

WELL~CONNECTED

Summer 2015



Let Your Laughter BUBBLE Over

Humor is a powerful antidote against many of life's common ailments. We have all heard the age old quote, "Laughter is the best medicine", but we rarely stop and think how true it is. Laughter supports so many different components of wellness including physical, emotional, intellectual, spiritual, and social. In this fast-paced world, laughter helps us to restore balance and perspective to our lives.

Physical Health Benefits

"A hearty laugh is a good way to jog internally." ~ Norman Cousins

Encountering stress is simply a fact of life, but we can strive to decrease our stress by using laughter to enhance the quality of our lives.

A good hearty laugh relaxes the whole body, reliving tension and leaving the muscles relaxed for up to 45 minutes!

Studies show that laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter has also been shown to protect the heart against heart attacks and other cardiovascular problems by increasing blood flow and improving the function of blood vessels.

Mental Health Benefits

"There is little success where there is little laughter." ~ Andrew Carnegie

It is easy to succumb to anxiety and fear, but humor is a great way to counteract those thoughts. Laughter has been shown to improve joy, enhance resilience and shift perspectives, which can help when you are feeling overwhelmed. Positivity leads to our brains being more alert and engaged which eventually leads to more productivity. Happiness and optimism actually fuel performance and achievement- giving us a competitive advantage.

Try following these to increase humor in your life:

- Share humor with others
- Be able to laugh at yourself
- Spend time with fun, playful people
- Keep humor in sight through cartoons and photos
- Bring humor into conversations

When life has dealt you just about all that you can stand; try to remember Phyllis Diller's mantra,

"A smile is a curve that sets everything straight."



This newsletter is provided by your Safety & Wellness Program Administrator, Edwards Risk Management, Inc.

FIT TIP:

Tabata Bing Tabata Boom!

What is Tabata?

Tabata is a High Intensity Interval Training (H.I.I.T) workout. Although this workout only lasts 4 minutes, it will be the hardest 4 minutes of your life!

Philosophy Behind It

Experts claim this work out can increase your aerobic capacity, anaerobic capacity, resting metabolic rate, and can help burn *more* fat than a traditional 60 minute aerobic workout.

Wanna Tabata?

Workout for 20 seconds
Rest for 10 seconds
Complete 3 rounds of each of the following:

- Push ups
- Squats
- Sit ups
- Jump Rope

Remember: The key is to go as fast as your body will allow.

The wonderful thing about Tabata is, you can literally do it anywhere at any time!



Scan this QR Code to view our electronic newsletter!

Nutrition is Power.

What's Inside
You?



Spring 2015 Winners

Participant Awards

Benavides ISD
Dalia Elizondo

Breckenridge ISD
Shelle Crenshaw

Denver City ISD
Paige Gonzalez

Huffman ISD
Graceanna Fletcher

Lackland ISD
Jacqueline Miller

Marlin ISD
Robin Gutierrez

Coordinator Awards

Outstanding Performance

Joshua ISD
Amanda Burns

New Caney ISD
Mary Lou Ford

New Comer of the Year

Mexia
James Slater

Vivacious Vocalist

Stockdale ISD
Roxanne Mocygemba

Whiteface ISD
Susan Luna

Event of the Semester

Duncanville ISD
Noella Whavers

One Pot

MEXICAN CASSEROLE

Prep time
10 mins

Cook time
1 hour 30 mins

Total time
1 hour 40 mins

Serves
6

Ingredients

2 small onions, diced
2 cloves garlic, minced
3 small red peppers, chopped
1 can black beans, rinsed
1 cup frozen corn
2 cups rice
3 cups water
1 vegetable bouillon cube
2 tsp chili pepper
2 tsp cumin
½ tsp oregano
1 can green chilis (old el paso)
1 can tomato sauce
Tortilla Chips
Pepper Jack Shredded Cheese
Avocado
Salsa
Cilantro



Instructions

1. In a large cast-iron skillet over medium-high heat, saute onions with a bit of water for about 2-3 minutes. Add the garlic and red peppers and continue to cook for an additional 2-3 minutes, adding more water if needed.
2. Add black beans, frozen corn, rice, water, vegetable bouillon, green chilies, chili pepper, cumin and oregano to the skillet. Stir until well mixed. Reduce heat to medium and cover with lid. Allow to simmer for approximately 1.25 hours, or until rice is cooked to your liking, stirring periodically.
3. Once rice is cooked, add the tomato sauce and cook for an additional 5 minutes. Remove from heat once heated through.
4. Preheat oven to 425F.
5. Crunch up tortilla chips and sprinkle over the rice mix, ensuring an even coat of chips. Next, sprinkle preferred amount of cheese over the chips - we used approximately ½ cup.
6. Place skillet into pre-heated oven and cook for approximately 5 minutes, or until cheese is melted.
7. Carefully remove from oven (skillet will be very hot) and top with sliced avocado, salsa and cilantro.

<http://www.glutenfreeveganpantry.com/one-pot-mexican-casserole-vegan-gf/>



Congratulations to FIT BIT Challenge Winners

February

Starr Heath - Joshua ISD
Sandi Hansen - Levelland ISD
Becky Albin - Morton ISD

March

Amber Sturdy - New Caney ISD
Elisha Reese - Frenship ISD
David Broadhurst - Caldwell

