

BEE WELL

Thomas County Wellness Newsletter

May 2025

Vol. 59



IN THIS ISSUE

Live Better:
Superfood of the Month~ Blueberry
Cross Creek Try-Day

Employee Assistance Program:
Monthly Tip~

Be Well SHBP:
Stress Less Challenge

"Situations can change; people can change. Be the first to seek to bring good. Do not grow accustomed to evil, but defeat it with good."

~Pope Francis



Blueberry



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



NUTRITION FACTS

per 1 cup fresh blueberries (148g)

Calories	84
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Carbohydrates	21g
Dietary Fiber	4g
Total Sugars	15g
Protein	1g

Blueberries are more than just a delicious addition to muffins and pancakes! These tiny purple fruits are bursting with antioxidants and essential nutrients. South Georgia is a huge producer of blueberries as well! Blueberries are packed full of antioxidants, and are considered one of the top antioxidant fruits! These antioxidants help reduce the risk of illnesses like heart disease, Alzheimer's, and even certain cancers. They are also a great source of vitamins and minerals, like Vitamins C and K. With only around 80 calories per cup, they are a great way to add sweetness and essential nutrients to your diet. Full of fiber, they help you stay fuller for longer. So, next time you need a snack, reach for a handful of this blue treat!



Blueberry Almond Chia Pudding

INGREDIENTS

- ½ cup almond milk, unsweetened
- 2 Tbsp. chia seeds
- 2 tsp. maple syrup
- ⅛ tsp. almond extract
- ½ cup fresh blueberries, divided
- 1 Tbsp. slivered almonds, toasted, divided

METHOD

1. Stir together almond milk (or any milk), chia, maple syrup and almond extract in a small bowl.
2. Cover and refrigerate for at least 8 hours and up to 3 days.
3. When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.

This dish meets the Live Better nutritional guidelines for a snack.
 Portion: 1 cup; Yield: 1 serving.

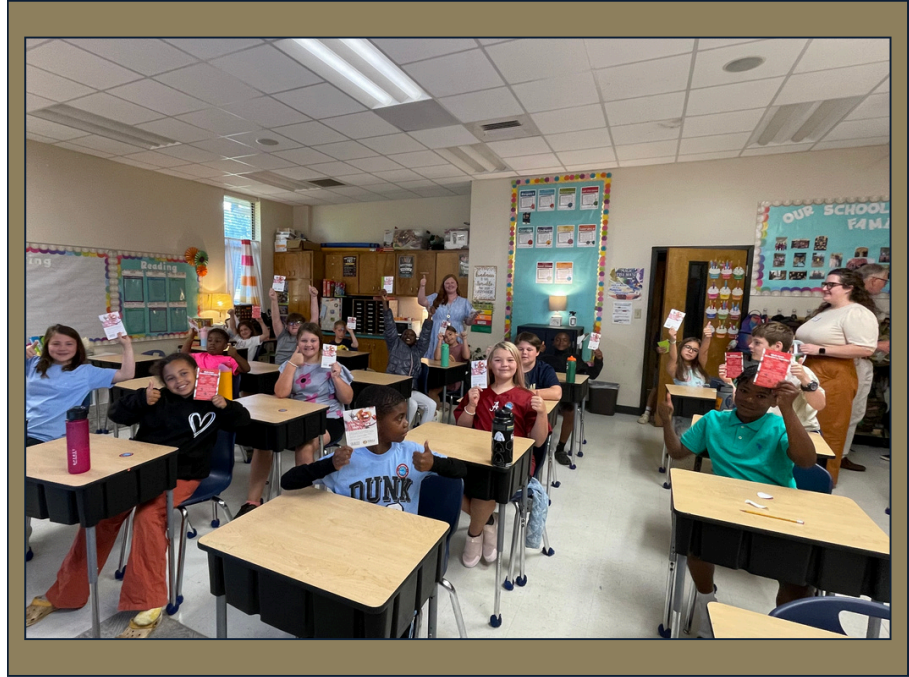
Calories: 229; Total Fat: 11g; Saturated Fat: 1g; Cholesterol 0mg; Sodium: 91mg; Total Carbohydrate: 30g; Dietary Fiber: 10g; Sugars: 16g; Protein: 6g; Potassium: 231mg; Calcium: 391mg

LIVE BETTER SUPERFOOD TRY DAY- CROSS CREEK



Live Better hosted a Superfood Try-Day at Cross Creek on April 18th where the students got to taste April's Superfood, Strawberry, in Strawberry Pancakes. This recipe was definitely a hit with our students!

