



Did You Know?

Some employees are already in the habit of keeping a reasonable tidy desk, while others work among teetering stacks of empty mugs, kids' drawings, and notebooks too pretty to write in.

Work Hard, Play Harder

Spring is the perfect opportunity to make a fresh, energizing start getting organized. Not only does a clean and serene desk look nice, but it's also good for your health. Regular cleaning will help reduce the amount of pollen, pet dander, and other allergens that build up. Don't forget to wipe off your keyboards too – they're one of the germiest spots! The end result – a cleaner, neater workspace- will also improve focus since you won't be distracted by clutter.

May is Food Allergy Awareness Month

Source: www.foodallergyawareness.org

5 Ways to Spring Clean Your Health

Spring is a perfect time to re-evaluate your health and clear out the clutter of unhealthy habits. Spring clean your health routine with these five easy tips to improve your physical and mental health this season:

1. **Start your day with a tall glass of water.** Did you know you should be drinking at least half your body weight in ounces?
2. **Walk for 10 minutes at a time.** Just two hours of exercise per week can improve your heart health, lung capacity, and weight.
3. **Take a sick day.** Taking a day to care for your mental well-being is as essential as taking a sick day if you have the flu.
4. **Swap one takeout meal for a homecooked one.** People who cook meals at home are generally healthier and enjoy better sleep, lower weight, and higher energy levels.
5. **Make a doctor appointment, even if you think you're fine.** Visit your doctor for wellness screenings and routine care, which can identify potential health problems before they become serious.

Source: www.MDLIVEforCigna.com

Food Allergy Awareness Month provides a unique opportunity to help raise awareness of food allergies and anaphylaxis.

Food allergies affect approximately 32 million Americans, including 6 million children and up to 1 in 10 adults. The prevalence of food allergies appears to be increasing among children under the age of 18, and they affect 1 in 13 children, which is equivalent to two students in every classroom.

A food allergy is an immune system response to a food the body mistakenly believes is harmful. Nine foods account for 90% of all food allergy restrictions: peanuts, tree nuts, milk, eggs, wheat, soy, fish, shellfish, and sesame.

Managing a food allergy is life-altering and involves constant vigilance. Trace amounts of any

allergen can trigger a severe reaction, anaphylaxis, which is a serious allergic reaction that comes on quickly and has the potential to be life-threatening. The most common anaphylactic reactions are to foods, venom, medications, and latex.

Although the majority of individuals experiencing anaphylaxis have skin symptoms, some of the most severe cases have no rash, hives, or swelling. These symptoms could be difficulty swallowing, shortness of breath, chest pain, low blood pressure, dizziness or lethargy.

Epinephrine is the first line of treatment for anaphylaxis, and antihistamines, inhalers, and other treatments should only be used as secondary treatment.

When you or someone you know begin to experience symptoms, call 911 immediately!

Questions?

Visit Cigna's website at www.mycigna.com for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.



Final 2021-2022 Challenge: North American National Parks Scavenger Hunt!

Our final wellness challenge of the school year will be a scavenger hunt and will run from May 2, 2022, through June 3, 2022. During the North American National Parks Scavenger Hunt challenge, participants will work their way along a virtual route stopping by national parks from Acadia National Park and ending at the Smithsonian. You will earn scavenger hunt questions for reaching step goals throughout the challenge. Click [HERE](#) to register. Prizes for this challenge will be distributed at the beginning of next school year.

Cigna EAP Webcast Seminars

Cigna's Employee Assistance Program will host two one-hour webcast seminars in May. Each will begin at 2 p.m. EST. Visit www.cigna.com/EAPwebcasts to register.

- May 4th – Bridging Divides: Beyond Agree to Disagree
- May 25th – Managers: Inclusive Leadership

May is Mental Health Awareness Month: Make Time for Self-Care

Caretaker, parent, teacher, student, employee. Many of us juggle different responsibilities and roles in our lives, leaving not much “me time” in the day. This can lead to burnout, stress, and higher risk of illness. Here are some ways you can, and should, start practicing more self-care. Be happy with you. Try not to compare yourself to others or their lifestyles. Do more of what makes you happy. Whether it's cooking, reading, meditating, or working out, find that activity that's just for you and make it a priority. Stick to a sleep schedule. Eat to feel great, which will help improve your energy and focus each day. And know when to say “no”. To be your best self, you have to set boundaries, and that means making your health and happiness a priority. Cigna offers a variety of live and on-demand webcasts and other behavioral health support. Visit www.myCigna.com to learn more.

Avocado Quinoa Salad

Avocado quinoa salad is fresh and flavorful, made with cucumbers, tomato, red onion, cilantro, and lime juice. A great plant-based lunch or side dish!

Source: www.skinnytaste.com

**Ingredients:**

- 1 ½ cups cooked quinoa (red or tricolor)
- 8 oz. Haas avocado, diced
- Juice from 1 lime
- 1 ripe beefsteak or heirloom tomato, diced
- 2 mini cucumbers, diced
- 1/3 cup chopped cilantro
- 1/3 cup chopped red onion
- 1 jalapeno, sliced thin with seeds
- 1 tsp. extra virgin olive oil
- ¼ tsp. salt, plus more to taste

Nutrition Facts:

- Calories, 443
- Carbohydrates, 55 g
- Protein, 11 g
- Fat, 23 g
- Saturated Fat, 3 g
- Sodium, 174 mg
- Fiber, 16 g

Directions:

1. Combine all the ingredients together in a bowl and eat right away.
2. Taste for salt and lime juice, and adjust as needed
3. If meal prepping, combine all the ingredients except for the avocado, and add when ready to eat.
4. Multiply the recipe for more servings, and add any protein if you want it to be non-vegan.

Fruit and Yogurt Smoothie....

Puree ¾ cup of nonfat plain yogurt with ½ cup of 100% pure fruit juice in a blender until smooth. With the motor running, add 1 ½ cups of frozen fruit, such as blueberries, raspberries, pineapple, or peaches, and continue to puree until smooth.

Mix up your combinations from day to day for a healthy breakfast or snack you'll never get bored with!