

WELCOA | MAY 2020

# WELL BALANCED<sup>o</sup>

*The Boost Your  
Mood Issue*

**GOOD  
MOOD  
FOODS**

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**CHANNEL  
YOUR INNER  
MUSICIAN**

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**SPRUCE  
YOUR  
SPACE**

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2 Tbsp fresh lemon juice  
 6 Tbsp extra-virgin olive oil, divided  
 2 Tbsp finely minced fresh tender herbs  
 (such as dill, tarragon, chives, basil,  
 parsley, cilantro, mint), plus additional  
 for garnish if desired  
 ½ tsp garlic powder  
 Kosher salt  
 Black pepper  
 ¾ lb Yukon gold potatoes,  
 cut into bite-sized pieces  
 1 bunch radishes, halved and with  
 greens attached if in good shape  
 2, 3-5 oz Cod fillets (can also use other  
 fish like mahi-mahi, perch, halibut,  
 haddock)

**DIRECTIONS:**

Preheat oven to 375° F. Mix lemon juice, herbs, garlic powder and 3 tablespoons olive oil in a jar or small bowl (alternately, you could puree in a food processor or blender). Season sauce to taste with salt and pepper. Makes extra sauce. Toss potatoes with 1 tablespoon olive oil on a baking sheet. Season with salt and pepper. Spread out evenly on baking sheet and roast in oven for 15 minutes. While potatoes are roasting, toss radishes with 1 tablespoon of oil in a medium bowl. Season with salt and pepper. Brush remaining tablespoon of oil on both sides of fish, then season with salt and pepper. Add radishes and cod to the sheet pan with the potatoes. Ensure everything is spread out in an even layer. Return to oven and bake for 15-20 more minutes, or until the fish is fully cooked and flaky, but not dry. To serve, divide fish and roasted vegetables between 2 plates, drizzle with the herb sauce and sprinkle additional herbs, if desired.

**SERVES:** 2**NUTRITION INFO:** (per serving)

Calories 465, Fat 25g, Carbs 35g,  
 Protein 21g, Sodium 370mg

# Sheet Pan Cod

## WITH LEMON HERB SAUCE

This un-fussy weeknight meal is a simple way to make eating seafood delicious and convenient. Any fish would work here, as well as whatever vegetables you may have on hand. The herb sauce is a great way to use up any fading or miscellaneous herbs in the fridge.



### Radishes

Radishes are often known for their pungent flavor and spicy taste that is most present when eaten raw. However, cooking or roasting radishes mellows out their intense flavor, making them subtly sweet and earthy. Radishes are a good source of vitamin C and like other cruciferous vegetables, contain anticancer properties.



From the Kitchen of **MALLORY UBBELOHDE** MPH, RDN, CD // Based in Salt Lake City, Utah, Mallory Ubbelohde is a registered dietitian nutritionist, nutrition communicator, recipe developer, food photographer, and home-cooked meal advocate. You can connect with Mallory on Instagram (@Mallory.RDN) where she shares daily meal inspiration.



# Good Mood Foods

by DR. ANN KULZE

Rejoice! Thanks to a rapidly growing body of science, we now have firm evidence that healthy eating can improve mental well-being. The upshot from this encouraging science finds consuming more plant-based, nutrient dense foods, as well as foods rich in omega-3 fatty acids, while reducing processed foods, particularly fast food and sugary fare, are the fundamental dietary moves to more happiness. Here are six fabulous foods perfect for getting there.

**1 | SALMON.** Salmon is a quintessential good mood food—providing more brain-essential omega-3 fats than any other food along with several other key nutrients pivotal for mental well-being. These additional mood enhancing agents include: magnesium, B-vitamins, zinc, vitamin D and choline. Enjoy salmon—fresh, frozen, or canned—regularly and with a smile.

