

MaPS Newsletter

Mentoring and Peer Support

Spring Into a Clear Mind

For many people, Spring is the time to clean house. We vacuum behind the couch that never moves, shampoo the pillows, and even dust the top of the ceiling fan blades. But Spring is a good time to clean more than our homes—it’s a great idea to “clean out” our minds as well.

If we wash away the negativity and drama from our minds, we start the Spring season rejuvenated and refreshed. It’s time to let go of the toxic relationships, bad habits, negative thoughts and negative talk. Instead, let’s focus on positive friendships, gratitude, creative projects, and what makes you happy!



Tips for Self Care



Exercise increases energy levels, improves happiness, and can be done anywhere!

Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active!



Practice mindfulness. Remember to pause and breathe in the morning and before bed to help you remain calm and present.

Sleep plays a major roll in overall health and anxiety. It’s hard in EMS but try to get 7-9 hours of sleep on your off days!



Try to be thoughtful when shopping. It’s easy to order takeout but the body and mind typically feel better when fueled with healthy foods.

Having a routine can help us to maintain a sense of normalcy and improve overall mental health.



Ask for help! Our connections with others help us to cope. Always reach out when you feel the need to talk!

Fresh From the Facebook Presses!

We love to hear from all of you about how you deal with the stress of the job, and this past week on Facebook we heard from several employees about the benefits of floatation therapy. Float therapy allows the mind and body to relax and reset. Using epsom salts for buoyancy, this therapy eliminates the gravitational pull from the musculoskeletal and nervous systems.

This type of therapy is becoming more popular to help treat PTSD, anxiety, and even possibly a TBI. The reviews from our EMS family are glowing! Let us know if you try it out!

Disclaimer: this is not a treatment recommendation or medical advice. Always seek out a trained professional before trying any new treatment options.

Recipe of the Month: Tarragon Chicken (or Tofu)

Ingredients

- 2 lemons
- 1/4 cup olive oil
- 4–6 garlic cloves, finely minced (or use a garlic press)
- 2 tsp salt
- 1/2 tsp pepper
- 1 oz package of fresh tarragon leaves, rough chopped (about 1/3 cup)
- 1 extra large bunch asparagus, trimmed (about 1 1/2 pounds)
- 1–2 large leeks, sliced into 1/2in thick rounds
- 1 lb chicken breast or sub tofu

Preheat oven to 450F. In a bowl zest one lemon, and add its juice. Add oil, garlic, salt and pepper, and mix well until the salt dissolves. Add half of the fresh tarragon, saving the rest for garnish.

Place trimmed asparagus and leeks in a bowl and pore some of the marinade over top. Toss to combine and place on a sheet pan with parchment paper.


If using tofu, cut into 3/4 inch thick slabs place in the bowl adding a little more marinade, toss to coat, add to the sheet pan.

If using chicken add the chicken breasts, with remaining marinade, coating well. Place the chicken amongst the asparagus.

Zest the second lemon over the whole sheet pan and slice the lemons into rounds, layering them over the asparagus. Place in the oven. If using tofu, either nestle it into one side of the pan or place it on a separate sheet pan.

Bake 20 minutes. Chicken should read 160-170 F.

To get a more golden color broil for just a couple minutes. Remove from the oven. Give everything a little toss, turning chicken over to coat the top with the flavorful juices. Sprinkle with remaining fresh tarragon and serve. Let us know how you like it!



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