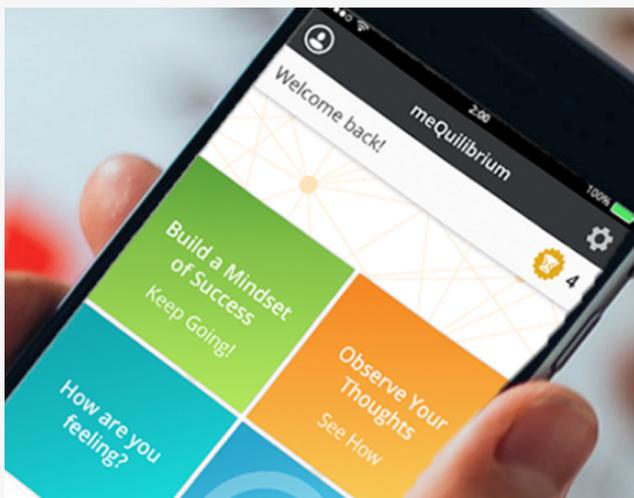


THE BRIGHT SIDE

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LECOM HEALTH



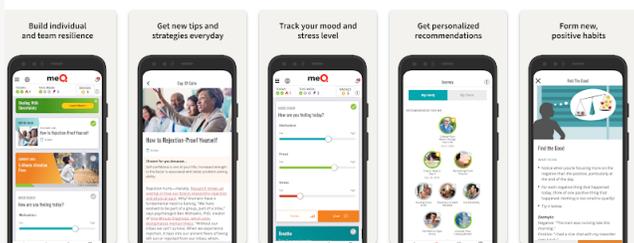
Coming soon: meQuilibrium

meQuilibrium (meQ) is a mobile app designed to methodically analyze the data from our workforce to provide insights that will drive better performance and allow critical shifts for our business.

meQ helps us understand the thinking patterns and habits that cause us to feel overwhelmed, anxious, or burned out. Through daily content, activities, short videos and live training experiences, our personalized growth paths are intended to improve our ability to manage challenging situations and uncertainty.

The Workforce Resilience Suite will help us build resilience across our organization, with the intelligence we need to take effective actions, and the analytics to demonstrate results.

Look for an announcement on this in the coming weeks!



Fitness Tip

Training for the LECOM 5K or 1-Mile Wellness Walk is a great way to begin walking more. Learn more about the LECOM Take A Step for Healthcare Heroes Live and Virtual 5K at www.livefitrace.com/lecom5k

Preventative Care Tip

May is Women's Health Month. Time to get back on the books! **90% of women** say they have been visiting friends and family, dining, shopping and more during the pandemic, but **only 48% of women** are visiting their doctors' offices.



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



FINANCIAL



ENVIRONMENTAL



SOCIAL



VOCATIONAL

Featured Recipe

Cinco De Mayo Balance Bowl

INGREDIENTS

- ✓ 1/3 cup roasted sweet potatoes
- ✓ 1/3 cup charred corn
- ✓ 1/3 cup grilled chicken
- ✓ 1/3 cup onions & peppers
- ✓ 1/3 cup black beans
- ✓ 1 cup cooked brown rice/quinoa blend
- ✓ 1/2 avocado

PREPARATION

ROASTED SWEET POTATOES: Preheat oven to 400 degrees. Chop sweet potato into bite-size pieces. Roast 20-30 minutes until tender.

CHARRED CORN: Steam corn in microwave or on stovetop. To char corn, place on hot BBQ or grill pan, rotating every few minutes.

GRILLED CHICKEN: Season with fajita seasoning mix. Sear both sides evenly until chicken is cooked through. Chop into bite-size pieces.

BLACK BEANS: Cook black beans in liquid on low heat 5 minutes until warm.

COOKED BROWN RICE/QUINOA BLEND: Use one-half brown rice and one-half quinoa.

BALANCE BOWL: Layer 1 cup rice/quinoa blend in bowl. Top with sweet potatoes, corn, chicken, vegetables, beans and avocado. Enjoy with hot sauce!



Mental Health Tip

Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach. If you are concerned about your mental health or that of someone you care about, you are not alone. Help is available, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a really big step.