**2 | WALNUTS.** All nuts are exceptional brain-boosting foods, but walnuts are the crown jewel. These brain-shaped gems are rich in several nutrients instrumental for brain function including essential amino acids, vitamin E, a full spectrum of minerals, and B vitamins. For additional nutritional oomph, walnuts provide a hefty dose of omega-3 fats, as well as potent anti-inflammatory polyphenols—both are known to safeguard against depression.

**3 | BEANS.** Beans are an underappreciated good mood food. This low glycemic (very slowly digested), nutrient-dense starch offers the brain its preferred fuel (glucose) paired up with the incomparable brainy quintet of magnesium, zinc, folate, fiber, and potent antioxidants. In fact, beans provide more folate and fiber, measure for measure, than any other foods, and their antioxidant power rivals berries! Cheap, convenient, versatile and

tasty, beans are an all-round happiness megastar.

**4 | AVOCADOS.** Avocados are a supreme food on many fronts, particularly mental wellbeing. A review of their nutritional profile reads straight from the winning play book of eating for optimal brain performance. Avocados are chock full of healthy monounsaturated fats and potent antioxidants carotenoids, along with a cadre of the brain's most prized nutrients: folate, potassium, vitamin B6, vitamin C, vitamin E, and copper.

**5 | BLUEBERRIES.** This diminutive yet all powerful fruit should be called the brain berry. Blueberries provide the brain a gradual dose of its must-have fuel (glucose) along with a massive hit of powerful antioxidant and anti-inflammatory plant pigments called anthocyanins. Anthocyanins give berries their luscious red/blue/purple hues and are noted to be the “best-all-round” plant pigments for brain health. So, it's no wonder that scientists have shown that eating berries can acutely lift mood. Best of all—they are delicious!

**6 | A PRUDENT PORTION OF DARK CHOCOLATE.** When it comes to mood and food, dark chocolate is a treat you can count on. Thanks to its unrivaled levels of antioxidant flavanols, along with its generous supply of magnesium, zinc, and fiber—dark chocolate is a brain health standout. In fact, studies show dark chocolate can acutely boost both mood and focus. And if you eat a prudent portion (up to one ounce daily) of high cacao dark chocolate (72% or greater) it barely makes a dent in your daily sugar quota.

## Happy Foods Do's & Don'ts

Apart from the specific ideas in this article, these broad categories of foods have been shown to improve or reduce mental wellbeing:

### Do's

- » Plant-based foods
- » Foods rich in omega-3 fatty acids
- » Nutrient-dense foods

### Don't's

- » Processed foods
- » Fast foods
- » Sugary foods



*About* DR. ANN // With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world. The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

**Dr. Ann** For more, visit [DrAnnWellness.com](http://DrAnnWellness.com).  
WELLNESS

# MAKE SPACE FOR PEACE OF MIND

by JOANNA ECKMAN



What if you could add peace to your life by taking some things away? Clutter comes in two forms: physical and mental. Both are dense balls of anxiety that shrink and grow with the stress in our lives. When we decrease physical and mental clutter we free ourselves to lead the lives we want to live.

## Physical Clutter

All types of physical spaces can become cluttered—from a room in your home, to your office, desktop, or car. When we have a cluttered physical area, we tend to think negatively about that space. When our homes are cluttered, we aren't able to truly relax. When our work spaces are cluttered, we're more easily distracted and tasks take longer to complete. Cluttered physical spaces can also negatively impact our relationships because we can become more focused on our physical surroundings than we are with connecting with others.

Here are two recommendations along with common mistakes when trying to implement these improvements.

### GIVE EVERYTHING A SPECIFIC HOME

All items deserve a home—a specific place to live. By doing this, you'll eliminate the "Where does this go?" game and you will decrease buying multiples of an item. When you do need to tidy up a space, it will take significantly less time and will happen less frequently when you have specific places for your items to go. It's also

important to be specific. Instead of saying, "Shoes go on these shelves" give each pair of shoes a specific home to live.



