



Atrium Health

Take control of Your Health



Mental Health Matters

Tuning into your emotional health and finding ways to unwind can pay off at work and home.



While we often focus on our physical health, our emotional, psychological and social well-being plays just as big of a role in how we feel overall and how productive we can be.

But more Americans than ever are suffering from anxiety and depression. And we know that poor mental health, if untreated, can make illnesses like heart disease, stroke, Type 2 diabetes and cancer more likely.

So what can you do? Here are some ideas to help support your mental health.

- 1 **Build in 10 minutes of “me” time.** Whether you do deep breathing exercises, listen to your favorite music or write down your thoughts in a journal, finding ways to be quiet in your own thoughts can help improve your mental well-being.
- 2 **Do what feeds your soul.** Make time for activities that are life-giving and put a smile on your face. It could be reconnecting with a good friend, volunteering your time, doing a good deed or keeping up with a hobby you are good at.
- 3 **Move more.** Exercise is a natural stress-buster. Regular physical activity also promotes better sleep and healthier food choices.
- 4 **Keep your wits about you.** Try to keep your sense of humor and put a positive spin on things – even when life gets tough and you feel flooded with negative “can’t do” thoughts. Laughter can reduce stress hormones and boost feel-good chemicals – even your immune system.
- 5 **Learn to cope with stress and ask for help when you need it.** Stress is a part of life. Try to lower stress when you can. Practice good coping skills and avoid turning to alcohol or drugs as a means to feel better.
- 6 **Ask about workplace stress prevention and other support services.** Many employers offer Employee Assistance Programs that give employees and family members easy access to free, confidential counseling and resources to help cope with a variety of work-life challenges. Find out more [here: bit.ly/2INJcJV](http://bit.ly/2INJcJV)

Did You Know?



1 in 5 Americans will suffer with a mental illness in a given year.



1 in 2 people will be diagnosed with a mental health problem at some point in their lifetime.

Five Tips for Safe Food Prep and Storage

Thanksgiving is around the corner; that means the official kick-off to the holiday season. No matter what your family traditions, food is usually at the center of the festivities. And safe handling, prep and storage can help everyone stay in good spirits and steer clear of food-related illness.

So whether you are the head chef in charge of the full menu or are tasked with a side dish, it's a good time to brush up on some food safety basics.



- 1 Keep clean:** Wash hands and workspace surfaces often.
- 2 Separate:** Separate raw meats from other foods. Use different cutting boards, plates and utensils to avoid cross-contamination. Most experts will also advise NOT to wash chicken or other meat. This increases the chance of spreading bacteria around the kitchen. Cooking foods at the right temperature can kill most harmful bacteria.
- 3 Thoroughly cook foods:** Always check the internal temperature of meats. Allow the meat to rest a bit before carving or consuming.
- 4 Chill or chuck food within two hours:** Place leftovers in the refrigerator or freezer in shallow containers or bags. For foods that are still hot, use a container or poke a hole in the plastic wrap to allow the hot air to vent. Toss food that has been sitting out for two or more hours or looks picked through.
- 5 Reheat foods thoroughly:** Leftovers should be eaten within four days. A good rule of thumb: "When in doubt, throw it out."

Setting Internal Temperatures Straight

How can you best gauge whether meat or poultry are cooked thoroughly? Use a food thermometer to check the internal temperature before removing the meat from the oven or grill.

Type of meat	Minimum internal temperature
Raw beef, pork, lamb and veal (steaks, chops, roasts)	145 °F with a 3-minute rest time
Ham (uncooked)	145 °F with a 3-minute rest time
Raw ground meat (beef, pork, lamb, veal)	160 °F
All poultry	165 °F with a 3-minute rest time
Fish and shellfish	145°F
Leftovers and casseroles	165°F
Egg dishes	160°F

Sources: Food and Drug Administration, United States Department of Agriculture



Celebrate November!

'Tis the season to be thankful.

November 21 is Use Less Stuff Day. Take a peek around your home. Find something you no longer need anymore but may have value to someone else. Donating can help you feel good too.