

# Golden Opportunities

**MARCH 2021**

**Stress...** whether we like it or not, at some point we all have it. Piling too much on your plate (guilty as charged) and not getting enough “me” time can wear one down.

For Christians, March is a reminder that Easter is right around the corner. The Lenten season is a time of preparation and opportunity; a personal reflection time of sorts. Whether you are a Christian or not, this is a great life lesson for all of us. The March issue of the newsletter will help you cope with the “yes man” syndrome, and hopefully help you to see that spending time on yourself is just what the doctor ordered... **YOU'RE WORTH IT!** Keep Smil'in McFam...

- Cindy Frantz  
Community Relations/  
Recruitment Manager

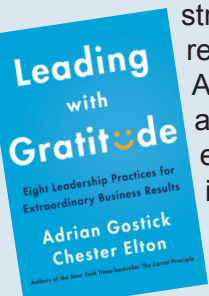


**LET'S READ**

When we read, not only are we improving memory and empathy, but research has shown that it makes us feel better and more positive too. Science has shown that reading has some amazing health benefits, including helping with depression, cutting stress, and reducing the chances of developing Alzheimer's later in life.

You can find a huge selection of books that can ease stress. Currently the Leadership team would recommend *Leading with Gratitude*, by Adrian Gostick and Chester Elton. The authors state that “showing gratitude to employees is the easiest, fastest, and most inexpensive way to boost performance.”

Who doesn't love that?!



Now, more than ever, is the time to stay Mentally Healthy and I am here to share with you some ways to cope with stress. As Coordinator of the Social Services Program at Edison State and professor of Social Services, I have extensive knowledge and practice treating people with anxiety issues and disorders.

During this pandemic, many of us have been feeling isolated and lonely, which can increase stress and anxiety. There are many symptoms of stress that manifest as: feelings of fear, anger, sadness, worry, frustration, changes in appetite or energy, loss of interest, difficulty concentrating, difficulties sleeping; increased use of tobacco, alcohol and other substances, and the list goes on.

However, there is hope! The simple act of taking care of our bodies can make a huge difference! This should include eating healthy, exercising, getting plenty of sleep, and avoiding excessive alcohol, tobacco and substance use. During stressful times, take a brisk walk, which can help you relax and boost your mood. Take deep breaths, stretch or meditate. Some people like to journal their thoughts to de-stress. Find ways to connect with others to relieve the feelings of isolation. Reach out to friends and family via phone, Facetime, Zoom, etc. Take time to unwind with activities to enjoy. Now is the time to pick up that book you wanted to read or binge on a Netflix series – make time for you! Connect with a faith-based organization, use spirituality to stay connected with what's important. Don't forget those fur babies – I know mine have been a great comfort during these trying times! Finally, consume the news in moderation. Too much information adds to our stress level.

If stress is overwhelming your life, please seek professional help. Call your healthcare provider or refer to the resources provided on the last page.

**Caryn M. Scott, L.P.C.C., L.S.W**  
Social Services Program Coordinator  
Associate Professor of Social Services  
Edison State Community College





Yoga has been shown to improve overall health when practiced regularly. As with many forms of exercise, it can be modified for people of varying abilities. Chair yoga is a gentle form of yoga that can be done

sitting on a chair or standing on the ground while using the chair for support. It is beneficial if you have limited mobility or if you want to take a quick break to stretch while at work.

In addition to a good stretch, chair yoga has many other health benefits, including improved muscle tone, better breathing habits, stress reduction, better sleep, and an improved sense of well-being.



You don't have to be super flexible to participate in chair yoga, so give it a try! The positions above are easy to do at home in any chair - or at work! Your body will thank you, we guarantee it!

**DID YOU KNOW?**

Crying literally alleviates **STRESS** and uniquely allows humans to decrease feelings of anger and sadness.



It's possible to die from a broken heart; it's called **Stress Cardiomyopathy**.

It has been **scientifically proven** that stroking a cat can lower one's blood pressure!



Did you know that Anthem offers discounts much like McPerks? You can save money on Lasik, Fertility treatments, 1-800 Contacts, Garmin and many, many more!!

Go to: [www.anthem.com](http://www.anthem.com) to learn more. You will need to establish an account to have access to these great discounts.

Anthem also offers some great resources for stress relief and management! Go to: <https://thechargegroup.com/charge-masterclass-part-3-stress-relief/> to see how they are here for us!



