



Berkshire Health Group

Wellness Connection

The Summer of Self Care By Beth Piantoni, CPT, CHWC

Whether you're traveling or staying home this summer, the season is ripe for rejuvenation, growth and adventure, which makes it the perfect season to revisit your self-care plan. What does it mean to practice self-care? Essentially, it is taking time out to care for our mental, emotional, physical, and spiritual well-being. It is about giving ourselves relief when we feel overwhelmed. It is about addressing our problems and needs holistically. But, the most important thing about self-care is that it feels good to you. And that can look different for everyone, and that's okay. If you are in need of some ideas, here are seven tips for slowing down and making space for self-care.

- 1) **Write down nourishing things you can do anywhere, any time.** Start by making a list of the things that you do that make you feel nourished and good. Then, take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.
- 1) **Get off the grid for a bit.** Taking even a short break from social media, the 24-hour news feed, intrusive text messages, and so on, can give you some much needed



emotional respite. You don't have to take a week-long hiatus; maybe try turning off your phone for a couple hours or deleting the Facebook app.

- 3) **Have some summer fun.** Get in touch with your playful, creative inner-child and make a list of fun summertime activities. And then make a plan to do some of them this summer!
- 4) **Maintain a consistent sleeping schedule.** When we think of summer, we think long days and late nights. For me, nothing is worse for my mental health than an inconsistent sleep schedule. Though your routine may be different than during the Fall/Winter, I still encourage you to try having a consistent sleeping schedule. This may mean planning to be in bed by 11 and up by 8 or it may be committing to not staying up past midnight or sleeping in past 10. Remember, it's all about doing what works for you!
- 5) **Remind yourself of what your body can do this summer.**

Your body can do so much! It helps you swim, hike, laugh, love, smile, and hug. Appreciate your body for all of the wonderful things it can do instead of dwelling on what you wish it looked like.

- 6) **Allow yourself to relax and unwind.** We all re-energize in different ways. Some people need alone time and others need to be with others. Whatever you're setting, remember it's okay to devote time to taking care of yourself. Take a nap, a bath, or go outside in nature.
- 7) **Get outside.** There is more sunlight to indulge in during the summertime. Whether it's sitting outside and enjoying a good book, going for a walk in your local park or getting to the beach, enjoy the incredible weather! Before you know it, you'll be back in the office or classroom, so take advantage of the sunshine while you can. I encourage you to use these ideas, or make your own self-care checklist. This summer consider the activities that will nurture your many needs, and help you enjoy yourself! Make this summer a season of self-care.

INSIDE...

1. 3 Mocktail Recipes for Summer
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⇒ Complete and the 30 Day Body Weight Challenge and send your tracker in by July 20th

⇒ Stay connected and like us on Facebook! [Click here.](#)

⇒ Take the Summer Self Care Challenge. See Page 3 for more details.

3 Summer Mocktail Recipes

So Good You Might Not Even Miss the Booze



Non-Alcoholic Sangria

Ingredients

- 4 cups white grape juice (1 l)
- 1/4 cup blueberries (40 g) + 3/4 cup blueberries (120 g)
- 1 cup orange juice (250 ml)
- Juice of 1 lime + 2 limes
- 2 oranges
- 2 bananas
- 2 peaches

Directions:

1. Blend the white grape juice with 1/4 cup blueberries (40 g). Pour this liquid mixture in a jar or bowl.
2. Place ice in a jar, add the liquid mixture, the chopped fruits (2 oranges, 2 bananas, 2 limes and 2 peaches) and 3/4 cup of blueberries. Let stand the sangria in the fridge for about 2 hours.



Strawberry Coconut Mocktail

Ingredients

- 6 large strawberries
- ¼ cup fresh orange juice
- 1 cup coconut water

Directions:

1. Blend the strawberries and orange juice. Dive the mixture between two margarita or other glasses.
2. Top each glass with coconut water



Ginger Beer Mojito Mocktail

This mocktail is a sweet and spicy refreshing summer treat! Mint, limes, and ginger beer are brought together to excite the taste buds!

Ingredients

- 8-10 Organic Mint leaves
- 2 Tablespoons Coconut sugar Simple syrup
- 1 1/2 Tablespoon Organic lime juice
- 1/2 cup Crushed ice
- 12 ounces Ginger beer

Directions:

1. Pick mint leaves from stem and add them to a glass.
2. Pour in simple syrup and lime juice, then muddle four or five times.
3. Add crushed ice, and top off with ginger beer.

