

SHAPE NEWSLETTER

LIVINGSTON COUNTY NEW YORK

MANAGING WORKPLACE STRESS

Respond with kindness and compassion: a difficult practice but rule of thumb is to give the benefit of the doubt.

Breathe: stop, take three deep belly breaths and release slowly. This will energize while calming your nerves.

Determine what can wait: prioritize every day depending on urgency, put a plan in place and then execute.

Recharge your battery: implement meditation or exercise and find ways to limit the chaos by treating yourself with some rest and/or a fun activity you enjoy.

Information gathered from Forbes Woman

Stay safe.
Protect your mental health.



Stay safe.
Take care of your mental health.



IMPORTANT REMINDER:

Community Services and the Department of Health have set up a free and confidential Employee Help Line to provide mental health support during this challenging time.

Please call 243-7265, Monday - Friday, 9 am - 5 pm for additional support.

JULY 2020

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Special item of interest:

Look for information in the coming weeks for the rescheduled date for this years 10th Annual SHAPE 5K



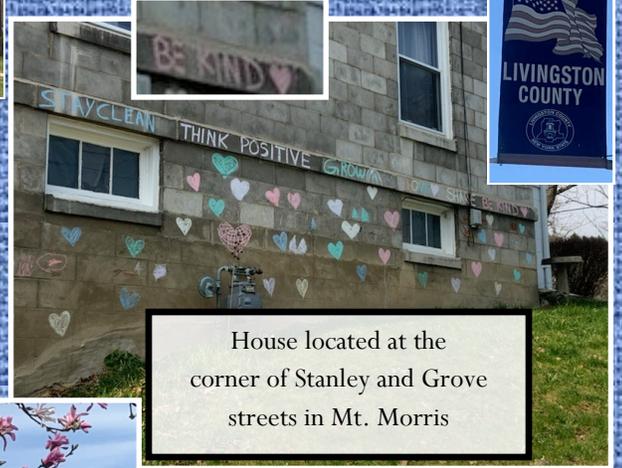
What costs about 20 cents,
helps fight bloat, stress,
cardiovascular disease, diabetes
and comes in a

free carrying case?





On May 12th, the Sheriff's Mounted Patrol was at the Mt. Morris campus! This outing gave the CNR residents and other county staff on campus something to smile at during these difficult pandemic days. Thank you for the visit!



House located at the corner of Stanley and Grove streets in Mt. Morris



This sign was placed at the employee entrance of the CNR



Operation Thanks From Above Western NY



Looking for information on what is happening in Livingston County?

Check out these resources:

<https://mylivingstonlife.com>

<https://www.livingstoncountychamber.com/event/calendar>



Share ideas at:

Shape@co.livingston.ny.us

MAY YOU BE PROUD
OF THE WORK YOU DO
THE PERSON YOU ARE
AND THE DIFFERENCE
YOU MAKE

5 Ways to burn unwanted weight:

- * Eat Protein
- * Drink Water
- * Move Every Day
- * Sleep
- * Eat Breakfast

Weight loss is like driving:
If you ever veer off the road,
just make a U-turn
and head back in the right direction.

Quick Exercises While At Your Desk

- ◆ Do simple stretching exercises of your arms, legs and neck to decrease stiffness and to lesson tension.
- ◆ Roll shoulders, wrists and ankles in circles a few times.
- ◆ Slowly flex your head forward, then to the right and left.
- ◆ Don't forget to stand up every half hour or so and walk around a bit. This will give your eyes a break from focusing on your computer screen. Remember to take care of *you!*

Walking Fun Facts

- ◆ Brisk walking helps reduce body fat, lower blood pressure, and increase "good" cholesterol.
- ◆ The longest walk around the world was completed by a former neon sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries over 11 years.
- ◆ Race-walking has been an official Olympic sport for over 90 years. Distances vary from 1 mile to 95 miles.



AMBROSIA PARFAIT

Calories 167, Protein 6g, Carbohydrates 34g, Cholesterol 2mg, Total Fat 1g, Fiber 3g, Sodium 67 mg - by The American Heart Association, Meals in Minutes Cookbook

Serves 6, 1 cup per serving

- 1 medium banana, sliced
- 1 cup cubed fresh or bottled mango
- 1 - 11oz can mandarin oranges in water or light syrup, drained
- 1 - 8oz can pineapple tidbits, drained
- 1/2 cup sliced strawberries
- 1 tablespoon shredded coconut
- 3 cups of fat free or low fat lemon yogurt
- 2 tablespoons dried cranberries (optional)

In medium bowl, combine banana, mango, mandarin oranges, pineapple, strawberries and coconut.

Assemble in layers, first spoon 1/4 cup of yogurt into each parfait glass or small serving dish, top each with 1/4 cup of fruit mixture and repeat. Sprinkle with cranberries, cover and refrigerate for up to 4 hours before serving.

