

BREAKROOM BUZZ

February 2024

Relationship Wellness Month

Relationship Wellness Month is celebrated every February to encourage people to build and maintain healthy relationships. This wellness month focuses on romantic relationships and the ability “to meet your five basic human needs because of your relationship, not despite it.” The five basic needs are survival, connection, significance, freedom, and joy.

Here are a few tips for healthier relationships:

Establish boundaries. You can be there for someone and still establish limits.

Prioritize your own well-being. You might designate space for yourself to recharge and reset.

Protect your health. Make time for physical activity, mindfulness relaxation practices, and enjoyable activities. Sleep is central to mood, so try to get the right amount.

Achieve some distance. If a relationship is no longer positive, then it is essential to take a step back.

Open the lines of communication. Know what topics bring contention to the relationship. Make sure you are using “I” statements. If you continue to disagree, set boundaries about what can be discussed or not. That is why you avoid using “you” statements.

As a couple, go on a date. Make sure you don’t bring up topics of contention during date night. Setting time aside during Relationship Wellness Month to review your relationship is not bad. Review the question if you and your partner are happy with the state of the relationship. Never forget to show gratitude to your significant other. When you share gratitude, you express specifics of what your partner did to make you laugh, smile, or support you. Always try to think of ways you can protect the good stuff in your relationship.

Resource: Kelly Bilodeau, July 1, 2021, <https://www.health.harvard.edu/mind-and-mood/fostering-healthy-relationships>.



Happy Canned Food Month!

Let’s answer common canned food questions in celebration of canned food month.

Do the dates on canned foods matter? Unless it’s baby food or infant formula, the sell by, use by, and best if used by dates are for the quality of a product, not the safety.

Can open cans of food be stored in the can in the refrigerator safely? Yes, but for quality and flavor it is best to move open food to glass or plastic containers with a lid.

How do I know if canned food is unsafe to eat? If the can is deeply dented, bulging or swollen, leaking, or rusted throw it out.

Source: [FDA, 2015](#)



Shaker Spice Blend

- 5 teaspoons onion powder
- 1 1/4 teaspoons thyme leaves, crushed
- 2 1/2 teaspoons garlic powder
- 1/2 teaspoon ground white pepper
- 2 1/2 teaspoons paprika
- 1/4 teaspoon celery seed
- 2 1/2 teaspoons dry mustard

Contains 1.78 mg sodium per teaspoon

Mix thoroughly and place in shaker for use at table on main dishes, vegetables, soups, or salads.

Aim for less than 2,300 milligrams of sodium per day. Try replacing salt with this shaker blend or add in lemon, flavored vinegars, or other spices to enhance flavor.

Have You Had Your Blood Pressure Checked?

High blood pressure can put you at risk for heart disease and stroke. There is often no warnings or symptoms of high blood pressure. During heart month visit a doctor and ask to have your blood pressure checked!

Normal blood pressure	Less than 120 mm Hg/80 mm Hg
Elevated	120-139 mm Hg/80-89 mm Hg
Hypertension or high blood pressure	140 mm Hg or higher /90 mm Hg or higher

According to the World Health Organization, 80% of heart-related events can be prevented through lifestyle changes such as a healthy diet, regular exercise, and the elimination of tobacco use.

Source: [CDC, 2021](#)

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