



Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group



Emotional Wellness Month

October focuses on Emotional Wellness Month. While taking stock of our stress levels, it's an excellent time to make some changes, too. Emotional Wellness Month provides information and resources to help us do just that.

Stress comes into all our lives in varying amounts. Depending on the demands, emotional health can take a toll. However, noting the causes of our stress helps identify the biggest offenders so we can stop them.

Assess Your Stress

- **Review your financial plan.** Make sure your plan aligns with your savings and income with your goals. You may need to readjust for the future or change current spending habits. Even planning for a dream vacation can improve emotional wellness when done responsibly.
- **Calculate screen time.** In this digital world, the amount of time we spend online impacts our emotional health. We are bombarded by data, news, and alerts constantly. Consider reducing the amount of time spent in front of the screen. One way to reduce online and screen time is to unplug one day per week. Use the time to read a book, schedule a massage and go for a walk. Rate your emotional wellness before and after your unplugged time.
- **Assess resources available to you.** Many employers offer tools and discounts for emotional wellness. Checking with your human resources department is an excellent place to start. From videos to free counseling sessions, these benefits provide substantial relief when life seems upside down.
- **Remember the relationships in your life.** This is a big one. Friends, family and even co-workers play a huge role in our emotional health. They improve our social and spiritual wellbeing by keeping us connected. Human beings thrive on social interactions. Without them, we feel isolated. Large or small, a well balanced, healthy, social community provides satisfying spiritual, emotional, recreational and educational benefits. As a result, our friends and family provide a strong support system we rely upon when a crisis strikes.



About Us

We believe that living a healthy lifestyle is a key component to every day life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

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• **How's your physical health?** Keep up with routine health checks. Also, add healthy eating habits and increase physical activity to reduce overall anxiety.

By identifying stressors and improving our emotional health, we are more likely to surf through the highs and lows in life more successfully.

How to Observe

Set some goals for reducing stress in your life. Consider what your biggest stressors are and the best ways to remove them. How do you reduce stress? Do you have a stellar support system? Use #EmotionalWellnessMonth to post on social media.

Full article [here](#).



5 Simple Emotional Wellness Activities

1. **Use aromatherapy.** You can diffuse oils, rub them on your feet or take a bath to relax.

2. **Meditate.** Meditation can be very powerful. You can find free meditation music or affirmations on YouTube or Google.

3. **Go for a walk.** Walking, especially in the mountains or nature, can be very therapeutic and beneficial for your emotional wellness. Plus, it is also good for your physical health!

4. **Journaling.** Write down anything that comes to mind. It's a good idea to write down everything you're thankful for, your dreams, goals, and anything you've done recently.

5. **Relaxation.** This can take many forms such as a hot bath, laying down without sleeping, a spa day, hot tubs and more.

Full article [here](#).

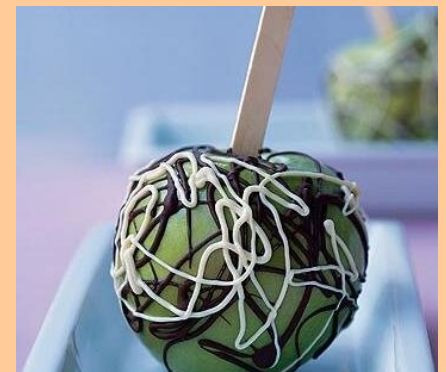


Recipe of the Month

JACKSON POLLOCK CANDIED APPLES

INSTRUCTIONS

- 1) Wash and dry apples. Remove stems and insert a wooden stick into the stem of each apple.
- 2) Place bittersweet chocolate in a glass bowl, microwave high 1 minute or until melted, stirring every 20 seconds until smooth. Working with 1 apple at a time, hold apple over bowl. Using a spoon, drizzle apple with about 2 teaspoons bittersweet chocolate. Place apple, stick side up, on a baking sheet covered with wax paper. Repeat with remaining apples.
- 3) Place white chocolate in glass bowl, microwave high 1 minute, until melted, stirring every 15 seconds until smooth. Using a spoon, drizzle apple with about 1 1/2 teaspoons white chocolate. Place apple, stick side up, on the baking sheet with wax paper. Repeat with remaining apples.
- 4) Chill until ready to serve.



INGREDIENTS

- 6 Granny Smith apples
- 3 ounces bittersweet chocolate, coarsely chopped
- 2 1/2 ounces premium white baking chocolate (such as Baker's), coarsely chopped
- Wooden sticks

Full recipe [here](#).