

## YOUR GAMEPLAN TO LIVE

### A Healthier Home Workspace

Many of us have found ourselves unexpectedly working from home since last year, and often we are not set up with the most ideal workspace. Some of us work from our dining room table, the couch, and even a closet or our cars so that we can have quiet.



How does working this way make your body feel? Ergonomically, we may be in positions that are stressful to our backs, spine and necks. Over time, it will be pretty tough to tolerate being uncomfortable unless we do something about it.

The following are some suggestions on how to make your home workspace more ergonomic.

**The workspace** – It may not be easy but try to find an area to work with a table, desk, counter, etc. that is as distraction-free as possible, is comfortable and allows for easy access to whatever you may need to work productively.

**The chair** – If you can use a desk chair, that is ideal as you can adjust it properly so that you have a good ergonomic fit. If not, your dining chair can be made more comfortable with pillows behind your back for added comfort and to allow you to sit up straight. A lumbar pillow can help as well. Sit with your feet flat on the floor. Use a stool or other floor support if your feet do not touch. (You want to be working at your computer with your arms at a 90-degree angle.)

**A standing desk** – You want your arms at a 90-degree angle standing as well as sitting. This may even work for you at a bar-height counter. You can also purchase adjustable desk risers to put on a table or desk. You place your laptop on it and can either stand or sit while you work. Standing has the advantage of being able to move while you work, and it is a more fitness-friendly option. Adding a standing desk cushioned mat to stand on makes it easier to stand for longer periods.



### Berry Breakfast Smoothie

#### Ingredients:

- 1 cup frozen unsweetened raspberries
- 1 cup frozen unsweetened cherries or raspberries
- ½ frozen banana
- 1 ½ tablespoons honey (optional)
- 1 teaspoon finely grated fresh ginger or powdered ginger
- 1 tablespoon ground flaxseed
- 1 tablespoon chia seeds
- Juice from ½ lemon
- 1 cup almond or coconut milk (unsweetened)
- 1 cup water or iced green tea

#### Directions:

Combine all ingredients in blender, adding lemon juice to taste. Add honey if you'd like it sweeter. Puree until smooth.

#### Notes:

- Add more or less water/tea for the consistency that you prefer.
- Add a serving of your favorite protein powder if you desire.

Serves 2.

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**The computer** – Most people use a laptop, but a desktop is actually better ergonomically. The laptop, however, can be hooked up to a larger monitor, and you can add an external keyboard and mouse for ease of use. Choose a space that doesn't produce glare and raise your computer or monitor so that the screen is eye level.

**Movement Breaks** – Get up every 30-60 minutes and move around. Stretch, do some exercises, take a quick 3-5 minute walk outside your house. In addition, if you are uncomfortable, adjust yourself or your workspace so that you feel better.

## Breaking Down Common Mental Health Misconceptions

By Mental Health First Aid USA on January 26, 2021

When you think about mental health, what comes to mind? Maybe you think about how you feel right now or remember a time when you felt anxious. Some people may think about self-care or wonder how many people live with a mental health diagnosis. To make this topic easier, we want to debunk some common mental health misconceptions and show that some of these problems are more common than you think.



### **Myth: Mental health problems are uncommon.**

**Truth:** Because talking about mental health is still rare, some may think that mental health problems are too — but this is far from true. In fact, the World Health Organization (WHO) currently estimates 450 million people worldwide are experiencing a mental or neurological disorder. In the United States alone, the Centers for Disease Control (CDC) estimates one in five Americans will experience a mental illness in a given year.

One of the most common mental health disorders is depression, which affected more than 264 million people globally in 2017. More recently, since the beginning of the COVID-19 pandemic, a US-based study concluded, the number of adults experiencing depression has tripled.

Generalized Anxiety Disorder (GAD) is prevalent too: 6.8 million adults in the U.S. are currently living with GAD — that's more than 3% of the population. These statistics really illustrate how *common* mental health challenges are and that they can affect anyone. Just by the numbers, you may know someone who is living with a mental health disorder.

### **Myth: Those living with a mental health disorder or challenge are unable to work.**

**Truth:** A person living with a mental health disorder can still work and be



## Baked Sweet Potato Fries

### Ingredients:

- 1 pound (or about 2 large) sweet potatoes, peeled and sliced into ¼-inch strips (try to cut the potatoes as consistently as possible so that they will cook at the same rate)
- 1 tablespoon of Canola oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon Cajun seasoning (optional)
- Cooking spray

### Directions:

Begin by preheating your oven to 425°. In a large bowl, combine the sweet potato strips, canola oil, salt, and pepper. Use your hands to toss the ingredients together, making sure that all of the potato strips get evenly coated. Next, coat a baking sheet with cooking spray, and spread the potatoes over the sheet in a single layer.

Pop the potatoes in the oven for 25 to 30 minutes, or until the fries are crisp. Keep a close eye on your fries as they are baking, as oven temperatures vary and sweet potato fries burn easily. Remove the baking sheet from the oven, divide the fries onto 4 plates, and serve warm.

4 Servings – 128 calories each.

<http://video.about.com/lowcaloriecooking/How-to-Make-Low-Calorie-Sweet-Potato-Fries.htm>

<http://www.healthnutblogger.com/cajun-sweet-potato-fries/>

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productive. They may need to take time off, or work with certain accommodations, but they can be just as productive as those without a mental health disorder. One study found that 54.5% of individuals with a severe mental health condition were employed, compared to 75.9% of people without a mental illness. In young adults (ages 18-25), there was just a 1% difference in employment rates between those with and without a serious mental illness.

