

# cg1 WELL SAID.

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## Journaling for Mental Health

When you were a teenager, you might have kept a diary hidden beneath your mattress. It became your confidant and a place to confess your struggles and fears without judgment or punishment. It probably felt good to get all of those thoughts and emotions out of your head and down on paper.

Although you may have ditched the diary once you reached adulthood, the concept and its benefits still apply. Now it's called journaling. It's simply writing down your thoughts and feelings to understand them more clearly.

### Journaling benefits

One of the ways to deal with any overwhelming emotion is to find a healthy outlet in which to express yourself, which makes a journal a helpful tool in managing your mental health. Journaling can help:

- **Manage anxiety**
- **Reduce stress**
- **Cope with depression**
- **Prioritize problems, fears, and concerns**
- **Track any symptoms day-to-day so that you can recognize triggers and learn ways to better control them**
- **Provide an opportunity for positive self-talk and identifying negative thoughts and behaviors**
- **Identify stressors or anxiety**
- **Create a plan to resolve problems and reduce stress**



### How to journal

Try these tips to help you get started with journaling:

- **Try to write every day. To encourage yourself to write in your journal regularly, set aside a few minutes every day.**
- **Make it easy. Keep a pen and paper handy at all times so that when you want to jot down your thoughts, you can. You can also keep a journal in a computer file.**
  - **Write whatever feels right. Your journal doesn't need to follow any particular structure. It's your own private arena to discuss whatever you want. Let the words flow freely without worrying about spelling mistakes or what other people might think.**
  - **Use your journal as you see fit. You don't have to share your journal with anyone. If you do want to share some of your thoughts with trusted friends and loved ones but don't want to talk about them out loud, you could show them parts of your journal.**

Keeping a journal helps you establish order when your world feels like it's in chaos. It helps you get to know yourself by revealing your innermost fears, thoughts, and feelings. Look at your writing time as personal relaxation time, a time when you de-stress and wind down. Write in a place that's relaxing and soothing—maybe with a cup of tea. Look forward to your journaling time, and know that you're doing something good for your mind and body.

<https://www.urmc.rochester.edu>

**"A word after a word after a word is power." - Margaret Atwood**

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## 5-MINUTE GOLDEN MILK

Creamy, easy golden milk with dairy-free milk, ginger, turmeric, and coconut oil. Naturally sweetened, incredibly healthy, and so delicious. Ready in just 5 minutes!

**Author:** Minimalist Baker

### Ingredients:

1 1/2 cups light coconut milk (canned)  
1 1/2 cups unsweetened plain almond milk  
1 1/2 tsp ground turmeric  
1/4 tsp ground ginger  
1 cinnamon stick or 1/4 tsp ground cinnamon  
1 Tbsp coconut oil  
1 pinch ground black pepper  
Sweetener of choice (i.e. maple syrup, coconut sugar, or stevia to taste)

### Directions:

—In a small saucepan, add coconut milk, almond milk, ground turmeric, ground ginger, cinnamon stick, coconut oil, black pepper, and sweetener.  
—Whisk frequently over medium heat, until hot to the touch but not boiling - about 4 minutes.  
—Turn off heat and taste: add more sweetener, turmeric or ginger to adjust flavor.  
—Serve immediately (leave cinnamon stick behind). Best served fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop or microwave until hot.

## 10 Changes to Get More Exercise Every Day

<https://timewellspent.anthem.com>



Do squats or lunges at your workstation and work your entire lower body



Swap out your chair for an exercise ball



Use the stairs instead of the elevator



Park farther from the entrance to add some extra steps



Add some incline to your flat treadmill workout to burn extra calories



Try planks instead of crunches for a more complete core workout



Choose pushups instead of bicep curls - you'll work more muscle groups in the same amount of time



Break up your cardio with an interval workout



Take a walk at lunch rather than sitting the whole time



Try something new - take a different group exercise class with a friend



**Contact Us!**  
CGI Wellness Team  
[wellness@cgibusinesssolutions.com](mailto:wellness@cgibusinesssolutions.com)  
T: 866.841.4600  
F: 603.622.4618



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