

BEE WELL

Thomas County Wellness Newsletter

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"The best way to spread Christmas cheer is singing loud for all to hear."

- Will Ferrell - Elf



LIVE BETTER
SUPERFOOD OF THE MONTH
Lettuce

LIVE BETTER WELLNESS WEDNESDAY NEWSLETTER • DECEMBER 2024



Scan the QR code
to learn more about the
superfood of the month:

Lettuce

Lettuce may seem like a simple salad filler, but it's a nutritional powerhouse in disguise! While different varieties of lettuce offer varying levels of nutrients, all lettuces have some impressive health benefits. A MyPlate vegetable, lettuce contains over 95% water! Eating lettuce contributes to our daily water intake. Lettuce contains lots of vitamins and antioxidants. Vitamin K is essential for strong bones, Vitamin A supports vision, and Vitamin C boosts the immune system!

This crunchy and refreshing vegetable can be used as more than just a salad base, so get creative and try all different types of lettuce!

NUTRITION FACTS	
per 1 cup shredded lettuce (36g)	
Calories	5
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	10mg
Carbohydrates	1g
Dietary Fiber	1g
Total Sugars	0g

Pizza Lettuce Wraps

INGREDIENTS

- 1 ¼ cups cherry or grape tomatoes, quartered
- ¾ cup (3 oz) reduced-fat mozzarella cheese, shredded
- ¼ cup (1 oz) turkey pepperoni, cooked and chopped
- ¼ cup fresh basil, torn
- 1 Tbsp fresh oregano, chopped
- 8 large Bibb lettuce leaves

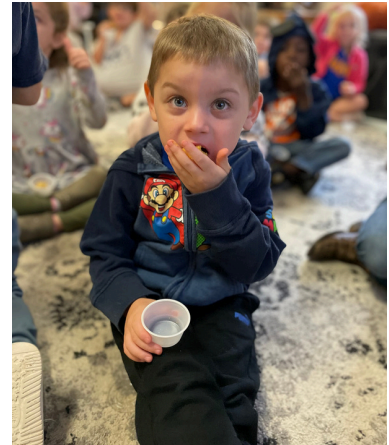
METHOD

1. In a medium bowl combine tomatoes, cheese, pepperoni, basil, and oregano.
2. Divide tomato mixture among lettuce leaves.
3. Roll up or leave open as cups.

This dish meets the Live Better nutritional guidelines for an entree.
Serving size: 2 wraps; Yield: 4 servings
Calories: 144; Total Fat: 5g; Saturated Fat: 2g; Cholesterol 16mg;
Sodium: 435mg; Total Carbohydrate: 12g; Dietary Fiber: 4g;
Sugars: 1g; Protein: 12g; Potassium: 186mg; Calcium: 210mg

LIVE BETTER SUPERFOOD TRY-DAY

Live Better hosted a Superfood Try-Day at Hand in Hand in November where our Kindergarten students had a chance to taste Sweet Potato Pancakes. Most of the students liked this recipe and almost all of the students were brave enough to try it!!

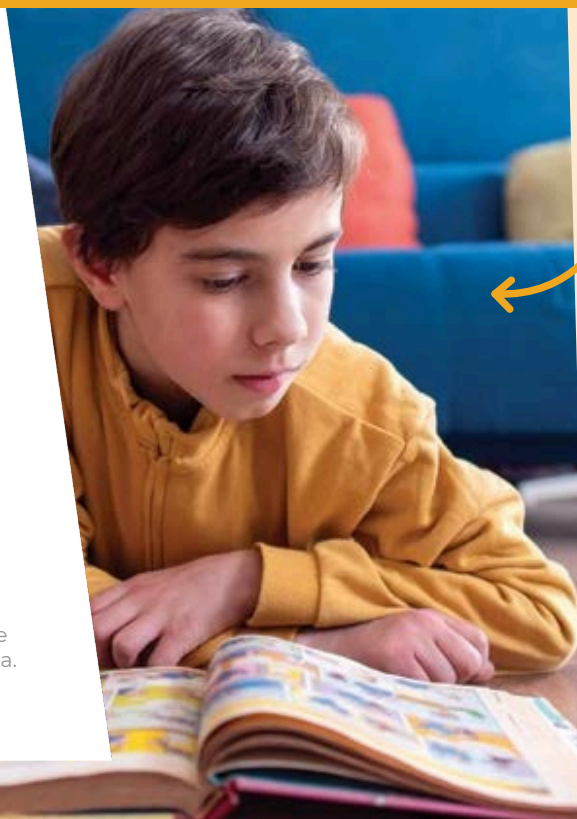


This Live Better message is brought to you by Archbold and our partner UGA Extension Office.



