

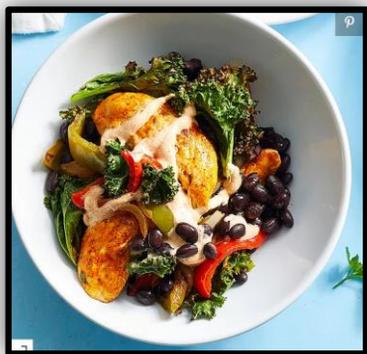


Wellness Newsletter

Recipe of the Month

Sheet Pan Chicken Fajita Bowls

With Cinco de Mayo in May, lets put a healthy twist on a Mexican favorite. Ditch the tortillas, pack it with veggies and make it all in pan. Making it healthier and an easy clean up. Get the recipe [here](#)



Getting Fit with Virtual Fitness!

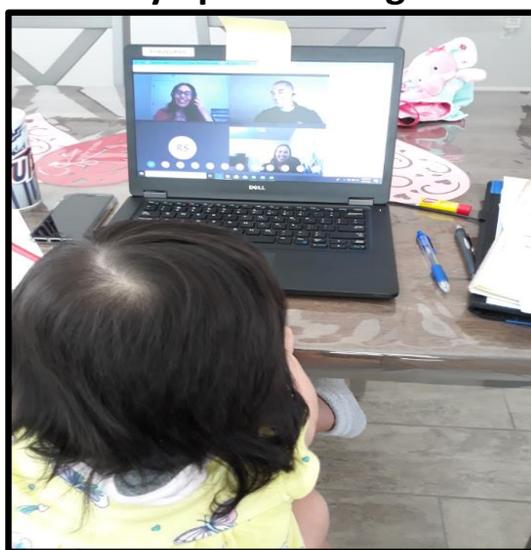
Daniel Alvarado our "6 Weeks to Healthier You" coach is going online to get you strong at home! Click the links below to get started. Take pictures of you doing them and be featured on our next healthy selfie series!

[Pushing Through with Daniel #1](#)

[Pushing Through with Daniel #2](#)

Have you Heard...

There are new virtual wellness classes giving you the opportunity to earn wellness points and gain some useful wellness knowledge! Look out for dates on upcoming topics that will be put out on Broadcast and myelpasotexas.gov



Rosemary Payan's daughter enjoying our wellness webinar.



Spotlight of the Month Healthy Selfies Staying Active



Oscar Ruiz, ESD



Glenn Pritchard, ESD



Natascha Norman, MCAD



Vanessa Munoz, Sun Metro



Roman Sandoval, HR



Did you know?

Approximately 43.8 million adults in the United States face the day-to-day reality of managing the symptoms of a mental illness.

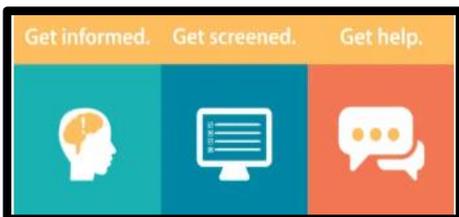
MAY MENTAL HEALTH AWARENESS MONTH

Mental illness affects everyone directly or indirectly through family, friends or coworkers. The goal for mental health awareness month is to fight stigma, provide support, educate and advocate for those with mental illness and their families.

Screening is a great start!

Screening is a great way to start. However, it is not a replacement for a diagnosis but it can be a helpful tool for starting a conversation with a therapist or doctor.

[Mental Health America Free Screening Tool](#)



Mindfulness Challenge

Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. Challenge yourself to learning and developing a practice by accomplishing each of these goals each day for a week. There are many resources online that can help you with your challenge [Help Guide to Benefits of Mindfulness](#) in one of the many great resources.

Day 1: Read about the benefits of mindfulness

Day 2: Learn a mindfulness meditation technique

Day 3: Practice your newly learned meditation technique for 1 minute in the AM and 1 minute in the PM

Day 4: Write down a journal entry about an event that happened during the day that made you happy.

Day 5-7: Continue to practice your meditation technique trying to practice a little longer each time.

Where can you find assistance?

YOU ARE
NOT
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

Employee Assistance Program:

Non-Uniform Employees Contact
Deer Oaks website: www.deeroakseap.com
Username and Passcode: coelpaso
Helpline: 866-327-2400
Email eap@deeroaks.com

Uniform Fire & Police Contact
Integrity Employee Assistance
Helpline: 915-593-5676
Email: www.wellconnectcounseling.com

National Alliance on Mental Illness NAMI: [NAMI Texas](#) Largest grassroots mental health organization that provides support and education for those affected directly or indirectly to mental illness. You can find online support groups and classes.

Use Technology. Many Apps can help on the journey. Aetna's [MindCheck](#) is a good start. If you are interested in learning about others [Psycom](#) has an article on the top 25 mental health apps.

City's Health Coach: If you would like help navigating through the information and resources available you can always contact the City's Health Coach/Wellness Coordinator.

Christina Chacon email: chacon@elpasotexas.gov

City of El Paso Employee Wellness Program
Contact ShapeltUp@elpasotexas.gov