



WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

APRIL 2023



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April is National Distracted Awareness Month

Safer Workers Mean Safer Roads for All

According to the National Safety Council:

- Every 7 seconds, someone is injured in a car crash
- Every 15 minutes, someone is killed
- Many of the crashes occur during the work day or the daily commute
- Employers absorb costs associated with these crashes, whether they occur on or off the job
- Motor vehicle crashes are the #1 cause of workplace death

The Great Multitasking Lie: Myth vs. Reality

MYTH #1: Drivers can multitask.

REALITY: The human brain cannot do two things at the same time-like watch TV and hold a phone conversation. The same is true when driving and talking on your phone. The brain switches between the two tasks which slows reaction time.

MYTH #2: Talking on a cell phone is just like speaking to a passenger.

REALITY: Adult passengers are also co-pilots. They can alert drivers to traffic problems and help avoid crashes.

MYTH #3: Hands-free phone calls are safe while driving.

REALITY: Drivers talking on cell phones can miss seeing up to 50% of their driving environments, including pedestrians and red lights.

MYTH #4: I only use my phone at stoplights, so it's OK.

REALITY: Even at stoplights, it is important to remain an attentive driver.

In FY 22 City of Bryan employees had 8 crashes
due to distracted driving.

5 Fun Facts About Walking

1. Walking is the most popular form of exercise in the U.S.
2. To burn off a plain M&M candy, you would need to walk the length of a football field.
3. The average human walking speed is 3.1 miles per hour.
4. A typical pair of tennis shoes last for 500 miles of walking.
5. Less than 50% of Americans exercise enough to see significant health benefits.

Take a break with a Wellness Walk!

Wednesday, April 19th

10-11am

Meet in front of City Hall

[Click here to register.](#)



Source: <https://gmtma.org/>



SAVE THE DATE!
HEALTH & SAFETY EXPO

June 15, 2023 from 10am-2pm

@ the Brazos Center

Health Assessments - Safety Demonstrations

Backhoe Rodeo-Snacks-Fun & Prizes

**City of Bryan, College Station and Brazos County
employees are invited to attend!**



FUEL YOUR BRAIN:

WHAT FOODS SUPPORT MENTAL HEALTH?

If you pay attention, your body will tell you if what you're eating is good for it or not. You may feel energized after a healthy meal. Revived from drinking a tall glass of water. You may feel sluggish if you eat too much, or uncomfortable when spicy or fried foods fight back.

But what about your mind and mental health? What you eat and drink does make a difference in your mental state. Certain foods can help protect your brain. Others can help you stay strong when you're feeling stressed, anxious, or depressed. Foods can provide support for this important part of your total wellness.

Protect Your Mental Health

Certain food choices can affect your mood and mental health. Some studies show a "food-mood" connection." There are certain nutrients in food that seem to help. They are often found in a healthy food plan.

The nutrients that can help mood and mental health include:

- Omega-3 fatty acids
- Folic acid
- Vitamin B and D
- Magnesium
- Tryptophan



Depression

While there isn't a special diet proven to ease depression, studies show that a healthy diet helps as part of an overall treatment plan. One suggestion: pick smart (complex) carbs. That means whole grains, not cakes and cookies. Fruits, vegetables and legumes have healthy carbs and health fiber.

Anxiety

Having a balanced diet, drinking enough water, curbing or avoiding alcohol and caffeine are important parts of managing anxiety. Eating complex carbs can help keep an even blood sugar level, which can make you feel calm. Eating regular meals can help too, since skipping them may make you feel jumpy, which adds to an anxious feeling.

Foods that help lower anxiety:

- Leafy greens like spinach and Swiss chard.
- Foods high in zinc. Try cashews, beef and egg yolks.
- Fatty fish like wild Alaskan salmon, which have omega -3 fatty acids.
- Probiotic-rich foods like pickles and sauerkraut.
- Asparagus and other foods rich in B vitamins, like avocado and almonds.
- Antioxidants like beans, fruits, berries, nuts, and vegetables.

Food on the Brain

Need more motivation to make changes to your diet? Start paying attention to how eating different foods makes you feel. Some people see a big difference and feel better emotionally and physically with changes to their diet.

Cucumber Sandwich

This creamy, crunchy cucumber sandwich recipe strikes a lovely balance between decadent and light. The cream cheese-yogurt spread complements the crisp refreshing cucumber while the hearty flavor and texture of the whole-wheat bread holds everything together.



Ingredients

- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain Greek yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- 1/4 teaspoon ground pepper
- 2 slices whole-wheat sandwich bread
- 1/3 cup thinly sliced English cucumber

Directions

- Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

Source: www.eatingwell.com

Join us for a webinar about the City's Superior Vision Plan!

*Learn about the benefits and discount
features available to enrollees.*

Thursday, April 13th
2-2:30pm via Zoom
Click [here](#) to register



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)

Friday 7:30 am-3:00pm (open Noon-1pm)

Saturday 8 am-Noon (minor acute illnesses only-telehealth for appt.)

(Saturday Clinic open September - April during peak season)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email: CityofBryanHealthst-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:
Risk Management
employeebenefits@bryantx.gov