

# EMPLOYEE ASSISTANCE PROGRAM



YOUR EAP NEWSLETTER

March 2020

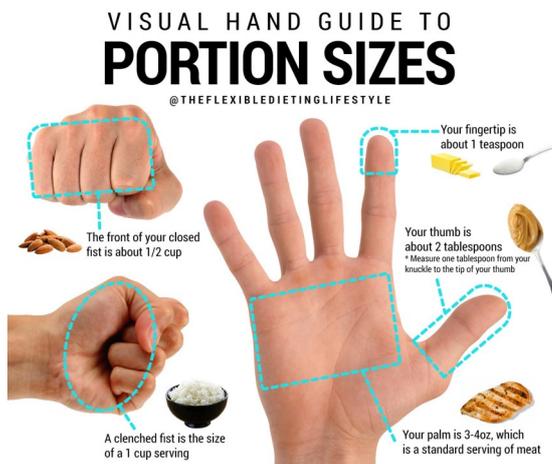
**National Nutritional Month**

## Benefits of Coffee

According to Rush University, Americans drink 400 million cups of coffee per day; or 146 billion cups each year. This incredibly complex beverage contains more than 1,000 compounds that can affect the body. The most commonly studied are caffeine (a nervous-system stimulant that's known to have positive cognitive effects) and polyphenols (antioxidants that can help slow or prevent cell damage). A variety of studies show that drinking coffee can help lower the chance of heart disease, type 2 diabetes, and Parkinson's disease. Other studies show older adults who drink coffee are helping to safeguarding against the effects of dementia and liver toxins. Remember, studies focus on the benefits of black coffee. If you load up your coffee with lots of sugar and cream the benefits will not be the same and in fact could cause more damage!

## Portion size

Over the years portion sizes at restaurants have increased. That increase naturally effected our food portions sizes at home. But one thing you can do to help your health is to use your hand as a guide to what are appropriate sizes of food.



## Practice Makes Perfect

I was told by my Doctor to cut out sugar, I thought there is no way I can do that! So, I started small, instead of 3 teaspoons of sugar in my coffee I only added 2 teaspoons. After a few months I dropped it to one and I can honestly report I have not put sugar in my coffee for over five years! Small changes can have big impacts!

CFLR's training coalition is hosting a Wellness Expo on April 8th. The expo will center on self-care and prevention burn out. On April 24th a Post-Partum Depression training will focus on what are, Post-Partum mood disorders and the impact on mom and family. Check out [CFLR In Action](#) to learn more about these and other events through CFLR.

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