

# MONDAY, APRIL 1 | STRESS MANAGEMENT

## “DIY Daily Wellness Toolkit” to Grow Your Wellness



Supporting individual and local participation. Participation information available via the intranet and ManageWell®.

- ✓ POSITIVE AFFIRMATION
- ✓ MANAGEWELL MINI CHALLENGE
- ✓ BREATHING EXERCISE
- ✓ RECIPE
- ✓ MOVEMENT
- ✓ COLORING PAGE

**I AM STRONG**  
**I AM CAPABLE**  
**I AM RESILIENT**

ManageWell<sup>2.0</sup>



### DIY Positive Affirmation: **I Am Enough**

This affirmation practice acts as a reminder that, you are enough. Together, we will learn to listen to and trust our compassionate and wise intuition, and come to realize that when we connect deeply with ourselves, we unlock the capacity to enhance both the wellbeing of ourselves, and others.

By: **Barbara Gibson**, Decatur, GA

Barbara advocates for survivors of domestic violence. She is also a 200 - hour registered yoga teacher and certified meditation guide. Her meditations are intended to remind listeners of their inherent inner goodness, wisdom and strength. Most are deliberately short and intended as a gateway for beginners or a quick reset for anyone. So glad to be along on your self-care and wellbeing practice path.



### Key Employee Wellness Week Links

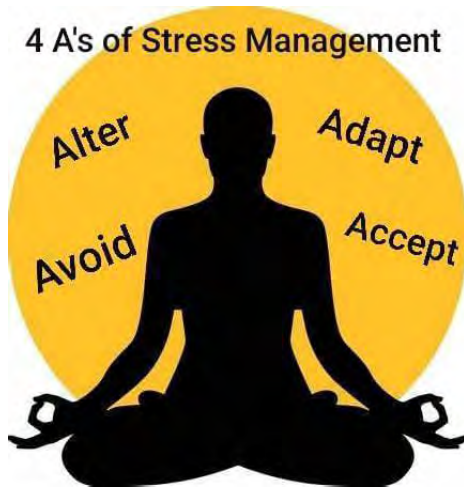
[2024 Virtual Employee Wellness Week \(hitchcock.org\)](https://hitchcock.org)

[2024 Employee Wellness Week Program Booklet](#)

[Welcome Packet for Wellness Leaders](#)

[Local Engagement Challenge Sharing Form](#)

## DIY ManageWell Mini Challenge: Four A's: Take Control of Stress



Your Challenge: Take control of stress with one simple strategy.

Take Control of Stress Challenge. No one has to tell you that living is stressful. The demands on your time can add up quickly.

Your challenge: Incorporate the 4 A's to manage stress before it consumes you.

- Avoid
- Alter
- Accept
- Adapt

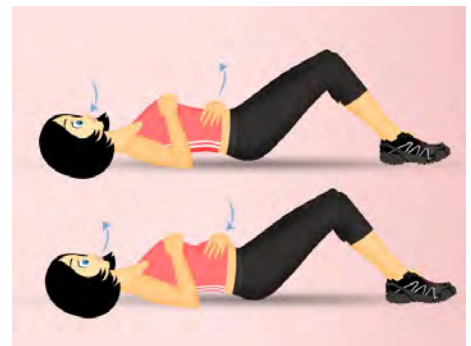
Log into [ManageWell](#) to register and start the mini challenge.

## DIY Breathing Exercise: Diaphragm Breathing

Here's the basic procedure for diaphragmatic breathing. It may be easiest to practice while lying flat on your bed or the floor when you first start.

[Diaphragmatic Breathing and Its Benefits \(healthline.com\)](#)

1. Sit or lie down on a comfortable, flat surface.
2. Relax your shoulders, shifting them downward away from the ears.
3. Put a hand on your chest and a hand on your stomach.
4. Without straining or pushing, breathe in through your nose until you can't take in any more air.
5. Feel the air moving through your nostrils into your abdomen, expanding your stomach and sides of the waist. Your chest remains relatively still.
6. Purse your lips as if sipping through a straw. Exhale slowly through your lips for 4 seconds and feel your stomach gently contracting.
7. Repeat these steps several times for best results.



## DIY Recipe: Black Bean Burgers

A vegan burger with a meaty bite, just the right spice/heat, and sturdy enough for grilling. Summertime here we come!

