



MAY NEWSLETTER

Fresh Asparagus & Strawberry Spring Salad



Ingredients:

- 1 bunch fresh asparagus, trimmed and cut into 2-inch pieces
- 2 cups mixed salad greens or spinach
- 1 cup fresh strawberries, sliced
- ¼ cup sliced almonds or walnuts (toasted if you like)
- ½ cup crumbled feta or goat cheese (optional)
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar or lemon juice
- Salt & pepper to taste
- Optional protein: grilled chicken, salmon, or hard-boiled eggs

Directions:

1. Lightly steam or sauté the asparagus for 3-5 minutes until bright green and tender-crisp. Cool slightly.
2. In a large bowl, combine greens, strawberries, asparagus, and nuts.
3. Whisk olive oil, balsamic/lemon juice, salt, and pepper. Drizzle over salad.
4. Top with cheese and protein if desired.

May is Mental Health Month!

Mental Health Awareness Month, a time to reduce stigma, encourage open conversations, and support one another. This year's national theme is "More Good Days, Together" – reminding us that small, consistent actions and community connection can help everyone experience more positive days.

Here are some simple, practical ways to support your mental wellness this spring:

- **Spend time outdoors daily** – Even 15-20 minutes of walking, sitting in the sun, or gardening can boost mood and reduce stress.
- **Practice gratitude** – Each evening, write down 3 things you're thankful for. It helps shift focus toward the positive.
- **Connect with others** – Reach out to a friend, join a community event, or have a real conversation. Social connection is one of the best protectors of mental health.
- **Prioritize sleep and movement** – Aim for consistent sleep and regular physical activity – both are powerful mood boosters.
- **Be kind to yourself** – It's okay to not be okay. If you're struggling, talking to someone is a sign of strength, not weakness.
- **Limit screen time** – Try a short "digital detox" in the evenings to give your mind a break.

This month, focus on three simple things:

1. Get outside daily – aim for 30 minutes of movement most days. **Bonus:** sunlight helps your body make Vitamin D, which supports your immune system, bones, and mood.
2. Eat more fresh spring produce.
3. Prioritize your mental health and check in with others.

Your health matters!

News Update

Thank you to all those who participated in the Health Fair!

If you missed the Health Fair, you can still get your Wellness bloodwork done through Wyoming Health Fairs at wyominghealthfairs.com or through your preferred healthcare provider. Let Tatum know if you have questions about the Wellness bloodwork or Wellness Program incentives.

Tatum Hall
tatum.hall@fremontcountywy.gov
Office: 307-332-1030
Cell: 307-714-2380