



Health Corner

April 2023

THINGS TO DO WHEN YOU FEEL OVERWHELMED



We all get overwhelmed sometimes and feel like we can't see the end of the tunnel. This is the moment to be kind to yourself and remember that feeling overwhelmed is OK and nothing you need to judge yourself for.

Give yourself some grace, pause for a moment, take a deep breath and try some of the following strategies to help you feel much more in control of your life:

Ask for help.

People want to help. Think about a time when you helped someone. It felt good right? Your boss, your doctor, your partner, your therapist, your best friend all want to help you. Let people know you need some help.

Create a "no" list.

Protecting your time and space can help give you a sense of control over your schedule. If you don't want to commit to something, don't feel obligated to do so. Replace the activities you don't want to do with something that you'll enjoy. Healthy boundaries are crucial for your wellbeing!

Small actions

Ask yourself: "What small action can you do today to feel more productive?" Aim for something you can do in less than 10 minutes.

Write it out.

Writing down why you feel overwhelmed or anxious is another great way to help alleviate those feelings. Getting those thoughts out of your head will be a relief..

Time saving hacks to get you out the door in the morning

- Choose your outfit the night before and get everything ready so you don't have to start ironing a shirt in the morning.
- Prep your meals in advance and pack your lunch the night before, so you only have to grab your lunch box in the morning.
- Get a coffee pot with a timer and set it the evening before.
- Have an easy, quick breakfast, like overnight oats, or hard-boiled eggs with toast and some fruit. Make a big batch of pancakes (recipe in this newsletter) ahead of time and throw them in the toaster in the morning.
- Keep your keys (and everything else you need when you leave) by the door.

Did you know?

Bananas can help improve your mood!

A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer.

Enjoy a banana as a snack or give our delicious pancake recipe a try.



EAT smart

HEALTHY BANANA PANCAKES

(4 PANCAKES)

Ingredients:

2 ripe bananas
2 eggs
1 teaspoon vanilla extract
½ cup quick-cook oats
1 teaspoon cinnamon

Optional ingredients:

Blueberries, walnuts, chocolate chips, chopped strawberries

Preparation

Mash bananas in a large bowl until smooth. Mix in eggs and vanilla until well combined, then mix in oats and cinnamon (and any of the optional ingredients)

Heat a skillet to medium and add in ½ cup of the pancake batter. Smooth out to form an even layer. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.

Garnish your pancakes with your favorite toppings! Enjoy!



MONEY smart

TIPS FOR RESPONSIBLE CREDIT CARD USE

Pay more than just your minimum payment each month

Aim to pay off your balance in full each month to prevent interest charges from piling up.

If you are paying off a card over time, try to pay more than the minimum payment to lower your credit balance quicker.

Never taking out cash advances

Interest rates on cash advances can be astronomical, and most issuers will charge interest on them immediately.

Don't rely on your credit card for everyday necessities

Budget for everyday necessities and to avoid putting them on a credit card. Use your debit cards or cash for these purchases, so you don't overspend.

Use less than 30% of your credit limit

Maintaining this level, or lower, benefits your credit score.

