

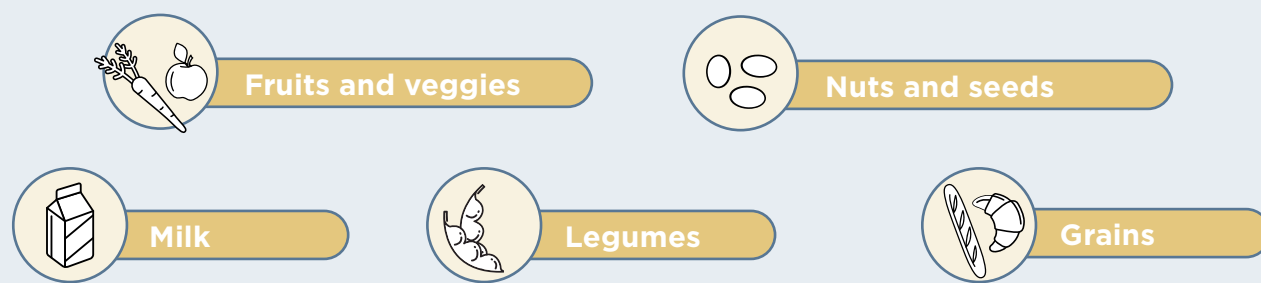
MARCH 2021

REVITALIZE: YOUR SELF-CARE



ALL ABOUT CARBS

Carbs have a bad reputation, but your body actually needs them to function well. Which carbs are the healthy carbs, though? Carbohydrates are macronutrients and most occur naturally in plant-based foods. Naturally occurring carbs include:



Balance is needed for healthy carb intake, so skip the chips and doughnuts. Instead, focus on the fruits and veggies that are rich in fiber. When considering grains, choose whole grains as opposed to refined grains.

And don't neglect your legumes. They're low in fat and high in folate, potassium, iron, magnesium, and beneficial fats and fiber. They are also high in protein.

THERAPY THROUGH MASSAGE

Massage therapy helps manage health conditions and enhance wellness through manipulating the soft tissues of the body.

Massage therapy can help with:

- Lower back pain
- Neck and shoulder pain
- Osteoarthritis
- Headaches

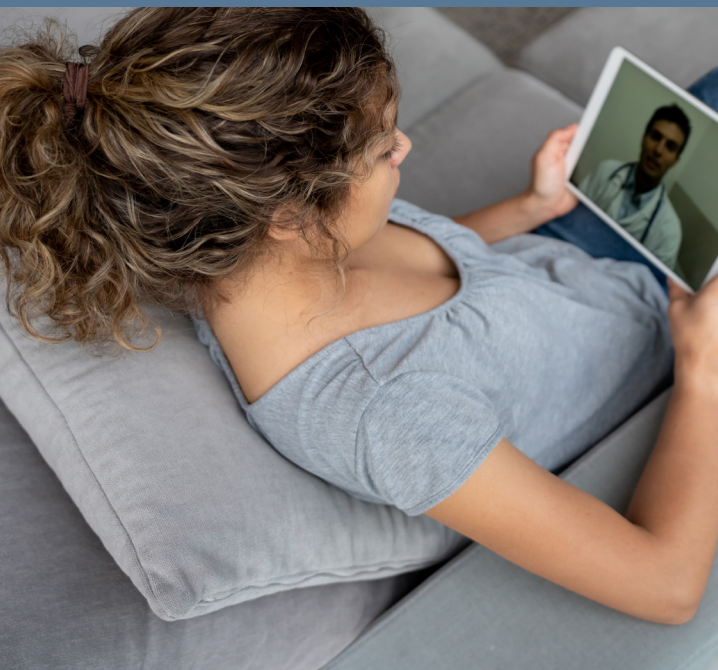


In the U.S., the most common form is Swedish or classical massage. Massage therapy can also include sports massage, clinical massage and traditional Eastern massage like Shiatsu.

It can also have overall physical benefits, such as:

- Reduced muscle tension
- Improved circulation
- Stimulation of the lymphatic system
- Reduction of stress hormones
- Improved skin tone

BENEFIT SPOTLIGHT



DIAL IN TO TELEMENTAL HEALTH

Whether it's a Zoom happy hour, virtual wedding, or a telemedicine visit, we've found ways to participate in everyday activities from home. So why not therapy?

Telemental health, or online therapy, is when a therapist provides psychological support or counselling through email, video conference, online chat, or over the phone.

It's convenient. Finding an in-person therapist, scheduling an appointment around your busy schedule, and waiting in an office can be time consuming. With online therapy, you don't even have to leave the house. You can have almost instantaneous access to a therapist, depending on the platform you choose.

It's private. Even though there's nothing wrong with asking for help, some people still feel a stigma around therapy, which can deter them from starting therapy. Telemental health makes it easy and simple to privately start getting help.

Check with your employer to see what telemental and behavioral health options are available to you.



BONUS ARTICLE OF THE MONTH:
STRUGGLING WITH SUBSTANCE USE DISORDER
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