

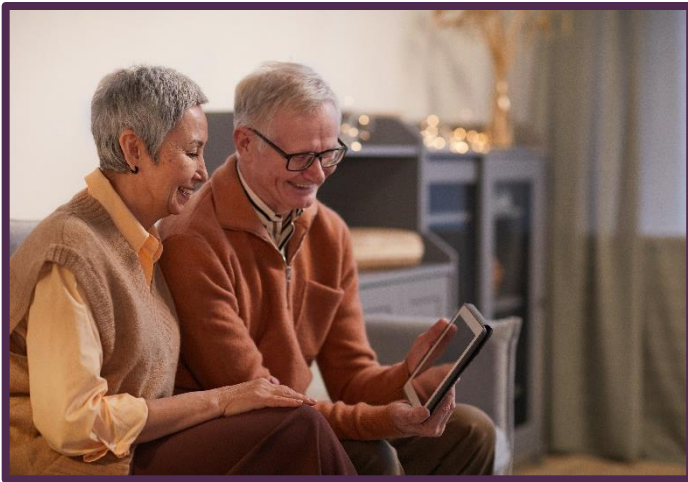
INSIDE THIS ISSUE

NOVEMBER 2023

1 Diabetes Awareness

2 Balance During the Holidays

3 Winterizing Your Yard



HEALTH OBSERVANCE

Diabetes Awareness

Kellie O'Keefe – Wellworks For You

November is Diabetes Awareness Month. This annual observance is dedicated to spreading knowledge about diabetes, raising awareness of the disease, and promoting healthy lifestyles to prevent and manage it effectively. Diabetes is a chronic condition that affects how the body processes glucose, a vital energy source.

There are two main types of diabetes:

Type 1: Type 1 diabetes is an autoimmune condition where the body's immune system attacks insulin-producing cells.

Type 2: Type 2 diabetes is a condition that happens because of a problem in how the body regulates and uses sugar, or glucose, as a fuel. This long-term condition results in too much sugar circulating in the blood. Eventually high blood sugar levels can eventually lead to circulatory, nervous, and immune disorders.

Diabetes Awareness Month is dedicated to educating communities about the importance of early detection, healthy eating, regular exercise, and proper management of diabetes. It is also a time to celebrate the strength and resilience of those living with diabetes and to support them in their journey.

One of the key messages of Diabetes Awareness Month is that diabetes can often be prevented or delayed through simple lifestyle changes such as adopting a balanced diet and maintaining an active lifestyle. By understanding the risk factors and early warning signs, individuals can take proactive steps to protect their health.

November is a reminder that knowledge is power regarding diabetes. By promoting awareness and empowering individuals with the tools they need to make healthier choices, we can collectively work towards reducing the impact of diabetes and improving the quality of life for those affected by this condition.

Source: [What is diabetes? | CDC](#)



WellBalance Health Corner *Maintaining Balance During the Holiday Season*

While the holidays can bring a lot of excitement, they also include various other emotions. Make sure you take time for yourself this holiday season.

..... page 2



Winterizing Your Yard for the Environment

Learn more about the mental, physical and environmental benefits of preparing your yard for the winter months.

..... page 3

WelBalance

HEALTH TIP CORNER

Connectedness.

Maintaining Balance During the Holiday Season

Megan Cole – Wellworks For You

While the holidays can bring a lot of excitement, they also include various other emotions that can leave us feeling like our cup is empty. Before this holiday season begins, take some time to think about things that fill your cup and can help you feel balanced and at peace this holiday season.

Take time for yourself. The holidays often include larger get-togethers and more time with friends, family, and loved ones. Make sure you are also carving out time for yourself this season, whether for a solo walk, yoga class, afternoon baking or reading, or running errands alone.

