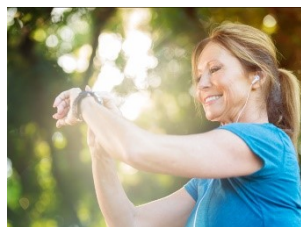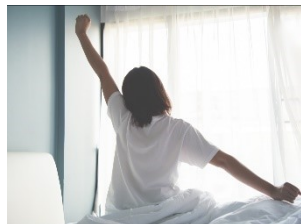# BHS A.S.S.I.S.T.
Spotlight

April 2018

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.

Walking: Count Your Steps

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Better Sleep, Better You

Click to Read Article ▶

National Volunteer Week: Benefits of Volunteering

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Healthy Recipe: Yogurt Deviled Eggs

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BHS ®
BEHAVIORAL HEALTH SYSTEMS

Walking: Count Your Steps

The popularity of Fitbit and other activity trackers has done a lot to raise awareness for the benefit of increased activity on our health, but did you know that the 10,000 step goal dates back to research done in the 1960s? A Japanese research team led by Dr. Yoshiro Hatono found that the average person took between 3,000-5,000 steps per day. They found that by increasing this to 10,000 steps a day, one could burn up to 20% of the calories that they consumed in a day. This would lead to increased health and weight loss.

Pedometers and other devices that track our movement are not new, but technology has evolved to give us instant feedback on our progress and even make it a competition amongst friends with challenges for the day, the week or the month. Most smartphones have their own native fitness tracking apps built in and hundreds are available for download.

Here are some easy ways to add some steps to your daily routine:

▶ Park a little further away each day at work

▶ Skip the elevator and take the stairs

▶ Take a 5-minute walk on your lunch break

▶ Enjoy your community's natural and civic resources. Parks and museums are a great way to enjoy some beauty while getting some additional steps.

While the reward of hitting the 10,000 step goal is achieving a healthier you, it can be fun to track and receive feedback from your devices and friends. The more fun you make it, the more likely you will be to stick to your new healthy habit.

Better Sleep, Better You

Most of us know how important a good diet and exercise are to our overall health and well-being. Did you know that your sleep is as important? Lack of quality sleep has shown to increase on-the-job accidents in the workplace, increase absenteeism and decrease productivity.

How much sleep do we really need? The answer really depends on the person, but in general 7.5 to 8.5 hours of quality, uninterrupted sleep is suggested. Many fitness tracking devices also have a sleep tracking feature where you can see how much you toss and turn throughout the night. Often, this corresponds to those mornings where you feel like you are dragging.

Stress and anxiety can greatly affect your sleep patterns. All of us have very busy lives and sometimes we feel that we are pulled in too many directions. Not feeling balance in our lives can interfere with falling asleep and staying asleep.

Try the following tips to help improve your sleep.

Establish a sleep routine. Go to bed at the same time each day, and wind down the same way.

Avoid screen time before bed. Studies have shown it takes our brains up to 90 minutes to stop processing visual information from our devices and televisions after we turn them off.

Add relaxation to your pre-bedtime rituals. Reading, prayer, meditation or quiet music can help to calm your mind and body. Make your bedroom a relaxing and restful place- think dark, quiet, comfortable.

Avoid caffeine in the evenings. Caffeine is a stimulant and should not be consumed four to six hours before bedtime.

If you are struggling with stressful work-related or personal issues, some of which may be affecting your sleep, you might benefit from speaking with a counselor. You can reach your Care Coordinator by calling (800) 245-1150 and they can assist you with finding a provider who can help.

National Volunteer Week: Benefits of Volunteering
APRIL 15-21, 2018

One of the things that makes our country great is the fact that so many people support one another through volunteering to make a difference in their communities. Volunteerism has grown into a national value and helps to improve our communities through providing support for much needed services and causes.

Volunteering also benefits those giving of their time in a number of ways. According the Corporation for National and Community Service, "studies have shown that those who volunteer live longer, have greater functional ability and lower rates of depression later in life than those who do not volunteer." Volunteering helps us feel connected to our communities. We develop social networks and friendships that are centered on making a difference when we volunteer.

All ages can benefit from being a volunteer. Older adults find meaning and purpose in being able to get out and share their talents while making a difference. Those with children are able to teach them the value of being an active participant in their communities and giving back. Young adults can develop leadership skills through volunteering and serving on advisory boards for schools, hospitals or libraries.

Volunteering is a win-win scenario that makes all the difference. For opportunities to give back to your community, visit:
www.pointsoflight.org/volunteer/opportunities

**HEALTHY RECIPE:
YOGURT DEVILED EGGS**

6 hard-boiled eggs, peeled and cut lengthwise; 1/4 cup plain Greek yogurt, 2 tsp Dijon mustard, 1/4 tsp pepper, 1/8 tsp salt, paprika to garnish

Cut eggs in half lengthwise. Remove yolks; set whites aside. In a small bowl, mash yolks. Add yogurt, mustard, pepper, and salt. Put mixture into egg whites and garnish with paprika. Serve.