All items in a space deserve a home—a specific place to live.

## BE INTENTIONAL WITH YOUR PURCHASES

Physical clutter often accumulates because we have too much of something, we no longer like the item, or the item no longer has value or meaning. When making purchases, consider the longevity of the item and its purpose. Longevity means both quality of the product and how long you expect to be able to use it. When we buy items with more longevity, we reduce our spending on cheaply made products. Considering the purpose of an item forces us to answer the question, "Why am I buying this?" When you take extra time to think before making a purchase you are more likely to enjoy the item and take good care of it.

## Mental Clutter

Mental clutter happens when we can't sift through information quickly, which causes us to be less efficient in our processing and can raise our stress levels. We can decrease our mental clutter and improve our well-being by setting boundaries and by managing our energy.

## SETTING BOUNDARIES

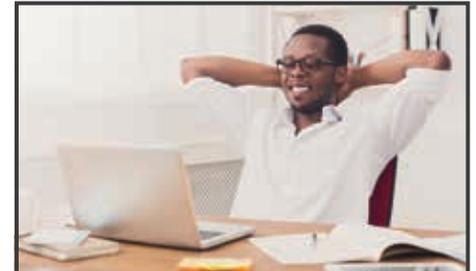
Our lives are interwoven with the lives of others. The relationships we have with people are beautiful and life-giving but they can also be energy taking. When we are preoccupied mentally with thoughts that involve others' expectations for us, we can easily become overwhelmed. It's important to set boundaries to give yourself the mental space that you need. These boundaries could be creating pockets of time for yourself or setting specific times you won't answer work emails. When we set boundaries and expectations, we immediately free ourselves of the mental box we create for ourselves because of what we think we owe others.

## ENERGY MANAGEMENT

Another way I like to think of energy management is "Help your future self." There are certain chores that we have to do every single day. When you complete those tasks when you have more energy and mental clarity, future you is able to cash in on something that didn't cost former you all that much. For example,

setting out your clothes or packing your lunch the night before are things you need to do no matter what but those five minutes the night before will reduce your stress in the morning.

When we give everything a specific home, are intentional with purchases, set boundaries, and manage our energy we reduce our stress levels and add peace to our lives. Free yourself of the physical and mental clutter and improve your overall well-being.



When we set boundaries and expectations, we immediately free ourselves of the mental box we create for ourselves because of what we think we owe others.



## Ask the Expert...

### How do you eliminate the guilty feeling of getting rid of things?

When something is no longer useful to you it's okay to part with it. If you keep something to try to alleviate guilt, you are taking away another's opportunity to enjoy that item. It's okay, you have permission to let go of something that is no longer useful to you.

### I want to declutter my entire house, but which room do I start in?

I would encourage you to think about the room that's frustrating you the most or the room that you spend the most time in.



**About JOANNA ECKMAN** // Joanna Eckman is a midwest professional organizer and project manager who is an expert at creating efficiency and helping people declutter their mental and physical spaces. She is the owner of Joanna Eckman Professional Organizing ([joannaorganize.com](http://joannaorganize.com)).

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

**Have a question?** Ask our experts by going to [welcoa.org/expert](http://welcoa.org/expert). If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue\*.

\*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.

## WHAT ROLE DOES MUSIC

## Play in Wellness?



by MARLENE HUTCHINSON

Picture yourself driving home from work and, perhaps feeling a little stressed, you turn on some music. Instinctively, you begin to hum, sing, maybe tap the steering wheel. You might be thinking about a special memory the song evokes or how much you like the rhythm. All the while, and typically without even realizing it, your stressor is no longer in the forefront of your mind.

So, how does music affect our mind? It's simple, and yet complex. It has to do with our brain's ability to process information and more specifically, process music. According to Mihaly Csikszentmihalyi, and, independently, by Bell Labs engineer Robert Lucky, the average human brain can process an estimated 120 bits of information per second<sup>1</sup>. This means there is a constant flow of information that our brain filters allowing only the most important data to remain. It's sort of like traveling with a small carry-on bag; you have to filter your wardrobe to include only the basic trip essentials.

