

CORE Solutions

May Is National Mental Health Awareness Month



IN THIS ISSUE

- Mental Health Awareness Month
- Monthly Moves: Legs-Up-the-Wall
- Recipe: Stuffed Bell Peppers

Mental Health Awareness Month

The COVID-19 pandemic has had a major effect on our lives. Many of us are still facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient, even after the pandemic is over. If you're self-quarantining or practicing social distancing, keep the following tips in mind to maintain your mental well-being.

Maintain a Routine

One of the best things that you can do to preserve your mental well-being is to stick to a routine. For example, if you're used to going to the gym before work, try to wake up early and get an at-home workout in before you go to work or start your workday from home. Maintaining as much normalcy as possible with your daily routine can help keep your mood as lifted as possible, and prevent boredom and distress from taking over.

If you have children that are staying home all or part of the time, it's also important to create a routine for them. Whether they are practicing virtual learning with their schools or if they will just be home, you should implement a structured schedule for them so they know what your expectations are. Try to limit as much screen time as possible and incorporate learning activities throughout the day.



Get a Good Night's Sleep

This suggestion goes hand-in-hand with sticking to a routine. While you're at home, it can be easy to go to bed or sleep in later than you typically would. Breaking your normal sleep routine can have negative effects on your overall mental well-being, so you should try to stick to your typical schedule as much as possible.

Spend Time Outside

Unless health officials give you explicit instructions to stay in your home no matter what, try to get outside periodically throughout the day. This could involve going out in your backyard or taking a walk around the block, but shouldn't include going to a park or other areas where large groups of people may be.

Being outside also helps to promote higher vitamin D levels, a vitamin the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D, so exercising outside can be a great way to correct that.

Source: [Zywave](#) and [CDC.gov](#).

Monthly Moves: Legs-Up-the-Wall

Legs-Up-the-Wall Pose, or Viparita Karani in Sanskrit, is a restorative yoga posture that offers a wealth of benefits, making it a popular choice among people wishing to relax.

You may place a cushion, folded blanket or bolster under your hips. Using a higher support requires more flexibility, as does placing your hips closer to the wall. Adjust accordingly to find your sweet spot.

- Sit with your right side against the wall, with bent knees and your feet drawn in toward your hips.
- Swing your legs up against the wall as you turn to lie flat on your back.
- Place your hips against the wall or slightly away.
- Place your arms in any comfortable position.
- Stay in this position for up to 20 minutes.
- To release the pose, gently push yourself away from the wall.

Source: [healthline.com](#)



Recipe: Stuffed Bell Peppers

Servings: 4

Serving Size: 1 1/2 Cups

Calories: 327 | **Fat:** 12.3 g | **Protein:** 25.4 g | **Carbs:** 30.8 g | **Fiber:** 5.5 g | **Sodium:** 354.4 mg

Cholesterol: 83.9 mg | **Sugar:** 7.1 g

[Click here](#) for the recipe.

Ingredients:

- 4 large bell peppers
- 1 1/2 teaspoons canola oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 pound ground turkey
- 1 1/2 cups cooked brown rice
- 1 8-ounce can tomato sauce, (1 cup), divided
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt, (optional)
- 1/4 teaspoon freshly ground pepper

Directions:

1. Preheat oven to 350 degrees F.
2. Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
3. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes. Drain the fat.
4. Transfer the turkey mixture to a medium bowl and mix in rice, 1/2 cup tomato sauce, parsley, salt (if using) and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining 1/2 cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.

NFP Corp. (NFP) provides employee benefits, property & casualty, retirement and individual private client solutions through its licensed subsidiaries and affiliates to clients across the U.S. and abroad. Securities may be offered through Executive Services Securities, LLC, member FINRA/SIPC, and investment advisory services may be offered through NFP Retirement, Inc., subsidiaries of NFP. Securities may also be offered through Kestra Investment Services, LLC, member FINRA/SIPC, and investment advisory services may be also offered through the affiliate RIA, Kestra Advisory Services, LLC, neither of which are affiliated with NFP. PartnersFinancial and Benefits Partners are network platforms of NFP Insurance Services, Inc. (NFPISI), which is a subsidiary of NFP. Some members of the network platforms are not owned or affiliated with NFP. Please check with your advisor for more information.