Live Better is an Archbold-led collaborative of key community leaders and partners focused on improving the overall health of the citizens of Thomas County, Georgia.

Wellness Wednesday Tip



Tech Time-Out!

We spend a lot of time every day looking at screens! Whether it is a computer, a phone, a tablet, or the TV, we need to take screen breaks. Sometimes all those texts, games, and social media feeds can make us feel overwhelmed. If you're feeling anxious, take a tech timeout! Turn off your phone, tablet, or the TV for 30 minutes. You can use this time to read a book, relax, or get your exercise minutes for the day. Give your brain a break and you'll feel calmer and ready to tackle anything!

Employee Assistance Program

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MONTHLY TIP

Emotional Wellness Toolkit

As the new year approaches, it's a good time to take stock of your overall mental health. If you're finding it hard to bounce back from difficult times or handle life stressors, the following tips can help.

This year, commit to making improvements in the following areas to support your emotional wellbeing:

- **Build Resilience.** Try to look at your problems from different angles. There is often a way to reframe challenging situations.
- **Reduce Stress.** It's impossible to remove all stress from life, but learning healthy ways to cope with everyday stress is important for physical and mental health. Schedule regular times for relaxing activities and seek help if your stress is interfering with your life.
- **Get Quality Sleep.** Lack of good quality sleep can take a huge toll on physical and emotional health. Assess your sleep habits and consult a health care professional if you have unresolved sleep issues.
- **Be Mindful.** Engaging in mindful activities can improve quality of life and emotional health by grounding individuals in the moment, reducing stress and giving our nervous systems a break.
- **Apply Self-Care Practices when Coping with Loss.** Take care of yourself if you have experienced a loss by talking to caring friends, being patient with yourself, and finding a grief support group.
- **Strengthen Social Connections.** Use this year to find one activity to share with someone else.

If you've been putting off seeing a counselor, make this the year you make time for yourself. Reach out to your Employee Assistance Program to get started.

Reference: National Institutes of Health. Emotional Wellness Toolkit. <https://www.nih.gov/health-information/emotional-wellness-toolkit>

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Employee Assistance Program

2025 Webinar Calendar

Employee Assistance Program 2025 Webinar Calendar

Your Employee Assistance Program is pleased to offer the following webinars in support of overall health and wellness. Webinars may be viewed on the website listed below and accessed anytime after the date listed.



JANUARY 21	Shine Your Light: Finding Your Inner Glow	Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.
FEBRUARY 18	Stride Forward	Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.
MARCH 18	Harmony in Motion	Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.
APRIL 15	Clutter to Clarity: Organizational Skills for Better Living	Explore how mastering organizational skills can transform your daily life by boosting efficiency, reducing stress, and creating more mental space.
MAY 20	Anxiety Unmasked	Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties.
JUNE 17	Thriving at Any Age: A Guide to Healthy Aging	Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved wellbeing as you age.
JULY 15	The Power of Resilience	Build mental and emotional resilience in a dynamic world. Learn practical strategies for enhancing wellbeing and confidently navigating change.
AUGUST 19	Connectedness: Cultivating Meaningful Social Connections	Explore the impact that strong social ties, community engagement, and volunteering have on wellbeing. Learn how to deepen connections for a more fulfilling life.
SEPTEMBER 16	Navigating Social Media for Mental Wellness	Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens.
OCTOBER 21	Authenticity at Work	Handle health challenges, prevent burnout, support diverse needs from neurodivergence to chronic conditions. Create a healthier, authentic workplace.
NOVEMBER 18	Sweet Dreams: Strategy for Better Sleep and Better Health	Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest.
DECEMBER 16	Taking Charge	Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey.

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