

# HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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## THIS EDITION FEATURES:

Mind Over Matter

The Omega Boost  
Your Body Needs

Nature's Sweet  
Surprise

Go Green,  
Feel Great!

Master Your  
Mindset

Step Up Your  
Daily Activity



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# MIND OVER MATTER

In the rush of daily life, mental health often gets sidelined. But just like your body, your mind needs consistent care. The good news is that small, intentional actions can create a big impact on your well-being. Here are some ways to put yourself first:

## **Protect your energy**

- Don't overcommit when you're already stretched thin.
- Schedule "you time" just like any other important appointment.
- Create a clear boundary between your work life and personal life.

## **Ground yourself in the present**

- Start your day with five deep breaths before reaching for your phone.
- Journal your thoughts to declutter your mind and help process emotions.
- Savor the little things in life that bring you joy.

## **Move with intention**

- Think about exercise as a mood-booster.
- Participate in physical activities that make you feel good.
- Reset a stressful day with short bursts of activity, like a brisk walk or deep stretches.

## **Nurture your connections**

- Call a friend to check in.
- Make time for laughter and deep conversations, not just small talk.
- Surround yourself with people who uplift and energize you.

## **Unplug to reconnect with yourself**

- Swap screen time for a hobby you enjoy.
- Set tech-free zones, like your bedroom, for better rest and relaxation.
- Disable notifications temporarily to give your mind a digital detox.

## **Practice self-compassion**

- Think progress, not perfection.
- Ask for help when you need it.
- Extend grace to yourself the way you would extend it to others.

Your mental well-being is a necessity. Prioritize it, and everything else will follow!





# THE OMEGA BOOST YOUR BODY **NEEDS**

The word “fatty” often carries a negative connotation, but fatty acids might not be what you expect. Unlike unhealthy fats, omega-3 fatty acids won’t make you gain weight or clog your arteries. Instead, they:

- Provide energy
- Support your heart, lungs, immune system, and metabolism
- Reduce the risk of heart disease

In short, omega-3s are good fats that are essential for good health. Your body doesn’t make omega-3s, so the best way to boost your omega-3 levels is through your diet. Nuts, beans, avocados, yogurt, and cold-water fish such as salmon, mackerel, and tuna are excellent natural sources of omega-3s.

So, if you see “omega-3 fatty acids” in the nutritional facts, don’t worry – it’s the good stuff!

Sources:  
[ods.od.nih.gov](https://ods.od.nih.gov)  
[health.harvard.edu/](https://health.harvard.edu/)



Sources:  
healthline.com  
nih.gov  
medicalnewstoday.com





## RECIPE

# Salmon and avocado salad

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### Ingredients

6 oz cooked salmon (grilled, baked, or canned)

1 cup mixed greens or spinach

½ avocado, peeled, cored, and diced

¼ cup walnuts or flaxseeds (optional for crunch)

½ small cucumber, sliced

1 tbsp olive oil

1 tbsp lemon juice

Salt and pepper to taste

### Directions

1. Flake the salmon into bite-sized pieces.
2. In a bowl, layer greens, avocado, cucumber, and salmon. Sprinkle walnuts or flaxseeds on top, if desired.
3. Drizzle with olive oil and lemon juice.
4. Season with salt and pepper.
5. Toss gently and enjoy!

# GO GREEN, FEEL GREAT!

Caring for the environment can go hand in hand with taking care of yourself. In fact, making sustainable choices naturally supports your well-being, which can help you feel more energized, balanced, and connected.

Eating fresh, locally grown foods not only reduces your environmental impact but also nourishes your body with wholesome, seasonal ingredients.

Spending time in nature, whether taking a mindful walk, gardening, or simply enjoying the fresh air and scenery, has been shown to lower stress and boost mental clarity.

Even small changes, like unplugging from digital distractions, can bring a sense of purpose and calm to your routine.

Sustainable living is also an act of self-care. Choosing eco-friendly products can mean fewer toxins in your home and on your skin. Decluttering and reusing items can create a more peaceful, intentional space. And giving back to your community helps you connect with your neighbors and the world around you.

By making small, mindful choices, you can feel good and help the planet thrive.

Sources:  
[southcarolinablues.com](https://southcarolinablues.com)  
[noaa.gov/education](https://noaa.gov/education)



# MASTER YOUR MINDSET • MASTER YOUR MINDSET • MASTER YOUR MINDSET

Your thoughts have power. They shape your mood, influence your actions, and affect how you experience the world. But not every thought deserves your full attention. Learning to manage your mindset can lead to a healthier, more positive life. Here are some tips:

- **Understand your inner dialogue.** We all have an internal voice. Sometimes, it is supportive and other times it is overly critical. Instead of letting it control you, recognize it for what it is — thoughts, not absolute truth.
- **Embrace emotions without judgment.** Pushing away uncomfortable emotions doesn't make them disappear; it often strengthens them. Instead of resisting, allow yourself to feel without labeling emotions as "good" or "bad." Every feeling provides insight into your needs and values.
- **Act with intention.** You cannot control every thought that enters your mind, but you can control how you respond. Choosing reactions that align with your long-term well-being can foster growth, resilience, and authentic happiness.

By shifting your mindset and responding with awareness, you create the foundation for a more balanced, fulfilling, and emotionally resilient life.



# Step Up Your Daily Activity

As summer ramps up, finding time for a full workout can be challenging. But staying active doesn't have to be time-consuming. According to *Medical News Today*, taking fewer than 5,000 steps a day is considered sedentary. Adding extra steps can improve circulation, support heart health, and build stamina.

Looking for easy ways to move more each day? Try these simple strategies to increase your step count:

- **Take the stairs.** Skip the elevator in your apartment or office building.
- **Ditch the bus or car.** Walking or biking to work is a great way to take advantage of warmer weather. If you must drive to work, consider parking further away from the front doors.
- **Walk and talk.** Find a quiet outside route for phone meetings.
- **Stand instead of sitting.** Try standing up while working at your desk or watching TV, especially if you feel you've been too sedentary throughout the day.
- **Make it fun.** Enjoy active weekend fun like berry picking, biking, hiking, bowling, or swimming at the local pool.

Sources:  
[nhs.uk](https://www.nhs.uk)  
[heartandstroke.ca](https://heartandstroke.ca)  
[heart.org](https://heart.org)  
[medicalnewstoday.com](https://medicalnewstoday.com)





# MONTHLY QUIZ

1. Which of the following is a great way to support your mental well-being?

- A. Setting personal and work boundaries
- B. Ignoring emotions
- C. Overloading your schedule
- D. Avoiding social interactions

2. How much sugar does the average American eat a day?

- A. 2 – 3 times the recommended daily amount
- B. 3 – 4 times the recommended daily amount
- C. 4 – 5 times the recommended daily amount
- D. 5 – 6 times the recommended daily amount

3. Which of the following is a healthy strategy to manage emotions?

- A. Ignore your feelings
- B. Label and understand your feelings
- C. Suppress your feelings
- D. Let your feelings control your actions

1. A, 2. A, 3. B



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