

Live Well, Work Well

April 2019

Health and Wellness Tips for Your Work and Life
Provided by Holmes Murphy & Associates



Don't Let Tax Filing Season Get the Best of You

The April 15 deadline to file your 2018 tax returns will be here before you know it. If you're like many Americans, hearing the phrase "tax season" can induce stress—and for good reason. Filing your taxes can be confusing, but, with the help of a tax professional, it doesn't have to be. In addition to contacting a certified tax professional, review the following information.

How to File

Many people elect to file their tax returns electronically. This can be done in a variety of ways, including using tax-preparation software, consulting a tax return professional or using the IRS' [Free File](#) software, if you qualify.

Forms to Include

If you are filing with a paper form, there are certain documents you must be sure to include. Required

forms include the following:

- A copy of your W-2 for each of your employers over the last calendar year
- A copy of Form W-2C (a corrected W-2 form), if received from your employer
- A copy of Forms W-2G and 1099-R, if federal income tax was withheld

Next Steps

Remember, tax filing doesn't have to be stressful. Don't wait until the last minute to start preparing. For more information on how to file, what forms to include, credits you qualify for or any other filing-related questions, please visit the IRS' [Interactive Tax Assistant](#) tool.

Source: IRS



Pasta Primavera Salad

12 ounces whole-grain pasta
1 package frozen mixed vegetables
1 package dry vegetable soup mix
1 cup low-fat salad dressing (unsalted)
½ cup reduced-fat cheese (shredded)
3 hard-boiled eggs (sliced)

PREPARATIONS

1. Cook pasta according to package directions. Rinse in cold water to stop cooking and prevent sticking. Drain.
2. Cook vegetables until just tender. Drain and cool.
3. Combine cold pasta, vegetables, envelope of soup mix and salad dressing.
4. Top with sliced eggs and cheese.
5. Refrigerate until time to serve.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	365
Total Fat	6 g
Protein	16 g
Carbohydrates	61 g
Dietary Fiber	5 g
Saturated Fat	2 g
Sodium	558 mg
Total Sugars	8 g

Source: USDA

Air Pollution Affects More than Your Overall Health

According to a study conducted by the International Food Policy Research Institute, breathing polluted air is attributed to “significantly reduced” verbal and math scores, and cognitive impairment that can lead to an increased risk of developing Alzheimer's disease or other forms of dementia.

What can you do?

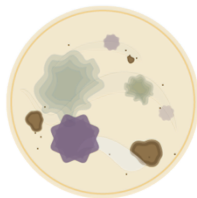
Although the United States experiences lower air pollution than other major countries, it's important to be aware of how your daily activities can contribute to air pollution. Here are some things to consider:

- Research the household products that you use to determine if they're harmful to the environment.
- Monitor home and working environments to make sure that there are adequate airflow and proper exhaust systems installed.
- Refrain from smoking, especially indoors, to make sure that this specific type of smoke doesn't pollute the air you're breathing.

Don't Forget About Indoor Air Pollution

Americans spend 90% of their lives indoors, where the air is 2-5x more polluted than outdoor air.

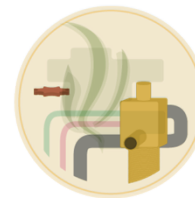
The most common pollutants are:



Airborne particles



Indoor formaldehyde



Household gases



Ozone

3 Reasons Why Your Stomach Always Hurts

If you're having chronic stomach problems, you should contact your doctor, but also evaluate if these three things may be to blame:

1. **Your diet is one-note**—adding variety to your diet will introduce more good bacteria to your stomach, helping get rid of the bad, discomfort-causing bacteria.
2. **You're eating too many nuts or raw veggies**—these fibrous foods can cause serious discomfort since they're harder to digest.
3. **You're overly stressed**—when you're feeling the pressure, your stomach is likely to be upset in one way or another.