

JULY 2017



Do you feel like you need more energy? Follow these tips to increase your energy level, live well and be more effective at work.

1. Eat Breakfast. A meal that includes complex carbohydrates, protein and will refuel your body for the day.

2. Drink Better. Drink less caffeine, less alcohol and increase your water intake. Your body will thank you!

3. Catch some rays. Use natural sunlight in your office if you can. If you don't have windows, step outside and let the sun turn on your brain and improve your mood.

4. Physical Exercise. Walk, jog or run, even if it's for 5 to 10 minutes each day.

5. Sleep. Make sure you are getting enough rest. Rest is important to reboot the body.

6. Connect with others. People who feel connected are happier and healthier.

7. Help others. Doing good can make you feel good!

8. Deal with hard times. Having healthy coping strategies can make a huge difference and helps ease stress on the mind and body.

Get professional help if you need it. If problems in your life are stopping you from feeling good and functioning well, getting help can make a difference! You don't have to be in crisis to seek help. EAP is a free and confidential benefit to you. To make an appointment, call 906-225-3145 or visit www.northstareap.com.

**JULY IS FIREWORK SAFETY MONTH!
VISIT
[HTTP://WWW.NSC.ORG/LEARN/SAFETY-KNOWLEDGE/PAGES/NEWS-AND-RESOURCES-FIREWORKS-SAFETY.ASPX](http://www.nsc.org/learn/safety-knowledge/pages/news-and-resources/fireworks-safety.aspx) FOR MORE
INFORMATION AND SAFETY TIPS!**

**"NURTURING YOURSELF IS NOT SELFISH-IT'S
ESSENTIAL TO YOUR SURVIVAL AND YOUR
WELL-BEING." -RENEE PETERSON TRUDEAU**

GRILLED CITRUS MARINATED CHICKEN

-2.3 TO 3 LBS. CHICKEN THIGHS
-KOSHER SALT
-GROUND BLACK PEPPER
-1/4 TO 1/3 C. VEGETABLE OIL
-1 LEMON, 1 LIME AND 1 ORANGE. EACH ZESTED
AND JUICED
-FEW DASHES CAYENNE PEPPER
-10 SPRIGS FRESH THYME

SEASON CHICKEN GENEROUSLY WITH SALT AND PEPPER. WHISK TOGETHER THE VEGETABLE OIL, CITRUS ZESTS AND JUICES, CAYENNE PEPPER AND THYME. ADD CHICKEN THIGHS AND TURN TO COAT. LET MARINATE FOR AT LEAST 30 MINUTES OR UP TO 2 HOURS IN THE REFRIGERATOR.

PREHEAT GRILL. REMOVE CHICKEN FROM MARINADE AND PLACE ON A HOT GRILL. GRILL UNTIL COOKED THROUGH. SERVE WITH YOUR FAVORITE GRILLED VEGETABLES. ENJOY!