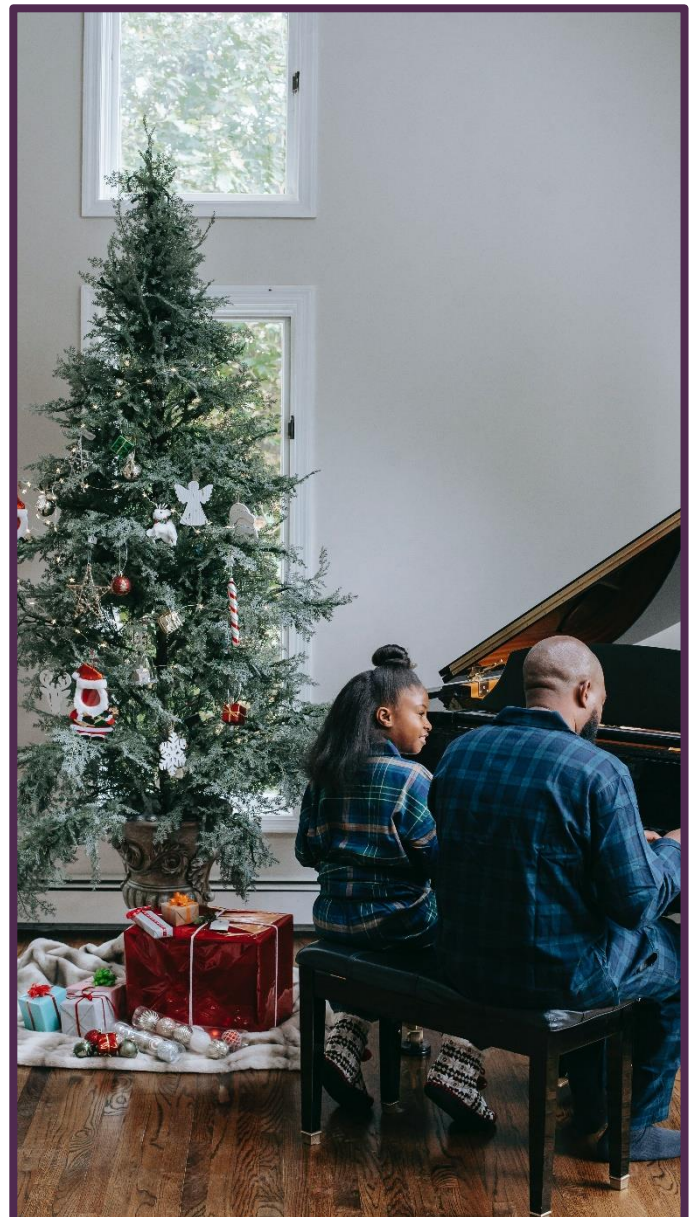
Keep elements of your routine consistent. Our routines can help us feel grounded and balanced. While you may be traveling or watching your schedule fill this season, try to keep critical parts of your routine consistent, such as keeping your exercise routine, fueling your body with similar foods, or keeping your same bedtime ritual. This can help us feel like ourselves and that our schedule is still within our control.

Rethink the concept of holiday gift-giving. Gifts don't have to be grand or expensive to be meaningful. To help you feel emotionally and financially balanced, try rethinking how you're giving gifts and what type of gifts others would like. Gifts that can be just as meaningful include handwritten cards, baked goods, and quality time spent together. Cookie exchanges can also be a great idea for larger groups.

Be cautious of comparing yourself to others. We all may be more active on social media throughout the holidays, allowing space to compare ourselves to others. Try to remember that social media is often a highlight reel. Staying off technology and soaking up time with others can help you ditch the comparison.