Summer Self Care Challenge

Draw an X on all the days you have completed the challenge. Complete 75% of the challenge and win a \$25 Gift Card. Submit by August 31st.

Drink 1 glass of water with lemon after you wakeup

Find a New Novel to Read

Work on Saying Yes to You and No to Others

there are so many beautiful reasons to be happy

Connect with the Earth by Putting Your Feet in the Grass

Catch up with an Old Friend or Relative



Let Go of Guilt

Write Down 3 Things You are Grateful for

Go for 30 Minute Walk today Outside

Cook a New Summer Recipe

Spend 10 Minutes in the Sun

LIVE SIMPLY.
DREAM BIG.
BE GRATEFUL.
GIVE LOVE.
LAUGH LOTS.

Spend Time Near a Body of Water Today

Unplug from Electronics after Dinner

*Rest your mind
Calm your heart*

Enjoy a "Me" Day" Doing Something you Enjoy

Go on an Adventure to a Place you have Never Been

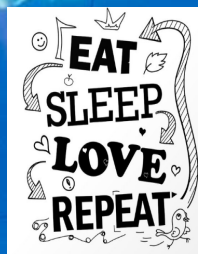
Try a New Workout

Write Down One Goal you would like to accomplish by the end of the Summer

Take a Longer Shower or Enjoy a Bath

Be More Present with Someone you Love Today

Make a Fruit Salad



Stretch or Practice Yoga Outside

NAME _____

LOCATION: _____

Summer Recipe Thai Turkey Lettuce Cups



“Crisp, delicate butter lettuce leaves have a cup shape that’s perfect for holding the sweet-and-savory ground turkey mixture and crunchy, colorful vegetables. The key is not to weigh down the cups with too much filling so they don’t tear. Add some heat with crushed red pepper or a diced red Fresno chile. The sugar here not only balances the vinegar tang; it also helps the meat caramelize and develop wonderful crispy bits in the pan. You could use ground pork or a tofu scramble in place of turkey. If you can’t find butter lettuce leaves, you can cut romaine leaves crosswise, removing the wide part of the rib.” **Source:**

Cooking Light <https://www.cookinglight.com/recipes/thai-turkey-lettuce-cups>

Ingredients

- 3 tablespoons canola oil, divided
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons light brown sugar
- 2 tablespoons rice vinegar
- 1 pound ground turkey
- 12 butter lettuce leaves
- 1 1/2 cups chopped English cucumber
- 1 cup matchstick-cut carrots
- 1/4 cup chopped roasted unsalted peanuts
- 2 tablespoons chopped fresh mint

Directions

1. Combine 2 tablespoons of oil, soy sauce, sugar, and vinegar in a bowl, stirring with a whisk.
2. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium. Add turkey; cook 7 minutes or until lightly browned, stirring to crumble. Add 1/4 cup soy sauce mixture; cook 4 minutes or until liquid is absorbed.
3. Place about 3 tablespoons turkey mixture in each lettuce leaf; top evenly with cucumber, carrots, and peanuts. Drizzle evenly with remaining soy sauce mixture. Sprinkle with mint.

Wellness Challenges

Rethink your Drink Hydration Challenge July-August

Much like a car, your body is an amazing machine that needs fluids to operate efficiently. In fact, your body is more than 60% water, and even if you’re not doing anything to work up a sweat your body gets depleted of water through its many processes. Put your hydration to the test and see what drinking more water can do for you. Aim for 48 oz. of water or more daily with this 4 week challenge. Drinks that count include plain water, herbal tea.

Fierce October Fitness Challenge September-October

This challenge is designed to help employees stay active as the weather starts to get colder. This is a location based challenge which means campuses will compete for the Fiercest Campus Award and bragging rights. Participants need to log the total minutes exercised each day. The location with the most minute’s logged based on percentage of participants will win the Fiercest Campus Award!

Check in with your Wellness Champion for more details!

Take Advantage of your Wellness Benefits!

- [Diabetes Care Program](#)
- [Colonoscopy Incentive Program](#)
- [BCBS Fitness Reimbursement](#)
- [BCBS Weight Loss Reimbursement](#)
- [BHG HERO Coaching Program](#)
- [BHG 2020 Wellness Program Menu](#)
- Visit Berkshirehg.com for more info

For more information regarding any BHG Wellness Programs, please contact:

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