



The
Solutions
Group

**Making Great Companies
Better Places to Work**

Work & Well-being

March 2019



MARCH Health Observances

[National Nutrition Month](#)

[National Colorectal Cancer
Awareness Month](#)

[National Developmental
Disabilities Month](#)

[Problem Gambling
Awareness Month](#)

[Save Your Vision Month](#)

[International Women's Day](#), March 8

[National MS Education &
Awareness Week](#), March 10-16

[National Sleep Foundation's Sleep
Awareness Week](#)®, March 10-16

[National Brain Awareness Week](#)
March 11-17



Celebrating National Nutrition Month at Work

Created by the Academy of Nutrition and Dietetics (AND), [National Nutrition Month](#)® focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Looking for ways to celebrate at work? AND offers several ways to highlight good nutrition during the month of March, or any time.

- Organize an employee potluck by having employees prepare their favorite healthy recipes to share. Take a vote on the best-tasting dish and offer a healthy cookbook to the winner.
- Host a "lunch and learn" session on healthy eating.
- Host a Nutrition Book Club by encouraging employees to read, exchange and discuss a nutrition-related book. Make sure the author is an expert whose ideas are rooted in credible research.
- Host a Fruits & Vegetables Contest by offering a selection of fruits and veggies cut into bite-size pieces. Ask participants to vote for their favorites.

Good Nutrition Reading List

AND recommends the following books as part of a good nutrition reading list. For additional suggestions, visit the [AND resources page](#).

- *Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, Fifth Edition*
- *Bits & Bytes: A Guide to Digitally Tracking Your Food, Fitness, and Health*
- *200 Surefire Ways to Eat Well & Feel Better*
- *Grocery Makeover: Small Changes for Big Results*
- *The Overworked Person's Guide to Better Nutrition: Simple Steps You Can Take to Eat Well, Reduce Stress, and Improve Your Health*
- *Eat Like a Champion*
- *Nancy Clark's Sports Nutrition Guidebook, Fifth Edition*
- *Diabetes Meal Planning Made Easy, Fifth Edition*
- *The Guide to Eating Healthy in Any Restaurant: Eat Out, Eat Well*

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TRUE OR FALSE? Only fresh produce is considered to be a good source for fruits and vegetables.

False: All types of fruits and vegetables, including fresh, frozen, canned, 100% juice and dried will help you meet your daily goals. When using other forms of fruits and vegetables, be sure to choose fruits in water or their own juice, with no added sugars, and vegetables labeled "reduced sodium" or "low sodium."

Colorectal Cancer: Know the Facts

Colorectal cancer is on the rise in people under 50. One in nine people are diagnosed before age 50 and the disease affects men and women equally. In an effort to challenge assumptions and misconceptions about the disease, the Colorectal Cancer Alliance's 2019 public awareness campaign theme, "Don't Assume," is based on the idea that when people stop assuming they are not at risk or that colorectal cancer can't be cured, they get screened, they reach out for support, they pay attention to their symptoms, and they advocate for their health.



Warning signs include change in bowel habits, rectal bleeding or blood in your stool, persistent abdominal discomfort, unexplained weight loss, chronic fatigue and nausea or vomiting. If you have a family history of polyps or cancer or if you have crohn's, colitis or irritable bowel syndrome, your risk for colorectal cancer is higher. In addition to getting screened at age 50, maintaining a healthy weight, being physically active, eating a healthy diet, avoiding tobacco and limiting alcohol can all help prevent the disease.

Is Your Mess Causing Stress? Yes!



Many people don't realize how much a disorganized environment can affect their happiness. But a growing body of research confirms that clutter negatively impacts how we feel about our homes, our workplaces and ourselves. It contributes to our stress in several ways:

- Clutter bombards our minds with excessive stimuli, causing our senses to work overtime
- Clutter distracts us by drawing our attention away from the work we should be focused on
- Clutter makes it difficult to relax
- Clutter acts as a constant signal that our work is never done
- Clutter causes anxiety because we don't have a clear idea about when we can address the piles
- Clutter creates feelings of guilt and embarrassment, especially when others stop by unexpectedly
- Clutter occupies the open spaces in our mind, limiting our ability to think creatively and solve problems
- Clutter causes frustration when we can't find what we need quickly



Thankfully, clutter is one of the easiest stressors to address. You can start de-cluttering by creating designated spaces for frequently used items so you can quickly find what you're looking for. When you're finished using the item, return it to its designated space right away. When you come across items you don't use, want or need, get rid of them by discarding, recycling or donating them. Go through papers as soon as they appear, and either toss, recycle or store them in their proper place. At the end of the day, de-clutter your primary work and living spaces to give yourself a sense of closure and the satisfaction of returning to an uncluttered environment the next day.

Source: Psychology Today

Join us for a Special International Women's Day Online Event

Each year, International Women's Day celebrates women's achievements and calls for a more gender-balanced world to ensure a diverse and positive working culture. This year, The Solutions Group is offering an exclusive learning event designed to motivate and unite colleagues to think and act in ways that are gender inclusive.

Please join us as we **#BalanceforBetter** and empower women of the future. This online event will cover the following topics:

- A celebration of inspirational women across the world
- Strategies for empowering women across your workplace
- Recognizing existing barriers to gender equality
- Ways to promote a fair and inclusive work environment
- Ideas for inspiring change across your workplace

Event Details

Friday,
March 8, 2019
12 pm –
1 pm MST

[Register here](#)

