can tomato sauce
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp dried oregano
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1 bay leaf

Put all ingredients into slow cooker and stir. Cover and cook on high for 1 hour then cook on low for 3 to 4 hours or until chicken is tender.



Please remember that your EAP is available for individual and family counseling.

Heartland Family Service Employee Assistance Program
For more information in the Omaha area,
call (402) 552-7400 or toll free (877) 591-0858
HeartlandFamilyService.org



HEARTLAND
family Service
Good works.