As for the above mentioned driving scenario, the processing of the music; interpreting sound, rhythm, lyrics, emotions, etc., became the focus. It's no wonder the stress diminished—with the numerous musical cues being processed, there was simply no brain space available to hold on to the stressor!

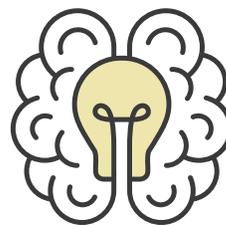
Beyond our mind's processing capacity, its ability to understand music is fascinating. As explained in both Peter Rubin's report *How Does Music Affect Your Brain?*, and Dr. Anita Collins' TedEd short, *How Playing An Instruments Benefits Your Brain*, multiple brain regions are activated when we're listening to music. When we're playing a musical instrument nearly every region is activated at once.<sup>2,3</sup> In fact, according to Dr. Collins, "playing a musical instrument is like a full body workout for your brain."<sup>2</sup>

Modern research techniques have given scientists the ability to see in real time the effects of music on the brain and to better understand the neurological benefits: improved focus, memory,

creativity, problem solving, socialization, happiness and reduced stress.<sup>2,3</sup> It makes sense then that listening to music and playing a musical instrument are good for our mind and body.

There's even more good news, according to a NAMM Foundation treatise, *Benefits of Learning and Playing Music for Adults*<sup>4</sup>—it's never too late to start playing a musical instrument. As a matter of fact, I learned to play guitar in my early forties. And, to further inspire you, I have a friend who started playing at 58 and a student who began playing at 82 years young.

So go ahead, channel your inner musician and experience firsthand how music can play an instrumental role in your wellness!



#### NEUROLOGICAL BENEFITS OF MUSIC

Neurological benefits of music include improved focus, memory, creativity, problem solving, socialization, happiness and reduced stress.



*About* **MARLENE HUTCHINSON** // Marlene Hutchinson, BSBA, CTC is an instructor, musician, published author, producer and founder of Marlene's Music. Her program has been featured on CBS, NBC, NPR, Acoustic Guitar, Making Music Magazine, the Women's International Music Network, and is a 2014 Player's Choice Award nominee. Learn more at [marlenesmusic.com](http://marlenesmusic.com).

<sup>1</sup> (2015, September 23). Retrieved from <https://www.fastcompany.com/3051417/why-its-so-hard-to-pay-attention-explained-by-science>

<sup>2</sup> (2019, March 15). Retrieved from <https://www.youtube.com/watch?v=HRE624795zU&feature=emb>

<sup>3</sup> (2014, July 22). Retrieved from [https://www.youtube.com/watch?time\\_continue=1&v=ROJKCYZ8img&feature=emb\\_title](https://www.youtube.com/watch?time_continue=1&v=ROJKCYZ8img&feature=emb_title)

<sup>4</sup> (2014, June 1). Retrieved from <https://www.nammfoundation.org/articles/2014-06-01/benefits-learning-and-playing-music-adults>

## HOW YOUR OFFICE DESIGN

# Impacts Your Mood

by INTERNATIONAL WELL BUILDING INSTITUTE

In pursuit of happiness on the job, we often think about *what* we do and *who* we do it with; *but where we work also has a substantial impact on our day-to-day mood and overall satisfaction.*

Many of the physical factors that have the greatest impact on comfort and satisfaction are invisible to the human eye. Studies show that acoustics and thermal comfort are ranked among the top complaints in the workplace, and a growing body of evidence is helping us to understand that there are a myriad of other conditions in our places of work that not only impact our experience by day but also our ability to sleep at night.<sup>1,2</sup>

The WELL Building Standard is an evidence-based framework that identifies ways in which our work environments—both physically and culturally—impact our health and well-being. Here are three such strategies from WELL that you can implement in your workplace regardless of whether or not you pursue certification.

