



HOW TO KEEP FATHER WINTER BLUES FROM BRINGING YOU DOWN

BY: WELLWORKS FOR YOU

With darker days dominating the end of fall into the winter season, it's important to be aware of the signs and symptoms of Seasonal Affective Disorder (SAD).

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QUICK TIP

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DID YOU KNOW?

An estimated five percent of Americans suffer from Seasonal Affective Disorder (SAD). Keep reading below so you can recognize the symptoms and learn how to manage SAD.

Although Seasonal Affective Disorder (SAD) can occur at other times of the year, it most commonly manifests during the fall and winter months—when temps are chillier and the days and nights are darker.

Take a look at a few symptoms that might indicate you're experiencing winter-related SAD:

1. Energy levels are lower than usual
2. Fatigue and exhaustion is higher than normal
3. Overindulging in food (even when you don't feel hungry)
4. Weight gain
5. Cravings for carbohydrates and sweets
6. A tendency to isolate and withdrawal from social settings
7. Additional symptoms of depression

DOES SAD MAKE SOME OF US MORE SAD?

In short, yes. Statistically, Seasonal Affective Disorder affects more women than men. Research has also shown that those with existing mood and depression disorders are more susceptible to experiencing SAD, as are those who live furthest from the equator. Teens and children have also shown a higher incidence of SAD opposed to adults.

CAN SAD BE TREATED?

Thankfully, it can! There are certain types of medications, helpful in addressing SAD. In addition to prescribed medication, those experiencing winter blues have been receptive to light therapy, psychotherapy, and Vitamin D. Exercise, winter activities that bring joy and gratitude, and volunteerism can

also help individuals prone to developing SAD. It always helps too, to be open and honest when you're experiencing SAD; it may encourage someone else to feel empowered to share his/her battles and victories!

Source: Wellworks For You

FEATURED RECIPE:

CHEESE & SPINACH-STUFFED PORTOBELLOS

Serves: 4

INGREDIENTS

- ❑ 4 large portobello mushroom caps
- ❑ ¼ teaspoon salt
- ❑ ¼ teaspoon freshly ground pepper, divided
- ❑ 1 cup part-skim ricotta cheese
- ❑ 1 cup finely chopped fresh spinach
- ❑ ½ cup finely shredded Parmesan cheese, divided
- ❑ 2 tablespoons finely chopped kalamata olives
- ❑ ½ teaspoon Italian seasoning
- ❑ ¾ cup prepared marinara sauce



DIRECTIONS

1. Preheat oven to 450°F. Coat a rimmed baking sheet with cooking spray.
2. Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and ¼ teaspoon pepper. Roast until tender, 20 to 25 minutes.
3. Meanwhile, mash ricotta, spinach, ¼ cup Parmesan, olives, Italian seasoning and the remaining ¼ teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1½ minutes.
4. When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous ½ cup ricotta filling into each cap and sprinkle with the remaining ¼ cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.

NUTRITION

Serving Size: 1 mushroom

Per serving: 196 calories; 10 g fat (5 g sat); 3 g fiber; 14 g carbohydrates; 13 g protein; 61 mcg folate; 29 mg cholesterol; 6 g sugars; 0 g added sugars; 1,365 IU vitamin A; 3 mg vitamin C; 281 mg calcium; 1 mg iron; 710 mg sodium; 710 mg potassium

Source: <http://www.eatingwell.com/recipe/249858/cheese-spinach-stuffed-portobellos/>

MONTHLY DRAWING



Please e-mail info@wellworksforyou.com with your response to be placed in a drawing to possibly win a **\$25.00 Wellworks For You Visa Reward Card**. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

What will you do to ensure you stick with your New Year's Resolutions?

JANUARY 2019

HEALTH OBSERVANCE

THYROID AWARENESS MONTH

January is National Thyroid Awareness month. The thyroid gland, located in the front of the neck, keeps the body healthy in many ways through the release of hormones. These hormones play an integral role in the growth and development of the human body, breathing, pumping blood throughout the body, and controlling one's bodyweight.

Although there are four main types of thyroid cancer, scientists are not sure of the main causes. However, reducing your exposure to radiation is a preventive measure we can take against the disease. If you are experiencing any of the below symptoms, talk to your doctor right away and don't wait until the symptoms get worse.

COMMON SYMPTOMS

- A lump or swelling on the side of the neck
- Trouble breathing
- Trouble swallowing
- Hoarse voice

Source: <https://www.cdc.gov/cancer/thyroid/>,
<https://www.cancer.gov/types/thyroid>