**Source:** Heather Wolfe, MPH, RDN, LD, NBC-HWC

**Makes:** 6 servings **Serving Size:** 1 burger

### Ingredients

- 1 cup cooked brown rice (from  $\frac{1}{3}$  cup dry rice)
- 1 cup walnuts
- 2 teaspoons canola or avocado oil
- 1 onion, chopped (about 1 cup)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon paprika (smoked paprika is nice)
- 1 (15-ounce) can black beans, drained, rinsed (about  $1\frac{1}{2}$  cups cooked beans)
- $\frac{1}{4}$  cup breadcrumbs (whole wheat if available)
- $\frac{1}{4}$  cup BBQ sauce
- Serving suggestions: whole wheat buns, avocado, lettuce, tomato, salsa or ketchup



### Instructions

1. Cook up rice if you haven't already. [Tip: cook extra rice and use leftovers in stir-fries or soups, or freeze for later. In general brown rice is a 2:1 water to rice ratio (2 cups water for 1 cup rice) and takes about 40-minutes to simmer, covered on your stovetop or 20 minutes in a pressure cooker.]
2. In a dry medium skillet over medium heat, toast walnuts until lightly brown. Remove from skillet and set aside to cool. Once cool, finely chop walnuts (by hand or in a food processor) until they are a fine meal texture (but not yet nut butter).
3. Add oil to the same skillet. When oil is heated, add onion, salt, and black pepper. Sauté onions until translucent, about 3 minutes. Add chili powder, cumin and paprika. Cook for an additional minute to bloom the spices.
4. In a large mixing bowl, add black beans. Fork mash until only a few beans are still whole. Mix in the cooked rice, walnut meal, sautéed veggies, breadcrumbs, and BBQ sauce until well combined. (You can adjust the moisture by adding more breadcrumbs if too wet or more BBQ sauce if too dry.)
5. Form 6 patties, about  $\frac{1}{2}$  -inch thick.
6. Grill either on a preheated outdoor grill or in a skillet with a bit of oil on your stovetop. Cook about 3 minutes per side over medium heat.
7. Enjoy!

**Nutrition (per burger):** Calories 280, Total Fat 15g, Saturated Fat 1.5g  
Carbohydrate 30g, Fiber 7g, Protein 9g, Sodium 365mg

## DIY Movement: The Wall Push-Up

# The Wall Push-Up

From: [Kara Maville](#), M.Ed, AFAA, CHC

When the floor is dirty or you're in a position where you can't get down to do a push-up, the wall push-up can be a great filler. For people who have trouble with regular push-ups, the wall push-up is a fantastic stepping stone, can supplement a workout regimen and provide all the strengthening and toning benefits of a floor push-up.

### Execution:

- Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
- Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart (1).
- Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor (2).
- Hold the position for one second (2).
- Breathe out and slowly push yourself back until your arms are straight.
- Complete as many reps as you can while keeping proper form, working your strength up to 2-3 sets of 10-15 repetitions.

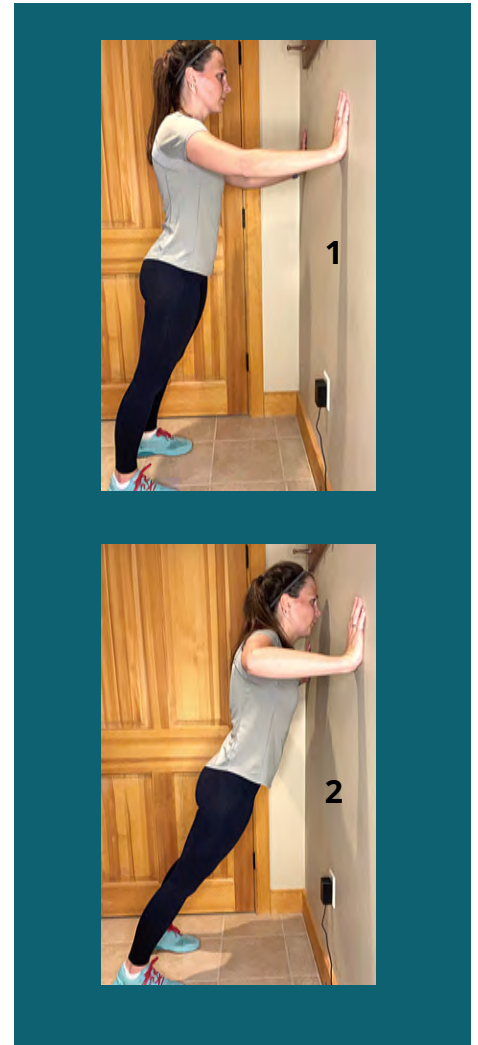
For more support around the Wall Push-Up, contact [Kara Maville](#).

### Coach K's Tip:

Use a smooth, steady movement. Breathe in slowly through your nose when you are lowering your body to the wall and breathe out slowly from your mouth when you are pushing your body away.

### Progression:

As you progress with this exercise, try moving your feet farther away from the wall. The added distance takes some weight from your lower body and shifts it to your upper body. The weight transfer adds more resistance to your arms, shoulders and chest. The farther away from the wall you stand, the harder the wall push-up becomes. Once you feel you have mastered the wall push-up, you can progress to the floor and try push-ups from your knees.



**Muscles used:** Pectoral muscles, triceps, biceps, front and rear heads of the deltoids, rhomboids and trapezius, latissimus dorsi.