**COMMUNITY** | A recent survey from the EY Belonging Barometer found that 40% of employees feel isolated in the workplace.<sup>3</sup> Providing the space and physical cues to employees that visually suggest casual conversation and collaboration are encouraged can help address this issue. WELL features such as mindful eating (which provides designated eating spaces and daily meal breaks) and community access and engagement (which provides for community space to gather, socialize and collaborate) can help nudge people to interact and increase feelings of belonging.

**SLEEP** | The importance of sleep has become increasingly recognized across the globe, as new studies show its impacts on mood and alertness.<sup>4</sup> Recent research has shown that our surroundings (e.g., noise, temperature, lighting), in particular, can have a huge impact on sleep quality and quantity.<sup>5</sup> One critical piece of this puzzle is lighting. Light exposure stimulates the circadian system, which starts in the brain and regulates functions such as hormone levels and the sleep-wake cycle. Brighter exposure during the day and dimmer exposure at night can help support a better night's sleep.<sup>6</sup>

**BIOPHILIA** | It's estimated that Americans today spend 90% of our time indoors.<sup>7</sup> Throughout the majority of human history, however, people have had relatively constant interaction with

## 34%

The average person spends approximately 34% of their weekly active time at work,<sup>12</sup> so even small improvements to these spaces can nudge us in the right direction.

natural surroundings and developed an innate affection for living things (often referred to as biophilia). Introducing biophilic elements can be as simple as bringing in plants, images or sounds of nature, or natural patterns on flooring and wall-paper. Many studies have found that these natural design elements can have a profound impact on mood,<sup>8</sup> healing times,<sup>9,10</sup> and concentration.<sup>11</sup>

The average person spends approximately 34% of their weekly active time at work,<sup>12</sup> so even small improvements to these spaces can nudge us in the right direction.

**About THE WELL BUILDING STANDARD** // Launched in October 2014 after six years of research and development, the WELL Building Standard is the premier standard for buildings, interior spaces and communities seeking to implement, validate and measure features that support and advance human health and wellness. WELL was developed by integrating scientific and medical research and literature on environmental health, behavioral factors, health outcomes and demographic risk factors that affect health with leading practices in building design, construction and management.

<sup>1</sup> Newsham G, Brand J, Donnelly C, Veitch J, Aries M, Charles K. Linking indoor environment conditions to job satisfaction: a field study. *Build Res Inf.* 2009;37(2):129-147. doi:10.1080/09613210802710298

<sup>2</sup> Goins J, Moezzi M. Linking occupant complaints to building performance. *Build Res Inf.* 2013;41(3):361-372. doi:10.1080/09613218.2013.763714

<sup>3</sup> EY. Belonging Barometer. [https://www.ey.com/en\\_us/diversity-inclusiveness/ey-belonging-barometer-workplace-study](https://www.ey.com/en_us/diversity-inclusiveness/ey-belonging-barometer-workplace-study). Published 2019. Accessed February 18, 2020.

<sup>4</sup> LeGates TA, Fernandez DC, Hattar S. Light as a central modulator of circadian rhythms, sleep and affect. *Nat Rev Neurosci.* 2014;15(7):443-454. doi:10.1038/nrn3743

<sup>5</sup> Smolensky MH, Sackett-Lundeen LL, Portaluppi F. Nocturnal light pollution and underexposure to daytime sunlight: Complementary mechanisms of circadian disruption and related diseases. *Chronobiol Int.* 2015;32(8):1029-1048. doi:10.3109/07420528.2015.1072002

<sup>6</sup> Dawson D, Encel N, Lushington K. Improving adaptation to simulated night shift: timed exposure to bright light versus daytime melatonin administration. *Sleep.* 1995;18(1):11-21. <http://www.ncbi.nlm.nih.gov/pubmed/7761738>. Accessed July 16, 2018.

