



April Wellness Newsletter

April 12, 2021

Oak Grove School District

Pandemic Posture

The coronavirus has not only shaped our lives, but also our language. Remember, “flatten the curve”? One new expression is “pandemic posture”. This is the result of hours slumped at home in front of screens. Symptoms include, pain or tension in the neck, shoulders and lower back and decreased range of motion and mobility. Try these moves and posture pointers to fix that hunching habit.

- 1). A simple doorway stretch improves rounded shoulders. Using an open doorframe, raise each arm up to the side, bend at 90-degree angles with palms resting on the door frame. Slowly step forward and feel the stretch in your shoulders and chest. Hold for 30 seconds, then rest.
- 2), Avoid neck strain. Set your monitor on a pile of books, as a makeshift shelf at eye level.
- 3). Use a cue. Use an incoming email ping or commercial break as a reminder to take a quick walk around the house or yard.
- 4). At least three times a day, stand up and take a **Shoulder Roll** break. Roll your shoulders forward, as far toward the center of your body as you can, then lift them up towards your ears. Roll them back, sticking out your chest all the way forward, then back down. Do this a few times.



Parmesan Spinach Bake Recipe



Light and delicious! This creamy spinach dish is a great source of calcium and potassium

Ingredients:

- 30 oz frozen spinach
- 6 oz cream cheese
- 1 medium shallot
- 2 to 3 large garlic cloves
- 2 tablespoons butter
- Salt
- Black pepper
- Grated parmesan

Instructions:

Thaw spinach, and preheat oven to 375 degrees. Finely chop shallot and mince garlic. Use paper towels or a dishcloth to dry off spinach. Soften cream cheese for 30 seconds in microwave. Melt butter in a saucepan on medium heat, adding chopped shallot and cooking for several minutes, until soft. Add the minced garlic next, stirring for half a minute. Pour in the thawed spinach and cream cheese and mix thoroughly. Add salt and pepper to taste. Transfer to a baking dish and cover with grated parmesan. Bake until cheese is golden-brown (about 15 minutes)



Magellan Offers

Mental Health Support, Legal Assistance, Financial Coaching, & Identity Theft Resolution for Employees & Their Families

MAGELLAN

APRIL WEBINAR

Overcoming Stress and Burnout
Wednesday, April 14, 2021

Join this webinar to:

- Define the difference between stress and burnout
- Discuss the cause of stress and burnout
- Learn lifestyle changes and coping strategies to manage stress and prevent burnout

[Click Here to Register](#)

Coping with Anxiety

While mild to moderate anxiety is common, severe anxiety can cause disproportionate feelings of helplessness, confusion and extreme worry. If your anxiety is severe:

1. Accept your unease about specific fears or situations, and make a practical plan for dealing with them.
2. Let go of past problems and things you cannot change.
3. Discuss your symptoms and fears with someone you trust; don't self-isolate.

Call your Employee Assistance Program at 1-800-523-5668 (TTY 711) or visit MagellanAscend.com for helpful resources.



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Stress reduction for your mood and mouth

This April is National Stress Awareness Month. Discover how stress and dental wellness are connected, and explore ways to beat your worries and enjoy better health. Visit Delta Dental's [wellness resources](#) for additional monthly news and resources

Articles

Signs of stress your dentist may notice

Stressed out? Your dentist may be the first to know. Signs of stress-related disorders can appear in your mouth along with other areas of your body.

[>> Discover the dental signs of stress](#)

7 ways to control your fear of visiting the dentist

If you're anxious about going to the dentist, you're not alone. Learn some clever ways to handle your concerns.

[>> Reduce stress with these tips](#)

Flyer

What you need to know about TMJ

Worsened by stress, this common disorder can bring joint pain, headaches and earaches.

[>> Download the flyer](#)

Video

Nervous habits and your teeth

Some nervous habits are bad news for your teeth. Here's why — and what you can do instead.

[>> Watch the video](#) 1:08