

# “Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, [adeem@scgov.net](mailto:adeem@scgov.net) or 650-9908

## STRESS

- 75-90% of all visits to primary care physicians are for stress-related complaints or disorders.
- In 2004, NIH reports that preschoolers are the fastest growing group of patients in the US receiving anti-depressant medication.
- 40% of workers report that their job is “very” or “extremely” stressful.
- 26% of workers say they are “often” or “very often” burned out or stressed by their work.

### WHAT TO DO:

Listen to music. 64% of participants within a Global study said listening to music is a stress reliever.

Create a circle of friends. Studies reveal that when an animal is surrounded by familiar companions, and is exposed to a stressor, the level of its stress hormone does not increase.

Take a walk. Small bursts of physical activity can produce significant results in terms of reducing stress.

Ask the professionals. EAP (917-1240) provides 4 free counseling visits per situation, call and make an appointment while the problem is still manageable.

Do some Spring cleaning & apply Time Management skills. Good news: 49% of men & 55% of women save things in files. Bad news: 26% of men & 23% of women save things in piles. Dedicate some time to purge and file.

For the complete article visit [www.welcoa.org](http://www.welcoa.org)

## Clean Air Bike Ride

Join the March 5, 2005 Clean Air Bike Ride. The trail travels through Pasco, Citrus and Hernando Counties. You can choose between three route lengths through the Wilhalacoochee Trail State Park, listed among the top 20 bike trails in the country by National Geographic. For more information, call 1-800-LUNG-USA or 727 347-6133.



## Roasted Beet & Goat Cheese Salad with Sherry Walnut Vinaigrette

### Serves 8

- 10 small red beets, rinsed
- 1/2 cup sherry vinegar
- 1 tsp Dijon mustard
- 1/4 tsp agave nectar or honey
- 1 clove garlic, minced
- 1/2 cup walnut oil
- 1/4 cup olive oil
- Sea salt and pepper, to taste
- 1 lb baby spinach, roughly chopped
- 5 oz arugula, roughly chopped
- 1/2 cup walnuts, toasted
- 4 oz goat cheese, crumbled

1. Heat oven to 400°F. Place beets on a piece of aluminum foil on a baking sheet and make a sack out of the foil, sealing tightly. Bake for 40 minutes. Remove from oven and let beets steam in sack for 10 minutes. Undo sack and let cool slightly.
2. Whisk the vinegar, mustard, agave nectar or honey, and garlic in a small bowl. Slowly whisk in the oils and season with salt and pepper.
3. After beets have cooled enough to handle, slip off their skins and slice into bite-sized pieces. Mix beets with half of vinaigrette. Mix spinach and arugula with the rest of the vinaigrette and top with beets, walnuts, crumbled goat cheese and serve.

### Nutrition Info

Per serving (5.5 oz-wt.): 180 calories (130 from fat), 14g total fat, 3.5g saturated fat, 6g protein, 9g total carbohydrate (3g dietary fiber, 4g sugar), 5mg cholesterol, 240mg sodium

[www.wholefoodsmarket.com/recipes/roastedbeetsalad](http://www.wholefoodsmarket.com/recipes/roastedbeetsalad).