## CRACK CHICKEN

**Equipment:**  
Slow Cooker - 4 Quart or larger

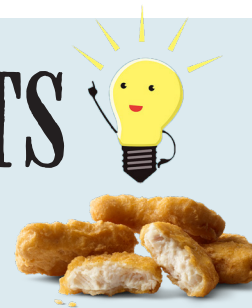
**Ingredients:**  
2 lbs boneless skinless chicken thighs  
1 oz packet ranch seasoning mix  
16 oz cream cheese  
8 slices bacon (cooked, drained, cut)  
1 1/2 cups shredded cheddar cheese  
1/2 cup sliced green onions

**Directions:**  
Combine all ingredients except cheese and onions in instant pot (40 minutes) or slow cooker (4 hours high, or 6 hours low). When finished cooking, shred ingredients (hand mixer recommended!) Add cheddar cheese and green onion and enjoy!



\*Submitted by Nikki Taylor

# McNUGGETS OF WISDOM



*We asked Ken Roosa, our Director of Operations how he deals with stress and what he does to ease his mind & body.*

### What do you like to do for fun?

Hike, workout, read/listen to books (latest = "Keep Sharp" by Sanjay Gupta, MD – it's a MUST read for all humans!), take long drives with Cledith, hang out with great friends & family.

**How do you de-stress after a long day at work?**  
I don't let stress get to me too terribly – by actually working out in the morning & providing a great energizing way to start my day! But after work, I avoid the TV, I play music, prepare a meal & begin planning for the next day. I head to bed between 8-9pm as often as possible! And I get up between 4:30-5:30am most days.

**What is your favorite McD's meal?** Quarter Patty - no bun, no cheese, add mustard, ketchup, onion, pickle and a bag of apple slices. Or for breakfast, I like an Egg McMuffin, extra egg and a side of apple slices.

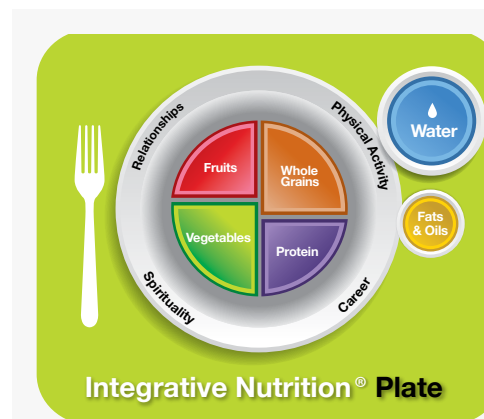
March is  
National  
Nutrition  
Month



*Bite into a Healthy Lifestyle!*

What you eat affects your physical health, your energy, your mood; it shapes the way you interact with others, the passion with which you pursue your goals, even what those goals are.

To transform your life, transform your plate! Follow this guide for the appropriate servings of food groups that you should be eating everyday!



Kid at heart? Did you know that McDonald's Happy Meals continue to get healthier! For the past 2 years, McDonald's has sold more than 2.5 billion Happy Meals containing fruit, vegetable, low-fat dairy, water, lean protein or whole grains. There has also been a reduction in calories and fat as follows:

Calories	Grams of added sugar
2018: 478	2018: 7.3
2019: 450	2019: 5.9

Mg of sodium	Grams of saturated fat
2018: 634	2018: 4.9
2019: 597	2019: 4.3

Grab your little one (or yourself) a Happy Meal today - with no guilt included!







One of the greatest de-stressors are our pets. That is why I'm happy to announce a new benefit:  
**Nationwide Pet Insurance!!**

My Pet Protection® is offered exclusively to employees and gives your pet superior protection at an unbeatable price.

**Easy Enrollment**



Select the species (dog or cat)\*



Provide your zip code



Pick your plan

\*To enroll your bird, rabbit, reptile or other exotic pet, please call 877-738-7874.



Visit any vet.



Send us your claim.



We'll send you a check.



**Nationwide®**  
is on your side

Choose a plan that fits your needs!

Visit <https://benefits.petinsurance.com/scottmcd> To get started today!

*Send us pictures of your furbabies for our next issue!*

## NATIONAL MENTAL HEALTH REFERRALS

### PSYCHOLOGICAL REFERRAL SERVICES

#### National Domestic Violence hotline

www.ndvh.org  
800-799-SAFE (7233)

#### National Mental Health Association

www.nmha.org  
800-969-NMHA (6642)

#### National Sexual Abuse Hotline

www.rainn.org  
800-656-HOPE (4673)

### SUBSTANCE ABUSE & MENTAL HEALTH SERVICES

#### National Mental Health Information Center

www.mentalhealth.samhsa.gov/databases/  
800-789-2647

#### National Suicide Prevention Line

1-800-273-8255

### THERAPIST DIRECTORY

#### At Health

www.athealth.com/practitioner/directory  
888-284-3258

#### FindCounseling.com

www.findcounseling.com

#### Psychology Today

www.psychologytoday.com

*If you're struggling with anxious or depressive thoughts or behaviors, speak to your doctor or call the National Alliance on Mental Illness hotline at 1-800-950-NAMI (6264).*

# WAY to WORK it!

We see you! We are so proud to see our people (and their little ones) working hard in the gym - or at home! Keep it up!