<sup>7</sup> KLEPEIS NE, NELSON WC, OTT WR, et al. The National Human Activity Pattern Survey (NHAPS): a resource for assessing exposure to environmental pollutants. *J Expo Anal Environ Epidemiol.* 2001;11(3):231-252. doi:10.1038/sj.jea.7500165

<sup>8</sup> Jahncke H, Halin N. Performance, fatigue and stress in open-plan offices: The effects of noise and restoration on hearing impaired and normal hearing individuals. *Noise Heal.* 2012;14(60):260. doi:10.4103/1463-1741.102966

<sup>9</sup> Ulrich RS. View through a window may influence recovery from surgery. *Science (80-).* 1984;224(4647):420-421. doi:10.1126/science.6143402

<sup>10</sup> Raanaas RK, Patil GG, Hartig T. Health benefits of a view of nature through the window: a quasi-experimental study of patients in a residential rehabilitation center. *Clin Rehabil.* 2012;26(1):21-32. doi:10.1177/0269215111412800

<sup>11</sup> Tennessen CM, Cimprich B. Views to nature: Effects on attention. *J Environ Psychol.* 1995;15(1):77-85. doi:10.1016/0272-4944(95)90016-0

<sup>12</sup> Klepeis NE, Nelson WC, Ott WR, et al. The National Human Activity Pattern Survey (NHAPS): a resource for assessing exposure to environmental pollutants. *J Expo Anal Environ Epidemiol.* 2001;11(3):231-252. doi:10.1038/sj.jea.7500165



## EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness



### MONTHLY HEALTH OBSERVANCE • May *National Mental Health Month*

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Since 1949, Mental Health America ([mhanational.org](http://mhanational.org)) and their affiliates around the country have led the observance of May being Mental Health Month. This year their theme is 'Tools 2 Thrive' and is designed to provide practical tools that everyone can use to improve their mental health and increase resiliency. Help spread the word that mental health is something that everyone should care about by using the May is Mental Health Month ([mhanational.org/mental-health-month](http://mhanational.org/mental-health-month)) toolkit materials and conducting awareness activities of your own.

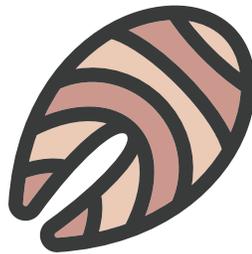
**For more information, contact:**

Mental Health America // 800.969.6642

[mhanational.org/mental-health-month](http://mhanational.org/mental-health-month)

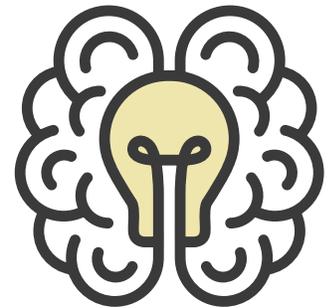
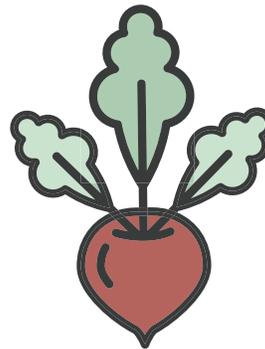
## OMEGA-3s

Eat foods rich in omega-3s, such as salmon and walnuts, to improve your mood.



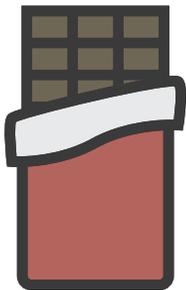
## THE RADICAL RADISH

Radishes are a great source of vitamin C.



# 120

Average number of bits of info the brain can process per second.



# 72% OR GREATER

Chocolate with at least 72% cacao saves calories and boosts your mood.

# 90%

The percentage of time we spend indoors.



# 34%

The percentage of our active time that we spend at work.

