

Berkshire Health Group

WELLNESS CONNECTION NEWSLETTER

Healthy Habits for Remote Workers

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Remote work or working from home. A common dream that is becoming more and more a reality. The percentage of workers around the world that is permanently working from home is expected to double in 2021 as productivity has increased during the coronavirus pandemic, according to a survey from U.S. based Enterprise Technology Research (ETR).

Working remotely brings both advantages and disadvantages to the table. On the one hand, there is no commute, you can work in sweats, and a more flexible workday can offer more time for things you enjoy. On the other hand, it can be incredibly easy to get locked into work and forget to take needed breaks, or you may find yourself tempted to put in more hours to get ahead. This could be a mistake: Research shows that overwork, burnout, and Zoom fatigue are all too common for members of today's remote workforce.

If you find yourself trying to maintain normality in an abnormal work environment, consider the following areas to focus on:



TAKE A PEEK AT WHAT'S INSIDE:

- 30 Day Cabin Fever Challenge
- Healthy Breakfast and Snack Recipe
- Upcoming Wellness Initiatives and Your Wellness Benefits

- **Wellness Ergonomics:** Not every home has a designated office space, but no matter where you work, setting your space up for success is critical. Try to make your work space comfortable with a chair you can sit in for eight hours a day and a few decoration and plants. A work environment that feels like an office will tend to be more appealing and get you in the mindset to work productively. Also, let some light in: natural sunlight is one of the best ways to influence the comfort level of your work space, as well as productivity.
- **Eliminate Distractions:** Make your work space a quiet zone by not bringing in a TV, and making use of distraction blocking apps, such as Self Control and Cold Turkey.
- **Be Mindful of Your Posture and Ergonomics.** Not only can sitting for a long time harm your physical health, but it can also have adverse effects on your posture.
- **Eat Healthy:** 2-3 nutrient-rich meals a day will help you stay focused, positive, and energized. Try not to raid the pantry for junk food fixes throughout the day, which may relieve stress temporarily but can cause sluggishness and weight gain.
- **Set a Workout Time to Reset and Refresh:** Exercise is not only good for your physical health, but also your mental health. Periodically, get up and move around your home. Walking, stretching, planks or jumping jacks—whatever works best for you to reduce or alleviate stress and increase endorphins.
- **Stay Social:** Schedule virtual happy hours with your coworkers. It is important to maintain strong social connections with our coworkers and friends, even while maintaining physical distance.



30 DAY CABIN FEVER CHALLENGE

Draw an X on all the days you have completed the challenge. Complete 75% of the challenge and you will be entered into a raffle drawing for a wellness prize. Submit your form by March 1st, 2021. Email epiantoniebhsl.org or fax 413-395-7653

Clean Out
Your
Closet

Go For a
Walk

Bake
Something

Have a Spa
Night

Get Some
Fresh Air

Play a
Board
Game

Make a
New Recipe

Facetime
a Friend

Play or do an
Activity in
the Snow

Support a
Small
Business

Have an
Indoor
Picnic

Send Snail
Mail

Create a
Schedule

Do a Home
Workout

Get Outside
for 30
Minutes

Do any
Kind
of Craft

Have a
Bonfire
Outside

Write down
your best
moment of
the day

Check in
On a Friend
or Family
Member

Put Clean
Sheets in
Your Bed

Have a
Dance
Party

Try
Breathing
Exercise

Organize
Your Work
Space at
Home

Watch a
Funny
Movie or
Show

Create a
New Music
Playlist

Revist an
Old Hobby
you Love

Clean out
Your
Car

Host a
Zoom
Party

Order Food
From Your
Favorite
Restaurant

Start or
Finish
a Puzzle

Name _____ Email: _____



A healthy breakfast/snack option with mix in ingredients depending on what your preference is or what you have on hand. Make it your own creation!

INGREDIENTS:

- Yield: 18 cookies
- Ingredients
- 1 ¼ cup rolled oats
- ½ cup flour (can use Gluten free flour – Bobs Red Mill 1 to 1 or paleo)
- ½ tsp baking soda
- ½ tsp baking powder
- 2 tsp pumpkin pie spice
- 2 Tbsp flax meal (ground flaxseed)
- ¼ cup water
- 1/3 cup honey (or real maple syrup)
- 1/3 cup sunflower seed butter (or nut butter of choice)
- ½ cup pumpkin puree
- 2 Tbsp coconut oil
- Optional mix ins of choice (equaling 1-1 ½ cups) example: ¼ cup dried cranberries or raisins, ¼ cup pepitas (pumpkin seeds), ¼ cup unsweetened shredded coconut, ¼ cup dark chocolate chips

Directions:

Preheat oven to 350F. Line a baking sheet with parchment paper and set aside. In a small bowl combine the flax meal and water, stir. Set aside until its thick and creamy – this becomes the binding egg like ingredient” (about 5-8 minutes). In a medium bowl combine the rolled oats, flour, baking soda, baking powder, and pumpkin pie spice and stir. Next, in a small saucepan over low heat, melt the nut butter, honey (or maple syrup) and coconut oil. Stir until melted and mixed. Remove from heat and add the pumpkin puree and the flax/water mixture. Stir and let cool slightly. Add the melted mixture to the bowl of dry ingredients. Stir until mixed. Add optional mix ins (ex: cranberries, dark chocolate, coconut flakes, pumpkin seeds). Scoop batter (I used a soup spoon size), place on parchment lined baking sheet (about 12-18 cookies). Flatten the cookie with back of the spoon (the dough will not spread with baking). Bake for 15-20 minutes or until golden brown on the edges and firm to touch. Allow to cool on the baking tray before transferring to a cooling rack.



DRY JAN

31 DAYS OF A BETTER YOU

Why take a month off?

Being alcohol-free for 31 days shows us that we don't need alcohol to have fun, to relax, to socialise. That means that for the rest of the year we are better able to make decisions about our drinking, and to avoid slipping into drinking more than we really want to. Put simply, Dry January can change lives.



Try Dry: the app to track your time off drinking

Try Dry: the podcast



- Track your units, calories and money saved when you cut down or cut out alcohol
- Understand your drinking pattern and track your progress by using the 'My charts' feature to see how much money you spend, units you drink and calories you consume over a time period

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WELLNESS INITIATIVES AND BENEFITS

Mindful Meet-Up Challenge

January 11th-February 5th

If improving your flexibility and strength, practicing mindfulness or doing more yoga is on your list for 2021, then you will love what we have in store for the New Year. This Challenge will help you get more in tune with your body and improve your mindset. Live virtual sessions are only 10-15 minutes long and all sessions are recorded and posted on our BHS Wellness Youtube Channel as well. It's going to be an awesome journey, and we can't wait to share it with you.

Winter Wellness Series

January 27th –March 17th

A 8-week wellness program designed to help you revitalize and nourish your mind, body, and soul. Includes weekly fitness sessions and webinars. All sessions are virtual and only 30 minutes. Access to recordings of both webinars and fitness classes on BHS Wellness YouTube Channel.

Register Here:

https://us02web.zoom.us/webinar/register/WN_QIEaOXOQRom7_NFNay7g4A

Take Advantage of Your Wellness Benefits

Diabetes Care Program- Earn up to \$360

Colonoscopy Incentive Program- Earn \$50

BCBS Fitness Reimbursement- Earn up to \$300

BCBS Weight Loss Reimbursement- Earn up to \$150

BHG HERO Coaching Program- Earn up to \$250

BHG 2021 Wellness Program Menu

Visit Berkshirehg.com for more info

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