**Myth: Mental health challenges are a sign of weakness.**

Truth: This statement is no truer than saying a physical injury is a sign of weakness. We don't call someone "weak" if they break their arm or catch a cold, and a mental health diagnosis is no different. Factors that contribute to a person's likelihood to develop a mental health disorder include genetics, stress, standard of living, working conditions and social support.

**Myth: Addiction stems from a lack of willpower.**

Truth: Addiction is a chronic disease, much like heart disease, arthritis and osteoporosis, and there are many determining factors similar to the ones listed above, with genetics playing a large role. Mental health disorders and addiction often happen at the same time (comorbidity). Comorbid substance use disorder and mental illnesses are common, with about half of people who are experiencing one condition also experiencing the other. Those struggling with addiction face a tough challenge, and it takes a lot of strength to get help and stay healthy.

We continue to conduct research and learn more about mental health, and the fields of psychology and psychiatry are still relatively new. As we continue to learn more, we can benefit further by having these conversations with our loved ones, sharing our lived experiences and learning from each other.

You can also #BeTheDifference this year! Take a Mental Health First Aid Course ([www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)) and learn more about how you can support those in your life who may be experiencing a mental health challenge. Together we can make conversations about mental health as common as talking about the weather and create a space where mental health stigma is a thing of the past.

[https://www.mentalhealthfirstaid.org/external/2021/01/breaking-down-common-mental-health-misconceptions/?mkt\\_tok=eyJpIjoiTnpObE16a3hPR1ZtTWpReSlnQiOjM095UTVvZnpscUtcL3hRRHhqWIZNdFZibjJEZlI4SHQ4aER4CHJaS256MFwvejR2eWcxNTIOMUxRSStRSUJcL05cLzJrNORjWW9YMWVlqVORHbXJodmpoUlDkZ0dsMExCaU5DOFVpZENseEYrMIA45DK5TnJsbERsZ1JMYVRKMFI5TmMifQ%3D%3D](https://www.mentalhealthfirstaid.org/external/2021/01/breaking-down-common-mental-health-misconceptions/?mkt_tok=eyJpIjoiTnpObE16a3hPR1ZtTWpReSlnQiOjM095UTVvZnpscUtcL3hRRHhqWIZNdFZibjJEZlI4SHQ4aER4CHJaS256MFwvejR2eWcxNTIOMUxRSStRSUJcL05cLzJrNORjWW9YMWVlqVORHbXJodmpoUlDkZ0dsMExCaU5DOFVpZENseEYrMIA45DK5TnJsbERsZ1JMYVRKMFI5TmMifQ%3D%3D)

## 5 Ways to Relieve Joint Pain

The following are 5 ways to keep your knees strong, flexible and active.

**Firm up your thighs.** It's like installing shock absorbers for your knees. Strengthening your front and back thigh muscles (quadriceps and hamstrings) helps to protect the knee joints from injury. Increasing quad strength can also

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### Spiced Creamy Avocado Dip (for Baked Sweet Potato Fries)

**Ingredients:**

- ½ tsp Cajun seasoning
- 1 avocado, peeled and pitted
- 1/4 cup (2.5 oz.) silken tofu
- 2 Tbsp. lime juice
- 1/8 tsp salt

**Directions:**

In the bowl of a food processor, combine avocado, tofu, lime juice, 1/2 tsp Cajun seasoning, and salt. Process until smooth. Serve as a dip alongside baked sweet potato fries.

Source: *Women's Health Magazine*



### Mustard Maple Salmon

**Ingredients:**

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper
- ¼ teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 4 4-ounce skinless center-cut wild-caught salmon fillets

**Directions:**

Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Eatingwell.com

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cut your risk of knee osteoarthritis by up to 30%.

**Walk backward.** It gives your quads a slightly different workout while going easy on a particularly vulnerable knee zone, the ACL (anterior cruciate ligament), a joint connector that women and athletes frequently tear. Have someone spot you so you don't trip.



**Go low-impact.** Keep moving to improve your range of motion and build the muscles that surround and support your knees. Just don't pound them (no pavement running and high-impact aerobics). Instead, go easy with walking, swimming, yoga, biking, elliptical machines or padded treadmills, and weight work.

**Feed your knees.** The inflammation-fighting nutrients in berries, ginger, avocado, flaxseeds, omega-3-rich fish (trout, salmon) or the DHA type of omega-3 supplements all help stifle joint damage.

**Lose a few.** Every extra pound you carry adds up to 3 pounds of pressure on your knee joints when you walk, and 10 pounds when you run. Ouch.



## Human Maintenance

We wanted you all to know that Occupational Athletics will be transitioning to *Human Maintenance* this spring.

New name, new look, same services and more.

At the Gameplan for Living, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!

[www.gameplanforliving.com](http://www.gameplanforliving.com)

Questions / Support:  
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### Quick Homemade Minestrone

#### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 6 cups vegetable broth
- 2 ½ cups (3/4-inch) cubed peeled butternut squash
- 2 ½ cups (3/4-inch) cubed peeled baking potato
- 1 cup (1-inch) cut green beans (about ¼ pound)
- ½ cup diced carrot
- 1 teaspoon dried oregano
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt
- 4 cups chopped kale
- ½ cup uncooked orzo (rice-shaped pasta)
- 1 (16-ounce) can cannellini or other white beans, rinsed and drained
- ½ cup (2 ounces) grated fresh Parmesan cheese

#### Directions:

Heat the oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 2 ½ minutes or until tender. Add broth and the next 7 ingredients (broth through salt); bring to a boil. Reduce heat, and simmer 3 minutes. Add kale, orzo, and beans; cook 5 minutes or until orzo is done and vegetables are tender. Sprinkle with cheese.

*CookingLight.com*