

2024 Healthy Lifestyle Tips & Recipes

The GPBCH Health & Well-being Interest Group is excited to provide you with the 2024 Healthy Lifestyle Tips! Each month we will share a new tip and recipe to help you achieve a healthier you!

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May 2024
Healthy Tip

Take Care of Your Mental Health



Learning Mental Health Self-Care...

Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness. Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact. Here are some self-care tips:

- **Practice gratitude**. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on positivity**. Identify and challenge your negative and unhelpful thoughts.
- **Stay connected**. Reach out to friends or family members who can provide emotional support and practical help.
- **Get regular exercise**. Just 30 minutes of walking every day can boost your mood and improve your health.
- **Eat healthy, regular meals and stay hydrated**. A balanced diet and plenty of water can improve your energy and focus throughout the day.
- **Make sleep a priority**. Stick to a schedule, and make sure you're getting enough sleep.

For more tips, or to learn more about when you should seek professional help, visit the [National Institute of Mental Health's website](#).

May 2024 Healthy Recipe

Energy Bites



Banana Energy Bites

Ingredients

- 1 overripe banana
- 1 cup dry quick-cooking rolled oats
- 1/2 cup roasted & salted pumpkin seeds (pepitas)
- 1/2 cup dried cranberries
- 1/2 cup natural peanut butter
- 1/4 cup miniature semisweet chocolate pieces

Preparation Step

In a medium bowl mash banana with a fork until smooth. Stir in oats; pumpkin seeds, dried cranberries, peanut butter & chocolate pieces. Using 1 tbsp. for each bite, shape into 32 balls; flatten slightly. Chill until ready to serve.

Cherry-Cocoa-Pistachio Energy Balls

Ingredients

- 1 1/2 cups dried cherries
- 3/4 cup shelled salted pistachios
- 1/2 cup almond butter
- 3 Tbsp. cocoa powder
- 4 Tbsp. pure maple syrup
- 1/2 tsp. ground cinnamon

Preparation Steps

1. Combine cherries, pistachios, almond butter, cocoa powder, maple syrup & cinnamon in a food processor. Pulse until finely chopped, 10 to 20 times, then process for about 1 minute, scraping down the sides as necessary, until the mixture is crumbly but can be pressed to form a cohesive ball.
2. With wet hands (to prevent the mixture from sticking to them), squeeze about 1 Tbsp. of the mixture tightly between your hands & roll into a ball. Place in a storage container. Repeat with the remaining mixture.