

# CMMHC WELLNESS BULLETIN

March 2018

## Did you know that March 6—13 is Sleep Awareness Week?

Zzzzzzzz. According to the National Sleep Foundation, humans spend a third of their lives asleep. In that time we are helping our body and minds stay healthy. Our bodies are busy repairing and growing tissue, permitting our muscles to relax, and allowing us to be refreshed and ready for the day. When faced with challenges that prevent our sleep from happening, we can feel the effects on both the body and the mind. The National Sleep Foundation has created Sleep Awareness Week from March 6–13. They hope to raise awareness on the importance of sleep and why good sleep is vital to us as beings. The Foundation created a campaign called #7DAYS4BETTERSLEEP. Each day provides tips and tricks to ensure that you are providing your body with the sleep it needs:

**Day 1:** Start the week by making time for the sleep your mind and body needs. Most adults need 7–9 hours to function properly.

**Day 2:** Leave a couple of hours between eating and going to bed. It will help you reap the maximum benefits of a good night's sleep.

**Day 3:** Power down to recharge. Blue light from screens can disrupt your circadian rhythm and affect your ability to sleep. Turn off your mobile devices before you head to bed.

**Day 4:** Make your bedroom all about sleep! A comfortable mattress, pillow, and bedding will help you get a good night's sleep. Keep your room dark and use cool paint colors for the walls.

**Day 5:** Create a bedtime ritual. Make deep breathing, stretches and other relaxing exercises part of your pre-sleep ritual, to wind down and help get your mind ready for sleep.

**Day 6:** Put your troubles aside and drift away. Keep a piece of paper next to your bed and write down any worries of the day before putting your head down to sleep. You'll sleep better!

**Day 7:** Sleep is important for everything – “Remember to account for Daylight Savings Time! Spring forward towards better sleep!”

Sweet Dreams,

Ashley Conner



### No Bake Peanut Butter Balls

Source: <https://www.culinaryhill.com/no-bake-peanut-butter-balls/>

#### Ingredients:

- 1 cup creamy Peanut Butter
- 1 cup crushed graham crackers
- 1 cup powdered sugar
- 1/4 cup butter softened
- 8 ounces semisweet or other baking chocolate



#### Directions:

1. In a large bowl, combine peanut butter, graham cracker crumbs, powdered sugar, and butter. Stir until uniformly combined and smooth.
2. Shape into teaspoon-sized balls and place on a baking sheet or tray lined with parchment paper or a silicone mat. Chill at least 30 minutes.
3. Melt chocolate according to package directions and stir gently until smooth. Using two spoons, dip peanut butter balls into melted chocolate and transfer to lined baking sheet. Chill at least 30 minutes to set chocolate.

#### Recipe Notes

This recipe will yield approximately 30 to 36 Peanut Butter Balls. The recipe doubles easily, so make extra!



#### **CMMHC's Wellness Committee Mission Statement:**

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

*Brought to you by your*

#### Central Minnesota Mental Health Center Wellness Committee

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|-----------------|-----------------|
| • Ashley Conner | • Steven Loos   |
| • Kasey Mol     | • Maggie Dilks  |
| • Kayla Levtzow | • Brie Frantesl |
| • Marie Fisher  | • Marlana Hagen |



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*Together, Creating a Healthier Life*