

5 Tools to Maintain Mental Health

Mental health issues are very common- approximately 1 in 5 adults have a mental condition: that is over 40 million Americans. Asian Americans are 3x less likely to seek help for their emotional or mental health concerns than White Americans. Here are some tools to help boost mental health.

1. Connect with others
 - a. People with positive social connections are happier, have better health, and live longer than those who lack strong connections. Think about enrolling in a class that intrigues you, joining a club that piques your interest, or finding a community of individuals with whom you have shared beliefs and/or culture
2. Get physically active
 - a. Exercise helps us stay both physically and mentally well. It helps decrease stress and reduce anxiety and depression. You don't have to pay for a gym to stay active- incorporate exercise in your daily routine by going on walks, playing outside with your kids, taking the stairs instead of an elevator, or following a workout video at home.
3. Get enough sleep
 - a. Stress can keep you up at night, but try setting a regular bedtime, cutting back on caffeine, unwinding before bed, or exercising during the day for better sleep!
4. Eat well
 - a. Proper nutrition plays a big role in mental health. Focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon. Cut back on ultra-processed foods and sugary/salty snacks.

保持心理健康的 5 种工具

精神疾病问题非常普遍。大约五分之一的成年人，或者超过 4000 万美国人患有精神疾病。亚裔美国人因心理或精神健康问题寻求帮助的几率比白人低 3 倍。以下的几个小提示可以促进心理健康：

1. 与其他人沟通。
 - a. 与缺乏紧密联系的人相比，拥有积极社会关系的人一般更快乐、更健康、寿命更长。你可以考虑参加一个让你感兴趣的课程，俱乐部，或者找到一个与你共有共同信仰或文化的社区
2. 锻炼身体
 - a. 锻炼有助于我们保持身心健康。它有助于减轻压力，减少焦虑和抑郁。您无需支付健身房费用 - 通过散步、与孩子在户外玩耍、走楼梯或在家观看锻炼视频，都是把锻炼加入日常生活的方法。
3. 足够的睡眠
 - a. 压力会让你在晚上睡不着觉。你可以试着设定一个固定的就寝时间，减少咖啡因的摄入，睡前放松，或者白天锻炼，可以让你的睡眠质量更好。
4. 吃得好
 - a. 营养对心理健康有非常大的影响。水果和蔬菜以及富含 omega-3 脂肪酸的食物，例如鲑鱼，都是对身心健康好的食物。减少加工过的食品或者糖盐多的零食。

吃得好，保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯： 狮子椒

Vegetable Spotlight: Shishito Pepper

狮子椒 Shishito Pepper

季节：7月至10月

Season: July-October

良好的纤维来源，可以帮助您长时间保持饱腹感并帮助解决消化问题

Good source of fiber which can help you feel fuller for longer and help with digestive issues

含有抗氧化剂，有助于降低患心脏病的几率

Contains antioxidants which can help lower the chance of heart diseases



含有钙质，让您的牙齿和骨骼更健康
和强壮

Contains calcium which keeps your
teeth and bones healthy and strong

富含很多维生素C，对改善免疫系统
很有帮助

Good source of vitamin C which is
great for improving the immune
system

每 100 克

20 卡路里 1g 蛋白质
0g 脂肪 2g 纤维
5g 碳水化合物, 2g 总糖

PER 100 GRAMS:

20 calories 1g protein
0g fat 2g fiber
5g carb, 2g total sugars



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鸡和狮子椒 (4人份)

Chicken w/ Shishito Peppers (serves 4)

食材

- 4 块鸡排或鸡大腿
- 8 oz 日式青椒
- 2 瓣大蒜，捣碎
- 2 个柠檬，1 个切片，1 榨汁
- ½ 杯 白酒醋
- 1 ¼ 杯 低盐鸡汤
- 3 汤匙 橄榄油
- 少许盐和胡椒

INGREDIENTS

- 4 chicken cutlets
- 8 oz shishito peppers
- 2 cloves garlic, smashed
- 2 lemons; 1 sliced, 1 juiced
- ½ cup white wine vinegar
- 1 ¼ cup low sodium chicken broth
- 3 tbsp olive oil
- Salt and pepper

做法步骤

1. 用少许盐和胡椒腌制鸡肉。在平底锅中加热 1 汤匙油，将鸡肉煎至焦黄，每面约 3 分钟。从锅中取出。
2. 在同一个平底锅中再加热 2 汤匙油。加入青椒，煮约 3 分钟。从锅中取出。
3. 在锅中加入大蒜和柠檬片，煮约 2 分钟。用少许盐和胡椒调味。
4. 加入柠檬汁和料酒，煮约 3 分钟。加入鸡汤，再煮 5-6 分钟，直至收汁。出锅与鸡肉和青椒一起搅拌均匀即可。和米饭一起享用！

INSTRUCTIONS

1. Season chicken with salt and pepper. Heat 1 tbsp oil in a pan and cook the chicken until browned, about 3 min per side. Remove from heat.
2. Heat 2 tbsp oil in the same pan. Add shishito pepper and cook for ~3 minutes. Remove from heat.
3. Add garlic and lemon slices to the skillet and cook ~2 min. Season with a pinch of salt and pepper.
4. Add lemon juice and wine and cook for ~3 min. Add broth and cook for 5-6 min, until slightly reduced. Remove from heat. Stir together with the chicken and shishito peppers. Serve with rice and enjoy!



你知道吗?

由于生长条件、植物压力和其他因素，每 10 个狮子椒会有 1 个微辣！如果您对辣比较敏感，请不要担心——狮子椒辣椒味道温和，不辛辣。

DID YOU KNOW?

Due to growing conditions, plant stress, and other factors, roughly one in every 10 shishitos packs a bit of a spicy punch! Don't worry if you're not good with spice- in general, shishito peppers are pretty mild.