The tradition of “spring cleaning” has existed in various cultures and forms for thousands of years. Today, it often evokes images of organizing the garage, sifting through closets and giving away old clothes. Why not invest some of this energy into revitalizing ourselves? Consider the following ideas for “Emotional Spring Cleaning.”

1. Prepare yourself by creating space to embark on positive change. Catch negative thoughts early and replace them with more productive statements. Find online relaxation tools at http://life.gaiam.com/gaiam-life-meditation-rooms to help you slow down and focus.

2. Keep track of how you use your time, energy, and money. For the next week, write down how you spend every moment and cent. Be specific.

3. Evaluate your life patterns. What needs to stay the same? What needs to change?

4. Identify and rank your priorities. Give yourself credit for things you are doing well, what it says about you, and write them down as affirmations.

5. Create a set of reachable and meaningful goals that you will begin to implement in the next six months.

6. Start small to avoid feeling overwhelmed. Instead of expressing frustration about encountering another red light on the way home, use this as a reminder to “stop and breathe.”

7. Make your commitments and successes official. Use Post-It notes, calendars, day planners, email and/or cell phones to remind yourself. Tell your friends and family.

If you need additional ideas or motivation for “Emotional Spring Cleaning,” please contact the FSAP at 404-727-4328 for a free, confidential consultation, short-term counseling, and referral assistance.

Source: Cynthia James, 5 Steps to Emotional Spring Cleaning (2009) blog.gaiam.com/blog/5-steps-to-emotional-spring-cleaning/

By Jad Tompkins, LCSW, EA Clinician II

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**Spring Into Staff Fest**

Join your coworkers May 13 for Staff Fest 2011.
- Participants in the annual Fun Run/Walk will meet at the Clifton Road entrance to Lullwater Park. The two-mile run starts at 10 a.m., with the one-mile walk following at 10:30 a.m.
- Team volleyball events on the Quad will be held from 11 a.m. - 2 p.m.

Register at www.hr.emory.edu/eu/worklife/lifecampus/stafffest.html.
Wellness and Lifestyle

Want Better Sleep?

Healthy People 2020, a national initiative to help Americans become healthier, established a 10-year goal to “increase public knowledge of how adequate sleep and treatment of sleep disorders improve health, productivity, wellness, quality of life, and safety on roads and in the workplace.” One objective is to “increase the proportion of adults who get sufficient sleep.”

According to the Centers for Disease Control and Prevention (CDC), adequate sleep is defined as “more than seven hours per 24-hour period for adults over the age of 22 years old.”

Sleep is important for us to recharge both mentally and physically. A good night of sleep helps us feel refreshed so we can manage the day’s activities. However, some people find themselves unable to fall asleep, waking up frequently at night, or not feeling rested in the morning. Insufficient sleep can lead to irritability, depression, anxiety and fatigue.

If you find that you are having difficulty sleeping, keep in mind that you are not alone. Over 30% of Americans reported not getting adequate sleep, according to data from a 2008 National Health Interview Survey (NHIS).

Each of us can take positive steps towards better sleep to improve our health, well-being and quality of life. For more information on sleep and sleep disorders, visit the Emory Sleep Center’s website at www.emoryhealthcare.org/sleep.

Leigh Anne Clark, LCSW
and Nancie Vito, MPH, CHES, FSAP Consultant

Better Sleep Tips: Here are some tips that may help you sleep better

- Talk to your doctor about any disturbances you may be having in your sleep. What you do during the day effects how you sleep at night.
- Keep a sleep diary to keep track of your sleep patterns.
- Check the quality and comfort of your bed, especially the mattress and pillows.
- Eat healthy, quit smoking and avoid caffeine, alcohol or spicy food late in the day.
- Exercise for a half hour in the morning or late afternoon.
- Avoid computer/TV screen light just before sleep.
- Keep your bedroom dark and cool (65-68F).
- Prepare for an “hour of calm” before bed, avoiding stressful activities. It is important to decompress from the day.
- Create a quiet environment during sleep time – turn off electronic devices when you are not on-call; use a machine that produces soothing sounds; use ear plugs.
- Go to bed and wake up at the same time every day.
- If you are feeling stressed, sad, anxious, angry, hopeless or helpless, reach out and talk to someone. This may help alleviate tension and encourage better sleep at night.
Springtime Pantry Makeover

This is the time of year when we focus on renewal and new beginnings. As you do your “spring cleaning” around the house, consider tackling the family pantry. Get rid of any foods that are not in line with your health and wellness goals and replace them with healthier alternatives. Here are 4 tips to help you makeover your pantry for a new, healthier you.

1. **Load up on a variety of whole grains.** These complex carbohydrates are also a good source of fiber, B vitamins and antioxidants and have been linked to reduced risk of heart disease and better weight management. Give less common grains like barley, quinoa, couscous and farro a try. If you don’t know how to prepare these foods you can find great recipes at www.wholegrainscouncil.org.

2. **Pack away some plant-based proteins with beans, legumes, nuts and seeds.** These items can replace meat, chicken or fish in a dish when you are limited on time. The canned variety is okay to use, just be sure to choose a low sodium version or drain and rinse to reduce the salt content.

3. ** Spice up your foods with dried herbs and spices instead of salt.** These can usually be purchased at very reasonable prices at local farmers markets and have a shelf life of up to six months. Many spices are loaded with antioxidants, including cloves, cinnamon, oregano and turmeric.

