

# Innovative WellNews



## May 2023

## Together for Mental Health



Each May, we recognize Mental Health Month in accordance with the National Alliance on Mental Illness (NAMI). The goal of Mental Health Month is to fight the stigma surrounding mental health, raise awareness for those who need support, and advocate for better mental health support and resources.

About  
**2 in every 5**  
adults struggle with mental  
health issues

Only  
**46%**  
of adults struggling with mental  
health seek support

What can you do to help improve your mental health today? Improving your mental health can seem like an extremely overwhelming task so we encourage you to start small by trying some of these activities .



Track gratitude and achievement



Practice forgiveness



Work your strengths



Do something with friends or family



Take time to laugh



Go for a walk in nature



Log off social media



Pay attention to the present moment  
(practice mindfulness)



Increase Omega-3 Fatty Acids in your diet



Get adequate sleep

# What is Mindfulness?

You may have heard of the term mindfulness as it has recently become a sort of buzzword when talking about improving mental health. But what is mindfulness and how do you practice being mindful? According to [mindful.org](https://mindful.org), mindfulness is “the ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what is going on around us.” Practicing mindfulness helps you to control your reactions to situations and have a more stable response system. Here are some tips to practice and encourage mindfulness .

- 1 Set aside some time to practice – you don’t need any equipment or any specific kind of space, but you do need a little bit of time.
- 2 Observe the present moment – the goal is not to completely clear your mind but to spend some time observing the present moment without any judgement or excess thoughts.
- 3 Let go of judgements – you can acknowledge judgements that may come up but try to let them go.
- 4 Show yourself grace – don’t get discouraged by wandering thoughts or anything that might come up but instead try to bring yourself back to the present moment.



## Pistachio Oat Squares

Nuts are a food that have been proven to have beneficial nutrients needed for stress reduction. They tend to be high in B Vitamins which contribute to our stress and mental well-being. One of the nuts high in B vitamins are pistachios. Try this recipe for a quick snack this week!



### Ingredients:

- 1 cup raw shelled pistachios
- 1 cup rolled oats
- ½ tsp sea salt
- ¼ cup maple syrup
- 2 tbsp olive oil
- 1/3 cup unsweetened coconut flakes
- Handful of chopped pistachios for topping


### Directions:

1. Preheat oven to 350 degrees and line an 8-inch square pan with parchment paper. In a food processor, process the pistachios, oats, and salt for about 30 seconds, until a meal starts to form. Drizzle in the maple syrup and olive oil while the motor is still running and the meal begins to come together into a crumbly, almost-wet dough. Whisk the eggs, milk, sour cream, salt, pepper, and red onion together in a bowl. Using two spoons or your fingers, separate the cheese into small clumps. Fold the cheese and salmon into the egg mixture.
2. Press the dough evenly into the pan and cover it with coconut flakes and remaining pistachios. Bake for 10 to 12 minutes until the coconut is nice and golden brown and the dough is cooked through.
3. Carefully lift the cooled dough out of the pan by holding two sides of the parchment paper. Cut it into squares.

### References:

<https://mindful.org>

<https://www.loveandlemons.com/jessicas-pistachio-oat-squares/>

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