Recognize when you need a mental health break or self-care.
Check in with your emotions throughout each day. Consider the following questions to reflect upon your current situation.

- Am I stressed?
- Am I sad?
- Am I angry?
- Am I struggling to focus?
- Am I exhausted?

Find your own way to promote self-care.
Self-care may look different for each person. Find something that works for you.

- Exercise
- Listen to music
- Call a family member/friend
- Arts/crafts
- Journal | Read

Know important resources for seeking help.
- Local in-person therapist
- Local mental health treatment centers
- Telehealth therapists
- Crisis hotline: call or text 988

Understand how to have a conversation/approach others if you are concerned about their mental health.
1. Identify an appropriate time and place that offers a private setting to promote comfort and reduce distractions.
2. Express your concerns and be direct about the reasons.
3. Acknowledge their feelings without judgment and actively listen.
4. Offer to help them identify mental health treatment services.
5. Be patient as the process takes time.

May is Mental Health Awareness Month. While health is often discussed in relation to the physical body, mental health is an essential focus, as well. Mental health refers to our emotional and psychological well-being, including our thoughts, feelings, actions, and decisions. There is often an associated stigma with mental health, and it is important to understand what mental health really entails, how to recognize when you need a mental health break, ways you can promote self-care, important resources, and how to look out for others. Let’s explore all of this below so you can feel your best every day!
Macaroni Salad

Prep Time - 1 Hour | Cook Time - 1 Hour | Yield - 4 Servings

Macaroni Salad Ingredients:
- ¼ Cup Celery, Diced
- ¼ Cup Carrots, Julienne
- ¼ Cup Red Onion, Diced
- 1 Cup Macaroni Elbows, Dry

Directions: Cook macaroni pasta per package instructions. Allow to cool for 10 minutes after straining from water. Combine all other ingredients, add to cooked macaroni, combine well and let sit under refrigeration. I typically add a little extra milk or water before service as the macaroni typically absorbs a lot of the liquid.

Meat Hot Sauce Ingredients:
- 1 lb. Ground Beef
- 1 White Onion, Diced
- 1 Cup Celery, Diced
- 3 Garlic Cloves, Chopped
- ½ Tsp Cumin
- 1/8 Tsp Nutmeg

Directions: Sauté ground beef on medium heat in a stock pot, breaking up chunks as small as possible. Once cooked through, strain out fat and reserve in a bowl. In same pan, add celery, onion and garlic and sauté until softened, but no caramelization. Add beef base, vinegar, ketchup, brown sugar and red hot. Stir until cooked through. Add ground beef back to the pot, along with all of the remaining seasonings. Allow to cook over medium heat for 10 minutes, then add water until mixture is covered, bring to a boil, reduce to simmer and cover. Stir occasionally. After 40 minutes, remove pot from stove, puree with an immersion blender or food processor, and return to simmer. Season as needed.

Assembly:
- 4 80/20 Hamburgers, Grilled
- 4 Slices American Cheese, Yellow
- 2 White Zweigles Hot Dogs, Pop-Open, Cooked
- 1 lb. Home Fries, Cooked
- ¼ Cup Onion, Chopped

Begin with a mound of macaroni salad on one side of your plate. Add seasoned and crispy home fries. Or baked beans. Maybe French fries. Tater tots? Put your cheeseburgers on top, along with the hot dogs. Pour over that meat hot sauce. Drizzle yellow mustard over the entire plate, top with red hot and chopped onions, and affix your buttered bread and dig in.

Do you have questions or ideas?
Reach out to Tori Martinez, District Registered Dietitian, at victoria.martinez@sodexo.com

You can also learn more at mindful.sodexo.com

NEXT MONTH:
Next month we will focus on staying healthy during travel and vacations.