Thank you to Archbold's Live Better, UGA Extension Thomas County-FACS, and Metz Culinary Management for hosting a Superfood Try-Day at each of our elementary schools this school year!





PORTION SIZE: 2 PANCAKE

Whole Grain Strawberry Pancakes

INGREDIENTS

1½ cups whole wheat flour	6 oz low-fat vanilla yogurt
3 Tbsp sugar	3 Tbsp canola oil
1 tsp baking powder	1¼ cups strawberries, sliced
½ tsp baking soda	6 oz low-fat strawberry yogurt
½ tsp salt	
3 large eggs	

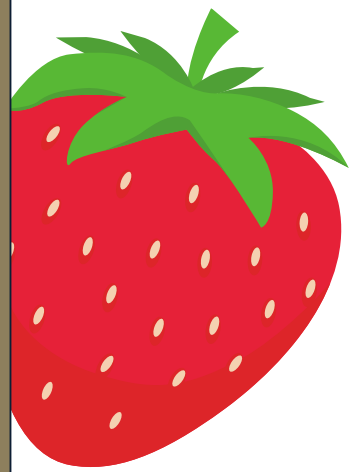
METHOD

Heat griddle to 375°F or 12-inch skillet over medium heat. Grease with canola oil, if necessary.

In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, whisk eggs, vanilla yogurt, ¾ water and oil until well blended. Pour egg mixture into flour mixture; stir until moistened.

For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes 1-2 mins or until bubbly on top, puffed and dry around edges. Turn; cook other side 1-2 mins or until golden brown.

Top each serving of 2 pancakes with ¼ cup sliced strawberries and 1-2 Tbsp strawberry yogurt.





RECIPE ON BACK

Whole Grain Strawberry Pancakes

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

Metz is proud to be a Live Better partner. Create a healthier you—eat better to live better.

Share these tips with your friends and family so we can all Live Better!

GEORGIA'S PUBLIC EDUCATION

Employee Assistance Program

a partnership with:

Acentra
HEALTH



MONTHLY TIP

Anxiety Unmasked: Identifying Triggers for Better Management

Anxiety is a natural response to stress, but when it becomes overwhelming, it can interfere with daily life. Learning to recognize your anxiety triggers is a crucial step toward managing it effectively.

Common Anxiety Triggers

- **Workplace Stress** – Tight deadlines, high expectations, and conflicts can heighten anxiety.
- **Relational Responsibilities** – Balancing parenting, caregiving, or relationship challenges can be overwhelming.
- **Social Situations** – Fear of judgment or rejection may trigger anxious feelings. Loneliness and social isolation can also contribute to anxiety.
- **Health Concerns** – Uncertainty about personal or loved ones' health can increase stress.
- **Major Life Changes** – Transitions like moving, job changes, financial instability, or major events such as natural disasters can contribute to anxiety.

How to Identify Your Triggers

- **Track Your Anxiety** – Keep a journal of when and where your anxiety spikes. Patterns may emerge over time.
- **Assess Physical Reactions** – Notice symptoms like a racing heart, sweating, or tense muscles. Your body may react before your mind registers anxiety.
- **Reflect on Thought Patterns** – Are you frequently worrying about worst-case scenarios? Identifying negative thought loops can help break the cycle.

Managing Triggers for a Calmer Mind

Practice Mindfulness – Deep breathing and meditation can ground you in the present.

Set Healthy Boundaries – Reduce unnecessary stressors in your work and personal life.

Seek Support – Talking to a professional or trusted friend can help process anxious thoughts.

If anxiety is impacting your well-being, reach out to your Employee Assistance Program (EAP) for free, confidential counseling and support.

Source: American Psychological Association: <https://www.apa.org/topics/anxiety/>; National Institutes of Mental Health: <https://www.nimh.nih.gov/health/topics/anxiety-disorders>

Help Starts Here

Free, confidential access to professional consultants and online resources, 24 hours a day, 7 days a week, 365 days a year.

1-866-279-5177
[EAPHelplink.com](https://www.eaphelplink.com)
Code: GADOE

Stress Challenge

















Challenge Kick-Start Guide



Most of us experience stress from time to time; however, chronic stress can have negative impacts on both your body and mind. Participate in the **Stress Less Challenge** to better manage or reduce your stress.

Challenge Goal: Track your stress level at “never” or “sometimes” for 21 days to successfully complete this challenge! [Register for the challenge here.](#)

Use this 24-day challenge guide to kick-start your healthy habit and try something new each day!