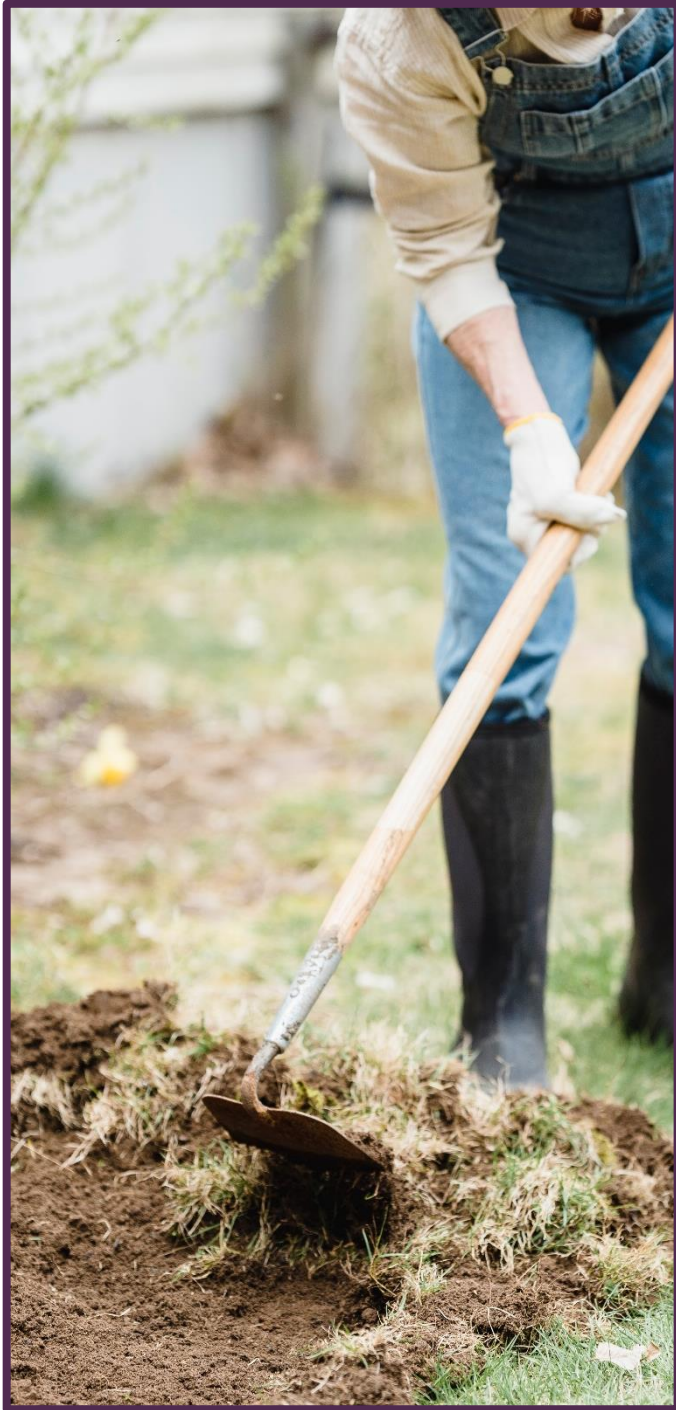
Practice gratitude. Try recognizing what you are grateful for even during more events, such as extra time off work and more time with loved ones.

Overall, remember to give yourself grace throughout this busy time regarding balance. Remember that you can still meet some of your goals in different ways, such as switching up your exercise routine to play pickleball with your family or staying consistent with meal prepping but perhaps in a separate kitchen surrounded by other people.



Winterizing Your Yard and Garden

A Recipe for Health and Happiness



Lisa Kyler – Wellworks For You

As winter's frosty embrace approaches, it's time to don your gardening gloves and prepare your yard and garden for the chilly season ahead. Not only will you be nurturing your outdoor oasis, but you'll also be tending to your own physical and mental wellbeing. So, grab your spade, and let's dive into the joys of winter garden prep!

The Physical Perks of Winter Gardening. First and foremost, winter gardening is a fantastic way to stay physically active during the colder months. Digging, raking, and pruning are all great exercises that keep your muscles toned and your joints flexible. The fresh air and natural light can work wonders for your immune system and overall health.

