



BalanceWorks[®] Newsletter

May 2014 | Written by the work/life experts at eni



Natural Happiness Boosters

Everyone gets in a slump or feels down now and then. It's impossible to be happy all the time, but there are so many quick and easy things you can do to boost your mood naturally. Next time a foul mood strikes, try any or all of these natural happiness boosters:

Get Active

Physical activity releases endorphins and raises energy levels. Simply do something to get your heart pumping. If you have time, hit the gym or pop in an exercise video. Even if you are work, take a brisk walk on your lunch break, use the stairs instead of the elevator, do 25 quick jumping jacks, or simply stand up and march in place while on a conference call.

Step Outside

Sunlight and fresh air can improve mood instantly and nature has been shown to have a calming effect on people. Next time you're upset, visit a local park or nature trail to surround yourself with the beauty of the outdoors. If this isn't an option even a leisurely walk around your neighborhood or just stepping outside for a few minutes while at work can do the trick.

Connect

When feeling especially low, it often helps to reach out to someone you care about. Many people have a go-to friend or family member who can always make them feel better. Call your mom for some good old fashioned nurturing, email your brother who always makes you laugh, or grab some coffee with your oldest friend.

Do a Good Deed

Helping others has the added benefit of making you feel better. Go big and donate your time to a soup kitchen, volunteer to help the environment, or choose a charity to pledge money to. It also helps your mood to do good deeds on a daily basis. Paying a compliment, holding the door open, or visiting a sick relative can all make you feel happy.

Tackle your To-Do List

Focus on accomplishing at least one thing on your to-do list. Having a long list of chores or unpleasant tasks looming can make us feel overwhelmed. By tackling something and checking it off your

For more information or support on happiness, contact the work/life experts at **BalanceWorks[®]** by calling:

1.800.327.2255

eni's BalanceWorks[®] program is a confidential 24/7 service provided by your employer to help achieve work/life balance.



Just a reminder that **eni**'s exclusive mobile app *BalanceGo* is now available to all of our *BalanceWorks* customers



Access *BalanceGo* in 2 easy steps:

Step One: Download the application by visiting the app store and search “*BalanceGo*”.

Step Two: Log in with your existing mybalanceworks username and password. If you have not previously created an account, you may do so at www.mybalanceworks.com and enter in your company's Member ID and Group ID.

For log-in assistance call 1-800-327-2255



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Incorporate foods that are rich in selenium into your diet. This mineral acts like an antioxidant in the body and antioxidants can help combat oxidative stress, which can improve your mood. Beans, lean meats, poultry, low fat dairy products, seafood, and nuts are all good sources of selenium.

Studies have shown that eating fish high in omega-3 fatty acids can help lower the risk of having symptoms of depression (especially in women). Good sources of Omega-3 fatty acids include salmon, tuna, sardines, herring, and trout.

Make sure you get a daily dose of vitamin D. Very few foods naturally contain vitamin D, but many foods such as cereals, juices and milk are actually fortified with this vitamin and will say so on the packaging. Vitamin D can be found naturally in some amounts in fatty fish, liver, egg yolk, and cheese. However, possibly the best source of vitamin D is simply from sun exposure. The sun's rays actually allow our bodies to synthesize and regulate vitamin D.

Finally, treat yourself to a small portion of dark chocolate every now and then. Eating dark chocolate can actually release endorphins, making you feel better!

Remember that your EAP is available to assist if you are feeling down or simply looking for additional strategies to improve your mood on a daily basis.

list, you will instantly feel a sense of relief and satisfaction.

Fake It

Follow the old adage “fake it until you make it”. Next time you're in a bad mood, instead of dwelling on it, simply act like you're happy. Smile, act friendly, think happy thoughts. Research has shown that even an artificially induced smile can boost your mood.

Eat Happy

Did you know that the food and beverages you consume can actually have an effect on your mood? In general eating a heart healthy diet that is high in fiber and low in saturated fat is a great way to boost your mood. Here are some more specific guidelines on how you can use food to boost your mood:

Eat foods that are rich in vitamin B12 such as meat, poultry, dairy, and fish in combination with foods that are rich in folic acid such as beans and greens. For breakfast try an omelet with spinach and cheese, for lunch have a spinach salad topped with salmon, and for dinner make a delicious burrito stuffed with black beans and chicken.

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