<p>1</p>  <p>Discover answers to the <u>5 most common stress questions.</u></p>	<p>2</p> <p>Take a relaxing hot bath or shower (bonus for playing calming music!).</p>	<p>3</p>  <p>Participate in this <u>5-Minute Mid-Day Meditation.</u></p>	<p>4</p>  <p>Journal for 10 minutes.</p>
<p>5</p>  <p>Go for a 15-minute walk outside.</p>	<p>6</p>  <p>Try this <u>Savasana Relaxation Yoga.</u></p>	<p>7</p>  <p>Call a friend or family member to connect.</p>	<p>8</p>  <p>Declutter your home or workplace.</p>
<p>9</p> <p>Spend time doing something that makes YOU happy.</p>	<p>10</p> <p>Stop using electronics at least 30 minutes before going to bed.</p>	<p>11</p>  <p>Replace your morning coffee with herbal tea.</p>	<p>12</p>  <p><u>Stress is contagious.</u> Learn how mindfulness can help!</p>
<p>13</p>  <p>Go to sleep early. Try this <u>15-Minute Meditation for Sleep.</u></p>	<p>14</p> <p>Complete an act of kindness for someone else.</p>	<p>15</p> <p>Try an exercise class- Zumba, yoga, boxing, CrossFit, whatever you like!</p>	<p>16</p> <p>Go to lunch with a friend (virtual lunch dates count too!).</p>
<p>17</p>  <p>Take the day off from social media.</p>	<p>18</p> <p>Listen to calming music after waking up or before going to bed.</p>	<p>19</p>  <p>Take a mid-day stretch break. Don't know where to start? Try this <u>Seated Yoga.</u></p>	<p>20</p>  <p>Write down 5 things you are grateful for.</p>
<p>21</p>  <p>Participate in progressive muscle relaxation. Learn how here.</p>	<p>22</p>  <p>Volunteer in your community.</p>	<p>23</p> <p>Use relaxing scents/ oils (such as lavender) in your bedroom.</p>	<p>24</p>  <p>Eat a healthy breakfast with complex carbs. <u>Try these blueberry bran muffins.</u></p>

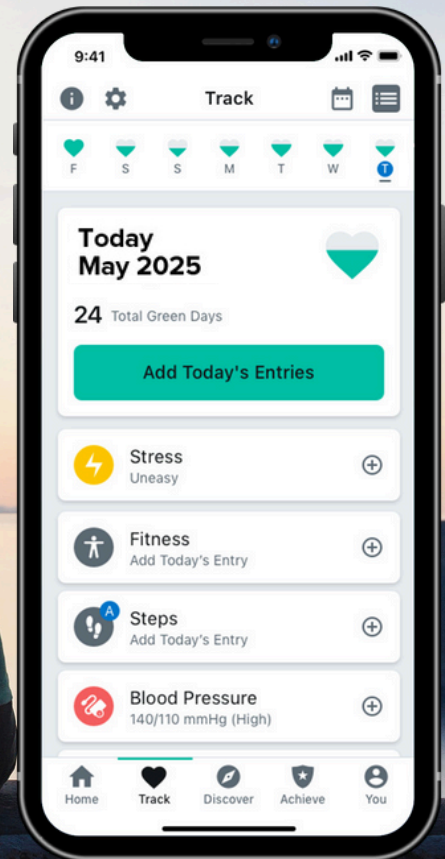
Note: This challenge guide is designed to give you ideas and motivation throughout the challenge; however, you must enter challenge data into Sharecare and meet the challenge goal to successfully complete the challenge.

Have questions? Call 888-616-6411 (Monday - Friday 8 a.m. to 8 p.m. ET).

STRESS LESS CHALLENGE

Learn how to manage your stress through the

Be Well SHBP® Well-Being Program's Stress Less Challenge!



BREATHE

Deep breaths and meditation are proven ways to help relax and focus the mind. To get started, take a minute to breathe.

TRACK

Manually enter your stress levels, from calm to very intense, every day (via the Sharecare app or logged in on [BeWellSHBP.com](https://www.BeWellSHBP.com)) OR Utilize our custom voice analysis to analyze the stress fractals in your voice.*

EARN

Be mindful and track **any** stress levels for at least 21 days during the challenge period in May 2025. Members who meet the challenge goal will earn **40 points**.

To register, please visit www.BeWellSHBP.com/stress and navigate to Challenges under the "Achieve" Tab.

*Custom voice analysis in IOS only.
Members must register and complete the RealAge® Test at BeWellSHBP.com prior to points being awarded for a challenge. Visit the Sharecare Redemption Center at <https://you.sharecare.com/rewards-program> to see all the ways to earn points this year, and then click on the "Rewards" tab when you are ready to redeem your points for your choice of reward.