Nurturing Your Mental Health. Gardening has a profound impact on mental wellbeing. It's a meditative practice that allows you to connect with the earth, reducing stress and anxiety levels. The sense of accomplishment that comes from nurturing plants and watching them grow can boost your mood and self-esteem. Winter gardening helps beat the winter blues by providing a sense of purpose and a connection to the outdoors, even during the darkest months.

Don't Overdo the Pruning. While it's tempting to go all Edward Scissorhands on your garden in the fall, it's important to show some restraint. Remove some dead flowers and stems, providing essential winter shelter for birds and insects. Birds like finches and sparrows seek refuge among these plant remnants while insects hibernate in them. Your garden becomes a winter haven for these critters, and you get a front-row seat to the bustling wildlife show.

Springtime Bulb Bonanza. Fall isn't just about saying goodbye to your summer blooms; it's also the perfect time to welcome spring. Plant bulbs like tulips, daffodils, and crocuses now, and a burst of vibrant color will greet you in spring. Dig a hole, pop in those bulbs, and cover them with soil – it's like planting a surprise party for your future self!

Leaf Mulch Magic. Those fallen leaves aren't just yard clutter; they're also a valuable resource. Collect and mulch them to create nutrient-rich leaf mulch. Spread this mulch around your garden beds to insulate the soil and prevent weeds. Your garden will thank you when it awakens in the spring, ready for another season of beauty and growth.

So, as you gear up for winter, remember that gardening isn't just about nurturing your outdoor space but also about nourishing your wellbeing. By leaving some of your garden's wild side untouched, you're providing a haven for wildlife. And when you plant those spring bulbs and use those mulched leaves, you're investing in a beautiful and vibrant future for your garden. Gardening is a year-round adventure, so embrace it and enjoy the journey!

FEATURED RECIPE

30-Minute Roasted Salmon Tacos with Corn & Pepper Salsa

4 Servings

Dairy Free, Gluten-Free, High Protein



INGREDIENTS

- 2 teaspoons honey
- 1 canned chipotle pepper in adobo, finely chopped
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lime juice plus 2 tablespoons, divided
- 1 ¼ pounds center-cut salmon fillet
- ½ teaspoon kosher salt, divided
- 1 ½ cups fresh corn kernels (from 3 ears)
- 1 red bell pepper, finely chopped
- 2 scallions, thinly sliced on the bias
- 1 small jalapeño pepper, seeded and finely diced
- ½ cup chopped fresh cilantro
- 8 corn tortillas, warmed
- 1 avocado, sliced
- 1 lime, quartered

DIRECTIONS

1. Preheat oven to 425 °F. Line a large rimmed baking sheet with foil and coat lightly with cooking spray.
2. Combine honey, chipotle, mustard and 1 teaspoon lime juice in a small bowl.
3. Place salmon skin-side down on the prepared baking sheet; sprinkle with 1/4 teaspoon salt. Roast for 14 minutes. Remove from oven; spread the honey-chipotle glaze over the fish and continue roasting until cooked through, 2 to 4 minutes.
4. Meanwhile, combine corn, bell pepper, scallions, jalapeño, cilantro and the remaining 2 tablespoons lime juice and 1/4 teaspoon salt in a medium bowl; toss to combine.
5. Remove and discard salmon skin; flake the salmon. Serve in warmed tortillas, topped with avocado and the corn-and-pepper salsa. Serve with lime wedges.

NUTRITION

Per Serving:

Calories: 460	Protein: 35g
Carbohydrates: 52g	Dietary Fiber: 9g
Fat: 15g	Saturated Fat: 3g
Calcium: 107mg	Magnesium: 82mg
Potassium: 1041mg	Sodium: 413mg

Source: [Roasted Salmon Tacos with Corn & Pepper Salsa \(eatingwell.com\)](https://www.eatingwell.com/recipes/roasted-salmon-tacos-with-corn-pepper-salsa/)