4. **Stock up on a variety of teas for a flavorful, calorie-free beverage.** You can sip it hot or put it on ice for a southern-style treat. Black, green, and herbal teas contain flavonoids, an antioxidant that has been linked to health benefits.

**Sources:** The Whole Grains Council, 2010 Dietary Guidelines for Americans
Tara Cox, MPH, RD, Wellness Specialist

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**Pasta with Carrots, Peas and Bell Peppers**

**INGREDIENTS**
1/2 pound (8 ounces) farfalle or your favorite shape of pasta
3 tablespoons olive oil
1 small onion, diced
1 cup carrots, peeled and diced
1 cup red and yellow bell peppers, diced
1 cup green peas
1/2 cup grated parmesan cheese
1/4 cup goat cheese or mascarpone
1/4 cup low-fat cream cheese
1/2 cup reserved pasta water
Salt and pepper
Fresh parsley or basil
Zest of one lemon

**DIRECTIONS**
Bring a large pot of water to a boil over high heat. Add a heaping tablespoon of salt to the boiling water, and then add the pasta. Cook until tender, but still firm to the bite (al dente), stirring occasionally, about 8 to 10 minutes for farfalle. Drain, reserving about 1/2 cup of the pasta water for the sauce.

Meanwhile, in a large nonstick skillet, heat the oil over medium heat. Add the onion and cook until soft, stirring occasionally (about 5 minutes). Add the carrots and bell peppers and simmer (5-8 minutes). Add the peas and cook until they are warmed through (about 3 minutes). Remove the skillet from the heat and stir in the cooked pasta. Add the cheeses and the reserved pasta water, stirring until the mixture forms a sauce. Season to taste and garnish with parsley and fresh lemon zest.

Yields 6 servings. Nutritional Information (per serving): Calories 322, Fat 15 grams, Protein 12 grams, Carbohydrates 36 grams, Fiber 4 grams, Cholesterol 23 mg, Sodium 190 mg

Adapted from Giada De Laurentis
Nutrition analysis by Tara Cox, MPH, RD, Wellness Specialist
Organizing a Fitness Plan

Is your current fitness routine disorganized, cluttered, or maybe even non-existent? Do you walk into the gym with no plan for what you are going to do? Or maybe you struggle with consistency—exercising 4 days one week and only one day the next week, or you can’t seem to get into a regular exercise routine at all?

If you find yourself in one of these scenarios, or even if you just need to re-energize your routine, now is a great time to organize a new fitness plan. As with any good plan, take time to think about your fitness goals and to write down your action steps. Start putting your plan in place by answering the following questions:

**What type of activities will I do?** An ideal exercise program includes cardio-respiratory, strength, and flexibility exercises.

**How often will I exercise?** Write down how many days per week and the specific days you plan to exercise (i.e., Monday, Tuesday, Thursday, Friday). The American College of Sports Medicine recommends 30 minutes of moderate intensity activities, such as brisk walking or gardening, five days each week, plus two days of muscle strengthening activities.

**How many minutes will I spend on each activity?** If you can’t commit to 30 minutes each day, try starting with 15 minutes and working your way up. For weight loss, increase to 45-60 minutes each day.

**Where will I exercise?** If this includes outdoors, be sure to have a rain (or heat) plan in place.

Until your plan becomes a habit, keep track of your progress on a calendar or journal and give yourself monthly rewards for sticking with the plan. Every 6-8 weeks, revisit your goals and make changes if needed.

If you need help devising your fitness plan, contact FSAP at 404-727-4328 to schedule an appointment for fitness coaching.

Melissa Morgan, MS, ACSM-HFS
Wellness Specialist

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<tr>
<th>SAMPLE PLAN</th>
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<tr>
<td><strong>Cardio</strong></td>
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<td>Activity</td>
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<td>Minutes/Session</td>
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**Weight Watchers at Work**

**Weight Watchers at 1599 Clifton Road** - Tuesdays, 11:45 am-12:45 pm, Room 4A
**Weight Watchers at Clinic A** - Mondays, 12:15-1:15 pm, Brown Auditorium, Tunnel Level
**Weight Watchers at Administration Building** - Tuesdays, 12:30-1:30 pm, Room 301
**Weight Watchers at Decatur Plaza** - Fridays, 12:30-1:30 pm, Room 530

To register or for more information, contact Melissa Morgan, Wellness Specialist, at melissa.morgan@emory.edu, or 404-727-4328

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**BLOOD GLUCOSE SCREENINGS**

**May 4**
Woodruff P.E. Center
600 Asbury Circle
11:00 a.m. – 12:30 p.m.

**May 25**
Blomeyer Fitness Center, 5th Floor
Conference Room
1525 Clifton Rd
4:30 p.m. – 6:00 p.m.

**June 22**
Blomeyer Fitness Center, 5th Floor
Conference Room
1525 Clifton Rd
4:30 p.m. – 6:00 p.m.

**BLOOD PRESSURE SCREENINGS**

**May 20**
Emory Police Department
Training Room
1784 N. Decatur Road
11:00 a.m. – 12:30 p.m.

**June 2**
Whitehead Biomedical Research
Building, Auditorium
615 Michael Street
10:00 a.m. – 11:30 a.m.

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**FREEDOM FROM SMOKING**

June 3 – July 22, 2011
Every Friday from 12:00 – 1:30 PM
Emory Wellness Center
1762 Clifton Road NE
Suite 1100, Conference Room
Enrollment is $50.00

Classes are open to Emory employees, students, patients, friends and family.