



# PESU NEWSLETTER



## May is Mental Health Awareness Month



### Areas for Employer-Driven Workplace Mental Health Initiatives:

- ◆ Raising Awareness and Breaking the Silence
- ◆ Creating a Mentally Healthy Culture
- ◆ Improving Access to Services and Supports

*\*Employers play a key role in the health and well-being of their employees. Positively impacting employee mental health and well-being improves productivity and performance, attracts, and retains top performers, lowers overall health care costs and creates a safe and inclusive work culture.*



Life and workplace stress can be quite overwhelming at times. PESU continues its' advocacy for a **WOOH-SAH ROOM!**

### Elevating Mental Health and Well-being for a Resilient Workplace

Mental health is always important, but with the lingering effects of the pandemic and a shift in 'returning to normal,' it is at the top of the priority list. Excessive stress strains physical and mental health. Building and promoting resilience helps employees manage stress, thrive in a competitive job market, and address workplace conflicts and other challenges on the job. Improving resilience in the workplace is also associated with greater job satisfaction, engagement, happiness at work, commitment to the organization, and better overall health.

How can you support and promote resilience in your workplace?

\*Offer and promote opportunities to create professional networks of support

\*Encourage and offer opportunities for mindfulness, meditation, and other spiritual practices

\*Work with leaders and managers on modeling healthy behavior and responses to work challenges by refocusing reactions to the positive

\* Create a safe work environment that allows people to set reasonable work hour limits and encourage access to mental health support

\*Acknowledge and support people's strengths and be proactive about validating and celebrating employee 'wins'



### LEADERSHIP

#### WORKPLACE MENTAL HEALTH INITIATIVES



#### KEYS TO SUCCESS

Get Employees Involved

Communicate Often About Mental Health

Measure Impact

[workplacementalhealth.org](http://workplacementalhealth.org)

*\*Mental health conditions are common, impacting 1 in 3, close to 47 million adults. Stigma prevents many people from seeking help. Myths and stereotypes persist, so raising awareness and sharing mental health information creates safe environment for seeking help.*

## Recipe Corner

### Banana Pudding

[www.foodnetwork.com](http://www.foodnetwork.com)

Yield: 8 servings

Time: 45 minutes

Ingredients:

- 4 large eggs
- 3/4 cup sugar
- 3 tablespoons all-purpose flour
- 1/2 teaspoon plus a pinch salt
- 2 cups whole milk
- 1/2 teaspoon vanilla extract
- 30 - 40 vanilla wafers
- 3 to 4 medium ripe bananas



Directions:

- Separate the yolks from the whites of 3 of the eggs; set aside the whites. Add the remaining whole egg to the yolks.

- In a saucepan, whisk together 1/2 cup sugar, the flour and 1/2 teaspoon salt. Stir in the whole egg and 3 yolks, and then stir in the milk. Cook uncovered, stirring often, until the mixture thickens, about 10 minutes. Remove from the heat and stir in the vanilla.

- Preheat the oven to 425 degrees F.

- Spread a thin layer of the pudding in a 1 1/2 quart casserole dish. Arrange a layer of vanilla wafers on top of the pudding. Thinly slice the bananas crosswise, about 1/8 inch thick, and arrange a layer of banana slices over the wafers. Spread one-third of the remaining pudding over the bananas and continue layering wafers, bananas and pudding, ending with pudding.

- To make the meringue, beat the reserved egg whites with a pinch of salt until they are stiff. Gradually beat in the remaining 1/4 cup sugar and continue beating until the whites will not slide out of the mixing bowl when it is tilted.

- Spread the meringue over the pudding with a spatula, making a few decorative peaks on top, and bake until the meringue is lightly browned, 5 minutes.



### Keep Our Planet Beautiful

Art piece is courtesy of Tahj Reid, son of our member Chanette Reid. Tahj is not only an amazing artist but per proud mom, also a super honors 7th grader at only 12 years old! He created the piece below for a Clean Earth contest administered by Montclair University. We are immensely grateful to mom and son for sharing this vibrant artwork with us all and wish Tahj a bright future.



### 7 Office Spring Cleaning Tips to Boost Productivity, Happiness at Work

[www.payscale.com](http://www.payscale.com)

*Spring cleaning your office can feel like a real chore. But it's motivating to understand how giving this process a little time and energy can benefit you in professional life. Small changes can make big differences, here are some tips for tidying your workspace:*

- ◆ *Get inspired -picture how you want your workspace to look once you're done and how it will make you feel.*
- ◆ *Do a little at a time -it's easy to feel overwhelmed by everything you want to accomplish. Decide on an approach in advance, no matter what kind of schedule works best for you and stick to the plan.*
- ◆ *Focus on where you're going, not where you've been -you aren't cleaning for your past, you're doing it for the future.*
- ◆ *Have a process -start by clearing everything from the area you're working on, evaluate to determine what stays and goes.*
- ◆ *Divide and conquer -think about how to best organize like using folders to organize and label for quick reference.*
- ◆ *Please your senses -add joy and pleasantness to your space with little personal touches like artwork.*
- ◆ *Update the items that make you happy -take a look at trinkets around your office, do they need updating? Let go of the old to make way for the new.*