




5 Ways Busy Parents Can Achieve Better Balance

BUSY. HURRIED. OVERWHELMED. If you have kids and those sentiments sound familiar, you're not alone—more than 80% of parents say they frequently feel rushed. Between jobs, school, homework, sports, and more, these five tweaks can help you strike a better balance as you try to juggle it all.

1. MASTER the SLOW COOKER.
Prep your ingredients the night before, refrigerate them in the removable insert, plop it into your slow cooker, and hit "start" in the a.m. A hot meal will be waiting for you when the day is done.



2. SEIZE the NIGHT.
Before the morning gets going, take some time to prep what you can the night before, such as laying out clothes for yourself and your kids and packing backpacks.


5. TACKLE CHORES TOGETHER.
Involve your family in household responsibilities such as cleaning up after dinner or tidying the house on weekends. You'll knock them out more quickly and free up time for other activities.



3. CREATE LUNCH LISTS.
Sit down with your kids and make a list of different proteins, grains, fruits, veggies, and snacks that they enjoy. Use the list as your guide to streamline the lunch-packing process and ensure you're sending a balanced meal.



4. LET SOMETHING GO.
You might make it to the grocery store tonight, but laundry will have to wait until tomorrow. Maintaining realistic expectations is key for managing a hectic schedule.



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BALANCING ACT

Less than one in five Bermudans eats the recommended five or more servings of fruits and vegetables per day. Use the EatWell Plate to make sure your family's balancing act includes well-balanced meals: www.gov.bm/sites/default/files/EatWell_Plate_%28revised%20july%202017%29.pdf.

5 Ways to Treat Yourself to a Self-Care Staycation This Spring

Instead of traveling this spring, consider a self-care staycation to nurture your health and well-being. Try these tips.



health facts

Houseplants Deliver a Breath of Fresh Air

Indoor air is swarming with toxic gases known as volatile organic compounds (VOCs) that come from household items such as cleaning supplies, paint, and furniture. VOCs are linked with a variety of health-related issues including eye, nose, and throat irritation, headaches, fatigue, nausea, organ damage, and possibly even cancer.

Fortunately, you have a partner in combating VOCs: the humble houseplant. Houseplants not only spruce up your space, but they (and organisms in potting soil) can significantly reduce concentrations of VOCs.

The Best Air-Purifying Plants

Many of the best plants for purifying the air are also pretty low-maintenance. Some examples to consider include:

- Lady palm
- Rubber plant
- English ivy
- Dwarf date palm
- Ficus
- Peace lily

If you have allergies or asthma, check with your provider before adding indoor plants, as they have the potential to harbor mold. Your best bet, especially if you're sensitive to mold, is to limit yourself to a few plants and avoid overwatering them.

Bring on the Green

In addition to cleaning the air, indoor plants may decrease stress levels and boost your mood. With benefits like these, a trip to your local nursery may be key for creating a healthier home.



Plan Ahead

Don't let daily life overtake your days off. Ignore your to-do list, and avoid your phone and email. Focus on things that nurture body and mind, such as reading a good book.

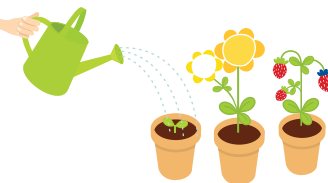


Get Active

Exercise provides health benefits such as reducing stress and boosting mood. Instead of hitting the gym, engage in activities you enjoy, such as tennis with friends or a bike ride.

Explore Like a Tourist

Take the time to explore your surroundings with the eyes of a tourist. Visit a historic site. Hit the beach. Grab a travel guide for a new perspective.



Smell the Fresh Air

Take advantage of the world outside. Open or simply look out your windows. Dig in some flowerpots. Go for a hike.

Splurge a Little

Vacations should be fun. But when you splurge during a staycation, do so in ways that promote well-being. Get a massage or try a healthy new restaurant.



The goal of a staycation is to slow down and take time for yourself. After all, a vacation that helps you recharge may be the best adventure of all.



STAYCATION INSPIRATION

You might have overlooked activities that are close to home. Need ideas? Visit www.gotobermuda.com.

What's the Buzz About Matcha?

Matcha is everywhere, not only as a beverage, but an ingredient in everything from lattes to ice cream. But what is it?

Meet Your Matcha

Matcha is a type of green tea that's grown in the shade. The harvested leaves are steamed and ground into a powder. Unlike a traditional tea bag, you consume the actual powdered tea leaves when drinking matcha.

Matcha contains more caffeine and higher concentrations of the amino acid L-theanine than other green teas—a combination that can make you feel alert yet relaxed. Matcha also contains higher concentrations of the antioxidant epigallocatechin

gallate (EGCG) than other types of green tea. EGCG may protect against cancer and other diseases.

Get Your Froth On

Ready to try it? Heat water until just before it boils. In a bowl or cup, combine about 1 teaspoon of matcha powder with 6 ounces of hot water. Using a matcha whisk or electric frother, blend the water and powder together until the matcha becomes frothy.



Enjoy!

Simple Steps to Getting Over **FOMO**

The fear of missing out, or FOMO, is so common that it's listed in the *Oxford English Dictionary*. It describes the anxiety or worry that an exciting activity may be happening elsewhere, without you.

Research shows that FOMO negatively affects us emotionally, physically, and cognitively. It leads to depressive feelings, reduces motivation, hinders face-to-face relationships, makes us sluggish, puts us in a bad mood, and reduces our satisfaction with life. So how do we fight it?

Establish Boundaries

Social media plays a major role in FOMO. Scrolling our friends' carefully crafted posts can make us feel inadequate. The fear of missing out drives us right back to social media so that we don't feel out of the loop. Stop the cycle by reducing screen time. If you're not willing to cut social media out completely, set a specific time of day when you check your device.

Set Goals

Sometimes the fear of missing out causes us to do as much as possible. But when we try to tackle too much, we typically aren't very successful at anything. Think about what you really want to accomplish, then write down your goals. Since you don't have time for every opportunity, having goals will give you direction and help you say no when necessary.

Pay Attention

When your heart rate increases over what you might be missing, slow down and pay attention to the present. Being aware and grateful for your current circumstance can ease other fears and help you live in the moment.



Treat Allergies Without Shots

If you suffer from allergies, shots aren't your only hope for managing symptoms. Sublingual immunotherapy (SLIT) exposes your immune system to small doses of an allergen to help you better tolerate it over time. Currently, SLIT is available to help treat allergies to:

- Grass
- Ragweed
- Dust mites



How Does It Work?

Your allergist will perform testing to find your triggers. Then, you'll put a drop or tablet containing an extract of the allergen under your tongue for one to two minutes before swallowing it. You'll repeat this process a few days per week or daily, depending on your allergist's instructions. SLIT isn't a quick fix. You may need to stick with it for several years in order to experience long-term immunity.

Is SLIT Right for You?

Allergy shots and SLIT work well for different people. Some patients may prefer the convenience of SLIT since you can take it on your own at home. Meanwhile, allergy shots require a trek to your allergist's office each time. To learn more, ask your allergist whether SLIT could be a good fit for you.



REACH OUT

Help is available for dealing with stress and anxiety. Talk with your healthcare provider or visit www.bmhf.bm.

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