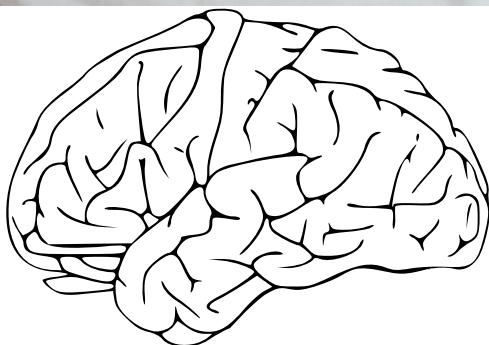


WELLNESS NEWSLETTER



OCTOBER 2023

WORLD MENTAL HEALTH
DAY | OCTOBER 10, 2023



10 COMMON MENTAL ILLNESSES VIDEO

CLICK LINK

[HTTPS://YOUTU.BE/IASPAS9HWNQ?
SI=8NRWBWBYLWGF1YL7TN](https://youtu.be/IASPAS9HWNQ?SI=8NRWBWBYLWGF1YL7TN)

WHAT IS WELLNESS?

THE ACT OF PRACTICING HEALTHY HABITS ON A DAILY BASIS TO ATTAIN BETTER PHYSICAL AND MENTAL HEALTH OUTCOMES, SO THAT INSTEAD OF JUST SURVIVING, YOU'RE THRIVING. TO UNDERSTAND THE SIGNIFICANCE OF WELLNESS, IT'S IMPORTANT TO UNDERSTAND HOW IT'S LINKED TO HEALTH.



WHY IS
WELLNESS
IMPORTANT?

WELCOME TO OUR FIRST MONTHLY
WELLNESS NEWSLETTER!

ABOUT ME

HI!



My name is Eimy Ayala; I am the Leave of Absence/Wellness Administrator. I am excited to start this new initiative for ACC and CCM employees. Please look out for our upcoming monthly newsletter and special events.



WELLNESS IS CRUCIAL IN ORDER TO LIVE A HIGHER QUALITY OF LIFE. WELLNESS MATTERS BECAUSE EVERYTHING WE DO AND EVERY EMOTION WE FEEL RELATES TO OUR WELL-BEING. IN TURN, OUR WELL-BEING DIRECTLY AFFECTS OUR ACTIONS AND EMOTIONS. IT'S AN ONGOING CIRCLE. THEREFORE, IT IS IMPORTANT FOR EVERYONE TO ACHIEVE OPTIMAL WELLNESS IN ORDER TO SUBDUCE STRESS, REDUCE THE RISK OF ILLNESS AND ENSURE POSITIVE INTERACTIONS.

8 dimensions of wellness



What do they mean?

Physical Dimension

- Caring for your body to stay healthy now and in the future.

Intellectual Dimension

- Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges
- Expanding knowledge and skills while discovering the potential for sharing your gifts with others

Emotional Dimension

- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life

Social Dimension

- Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you
- Contributing to your community

Spiritual Dimension

- Finding purpose, value, and meaning in your life with or without organized religion
- Participating in activities that are consistent with your beliefs and values

Vocational Dimension

- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

Financial Dimension

- Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies
- Being aware that everyone's financial values, needs, and circumstances are unique

Environmental Dimension

- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment
- Demonstrating commitment to a healthy planet

Resources Available to you!

If you are experiencing any of the following...	The service that is being offered for the employee
Depression, anxiety, and stress Substance abuse Relationship problems Workplace conflicts Parenting and family issues Living with chronic conditions Child and elder care	You can speak to a counselor by using our EAP offered through Optum, free employee counseling services are provided primarily through phone based counselors, who are available to assist you 24 hours a day, seven days a week by calling (866) 248-4104, or by logging on to www.liveandworkwell.com , access code 11040. Limited sessions.
You or someone you know cannot provide enough food for their families Need basic household items Need assistance with the delivery of medication(s), especially to the elderly, homebound and pregnant women.	HEARTS TO SERVE HOTLINE AT 855-423-6780 FROM 8 A.M. TO 6 P.M. DAILY
Have experienced the loss of a job or income, the need for food or housing or for help getting out of a dangerous situation. If you are facing an internal challenge such as depression, a physical ailment or disability or other mental or physical health crisis.	CATHOLIC CHARITIES EMAIL: INFO@CATHOLICCHARITIESLA.ORG TELEPHONE: (213) 251-3400.
If your salary or hours were reduced and you cannot provide enough food to feed your family or facing eviction.	The Cardinal McIntyre Fund is available to you. Contact Mary Ann Capers at (213) 637-7506 /Email: MCapers@la-archdiocese.org
If you or your family experienced a death in the family and need funeral services. Discount Program offered by CCM	Catholic Cemeteries & Mortuaries Employee Discount Program Contact: Sales Support (888) 912-6516

SOURCE:

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC5508938/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/)

WOULD YOU LIKE TO JOIN THE WELLNESS COMMITTEE?

I AM LOOKING FOR A FEW EMPLOYEES THAT ARE WILLING TO HELP PROMOTE THE WELLNESS PROGRAM, AND ASSIST WITH SOME EVENTS. IF YOU ARE INTERESTED, PLEASE EMAIL ME : EGAYALA@LA-ARCHDIOCESE.ORG

SLOW COOKER BUFFALO CHICKEN CHILI

INGREDIENTS

- 1 POUND BONELESS, SKINLESS CHICKEN BREAST
- 1 (15 OUNCE) CAN NO-SALT-ADDED BLACK BEANS, RINSED
- 1 (15 OUNCE) CAN NO-SALT-ADDED CHICKPEAS, RINSED
- 1 (15 OUNCE) CAN NO-SALT-ADDED DICED TOMATOES
- 1 (15 OUNCE) CAN UNSALTED TOMATO SAUCE
- ½ MEDIUM ONION, FINELY CHOPPED
- 1 CUP UNSALTED CHICKEN BROTH
- ⅓ CUP BUFFALO SAUCE
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- ½ TEASPOON DRIED OREGANO
- ¼ TEASPOON GARLIC POWDER
- ¼ CUP CRUMBLLED BLUE CHEESE
- ¼ CUP SOUR CREAM (OPTIONAL)

DIRECTIONS

1. COMBINE CHICKEN, BEANS, CHICKPEAS, TOMATOES, TOMATO SAUCE, ONION, BROTH, BUFFALO SAUCE, OIL, OREGANO AND GARLIC POWDER IN A 5- TO 6-QUART SLOW COOKER. COVER AND COOK ON HIGH FOR 4 HOURS. REMOVE THE CHICKEN AND PLACE ON A CUTTING BOARD. LET COOL SLIGHTLY; ROUGHLY SHRED WITH TWO FORKS AND RETURN TO THE SLOW COOKER. STIR IN BLUE CHEESE AND SOUR CREAM, IF USING.
- 2.

EQUIPMENT

5- TO 6-QUART SLOW COOKER

FEATURED RECIPE OF THE MONTH



SOURCE:

[HTTPS://WWW.EATINGWELL.COM/RECIPE/8018748/SLOW-COOKER-BUFFALO-CHICKEN-CHILI/](https://www.eatingwell.com/recipe/8018748/slow-cooker-buffalo-chicken-chili/)

QUOTE OF THE DAY

“Health is a state of body. Wellness is a state of being”

-J. STANFORD

HEALTH TIPS OF THE DAY

A quick walk during break time can add a few extra steps to your day! If time allows it take the long way to the restroom or to your lunch break.

Use smaller plates so that servings don't look so small with reduced portion sizes.

