

# CMMHC WELLNESS BULLETIN

April 2020

We all know that COVID-19 is weighing heavily on our hearts and our well-being right now, so here are some tips to get out of the house to improve mental health and overall wellness during this unprecedented time, whether you are quarantined or not.

## Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

The weather will be getting warmer, March 19<sup>th</sup> was the first day of Spring! Here are some things to do outside in April during this time:

- Go for walks and take your dog for walks if you have one.
- Go for a bike ride.
- Begin prepping gardens for flowers and vegetables.
- Clean up leaves that were left over from fall as the snow melts.
- Work on projects such as crafts, building furniture, outside maintenance, etc. Look on Pinterest for ideas!



Source: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

## Happy Easter!

Easter is on April 12<sup>th</sup> this year, amidst all the chaos Easter is approaching fast. If the COVID-19 pandemic is still affecting us, remember to practice social distancing, wash your hands often for at least 20 seconds, and disinfect commonly touched surfaces often. This is especially important if you are celebrating Easter with friends and family.



## Thyme & Basil Roast Pork

Total Time

Prep: 30 min. Bake: 1 hour + standing

Makes

8 servings

Ingredients

1 tablespoon all-purpose flour  
2 teaspoons dried basil  
2 teaspoons dried thyme  
2 teaspoons ground cinnamon  
1-1/2 teaspoons salt  
1/2 teaspoon pepper  
1 boneless pork loin roast (3 to 4 pounds)  
2 tablespoons canola oil  
1 medium apple, cut into wedges  
1 medium onion, cut into wedges  
1 medium lemon, cut into wedges  
1 fresh rosemary sprig



Directions

Preheat oven to 325°. In a small bowl, mix flour, basil, thyme, cinnamon, salt and pepper; rub over pork.

In a large skillet, heat oil over medium-high heat. Brown roast on all sides. Place roast in a shallow roasting pan, fat side up. Arrange apple and onion around roast. Squeeze lemon juice from one wedge over pork; add lemon wedges to pan. Place rosemary over pork.

Roast 1 to 1-1/2 hours or until a thermometer reads 145°. Remove roast, onion and apple to a serving platter; tent with foil. Let stand 15 minutes before slicing.

Nutrition Facts

4 ounces cooked pork: 266 calories, 11g fat (3g saturated fat), 85mg cholesterol, 493mg sodium, 6g carbohydrate (3g sugars, 1g fiber), 33g protein. Diabetic Exchanges: 4 lean meat, 1 fat, 1/2 starch.

Source: <https://www.tasteofhome.com/recipes/thyme-basil-roast-pork/>

 hello  
spring!

### Random Act of Kindness Initiative

A new initiative from the CMMHC Wellness Committee, is a Random Act of Kindness Day. Each month the Wellness committee will be sending out a reminder to staff about completing a Random Act of Kindness around the 15<sup>th</sup> of each month. The Random Act of Kindness doesn't have to cost any money and can be something as simple as smiling at someone you don't know, leaving a kind comment or could be paying for someone's coffee order. The list is endless when it comes to doing a Random Act of Kindness. Are you interested in learning more about Random Acts of Kindness or the benefits? Visit the Bounce Back Project website! <https://www.bouncebackproject.org/random-acts-of-kindness/>



We hope that you will join the CMMHC Wellness committee in doing a **Random Act of Kindness day on April 15, 2020!**



### **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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