

Well NEWS

A Monthly Insight into Health and Wellness



Benefits of Volunteering

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health.

Volunteering is good for your mind and body. Volunteering provides many benefits to both mental and physical health.

- Volunteering increases self-confidence. Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and purpose in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.
- Volunteering combats depression. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.
- Volunteering helps you stay physically healthy. The physical activity involved in certain forms of volunteering—such as environmental projects in parks, nature reserves, or beaches—can be good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

National Volunteer Week

April 10-16-2016

Featured Anti-Inflammatory Food

Avocado

Avocados are a great source of unsaturated fatty acids. In fact, there are so many of these good fats that avocados can counteract some of the inflammatory properties of many processed foods. Avocados also contain phytosterols, a compound that can reduce cholesterol.

Eat more avocado by trying out one of these great recipes!

Guacamole

Ingredients

1 avocado
¼ tsp garlic powder
¼ tsp onion powder
pinch of cayenne pepper
juice of ½ a lime
salt to taste

Directions

Mash the avocado with a fork until at the desired consistency and stir in the seasonings and lime juice.

Egg Salad and Avocado Wrap

Ingredients

4 eggs (hard boiled, mashed)
1 very ripe avocado
1 tsp fresh parsley
Sea salt and pepper to taste
4 romaine lettuce leaves

Directions

Combine the mashed hard boiled eggs and avocado, and mix together. Sprinkle in parsley and season with salt and pepper to taste. Spread into each of the 4 romaine lettuce leaves.



Special Feature
from our partner:
**Feed your
Vitality**

How to select an avocado in the store

Choose avocados with dark skin and no dents. When you touch the avocado it should be slightly soft. If your avocado is not ripe when you buy it, place it on your counter out of direct sunlight for 1-3 days.



Check us out at:
www.feedyourvitality.com

Newsletter Quiz

1. Do you currently volunteer with any organizations?
2. Do you enjoy avocados?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by April 30, 2016

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