

WELCOA* | JULY 2020

WELL BALANCED^o

*Mind, Body
and Soul*

**FOOD
TO FEED**
MORE THAN
JUST YOUR BODY

**MINDFULNESS,
MEDITATION
& MINDSET**

TIPS TO FEEL
**MORE IN
CONTROL**



- 1 cup of frozen blueberries or mixed berries
- 1 banana
- 2 diced kiwi
- 8 oz. of plain or vanilla low-fat yogurt with live cultures or plain kefir
- Two tight handfuls of baby spinach
- 2 Tbs. hemp, chia, or flax seed
- A liberal splash of pomegranate juice or 100% fruit juice of choice

THE ANTI-INFLAMMATORY Smoothie

DIRECTIONS:

Blend until smooth.

SERVES: 1

NUTRITION INFO: *(per serving)*

Calories 194, Fat 4.4g, Carbs 33.7g, Protein 6g, Sodium 42mg

This smoothie is filled with anti-inflammatory power and flavor! Kids love it too.



Blueberries

The diminutive blueberry is a virtual storehouse of health promoting nutrients and is now regarded as one of the most disease protective of all fruits. Blueberries contain vitamin C, E, folic acid, fiber, minerals, and are a world champion antioxidant food – offering several times more antioxidant power than most other fruits and veggies. Their robust antioxidant punch is attributed to the deep blue pigments they contain, known as anthocyanins. These wonder compounds provide protection against a broad range of diseases, including cancer, cataracts, heart disease and even aging.



About DR. ANN // With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world. The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

Dr. Ann For more, visit DrAnnWellness.com.
WELLNESS



Healthy Food for Your Mind, Body & Soul

WHAT WE LEARNED THROUGH SOCIAL DISTANCING

by MAGGIE GOUGH, RD

Social distancing as a result of the COVID-19 pandemic did create some positive opportunities. Out of necessity, many people began cooking and eating at home more. Without the need to pack a lunch, or the convenience of fast food on the way to a meeting, our food habits had to change. While challenging at times, there are many lessons about how to invest in healthy food for your mind, body and soul while social distancing that we can continue to follow as things return to the new normal. Here are a few guidelines that helped us throughout the pandemic that you can adopt any time.

1 | Nourish your soul through connection. It is meant to be eaten and enjoyed and usually in good company. Create meal times that allow you to eat and connect with others. This could be family meals or sharing a meal virtually with a friend. Avoid eating while working.

2 | There is no such thing as a super food. Have you ever stopped to think how often we act as if food has the power to condemn you or save you? It is important to remember that it does not. During times of stress, you may find yourself craving more carbohydrates. Stress does that. It's

okay. It is a natural response to what's happening in your body. If you indulge in some junk food, it's okay. You will live. You will also find ways to nourish yourself later. Food perfection does not ever have to be the goal. Nourishment is the goal. Don't sweat it if you eat a candy bar in a moment of stress. You'll recover later.

3 | Try to make half of your meals fruits, vegetables, and/or beans.

This will naturally build a healthy plate. It's an easy approach and a good start to a nutritious meal.

4 | Do not try to overhaul your diet during times of stress. Just do your best day to day and fill your body with food that nourishes it, like whole fruits, vegetables and grains.

5 | Don't judge yourself for buying non-perishables. When everyone was trying to take less trips to the grocery store, one strategy was to stock up on canned and frozen fruits, vegetables, and beans. There was no reason to feel guilty about that strategy during the pandemic, and there is no reason to feel guilty about it during times of normalcy either. Non-perishable versions of food are just as nutritious and a great way to keep your kitchen stocked so you can make a home-cooked meal in a pinch.

In general, when you eat at home you are most likely making healthier food choices overall. The most important thing to keep in mind is to leave behind unrealistic food rules and focus on simply making food choices that are nourishing to your body. These are lessons from the COVID-19 crisis that we can continue to learn from to get healthier foods into our bodies every day.

GET SOUND ADVICE

Always be sure to get nutrition information and guidance from Registered Dietitians. Here are some good websites to follow for more information:

- » <https://livelytable.com/>
- » <https://www.theleangreenbean.com/>
- » <https://www.abbeyskitchen.com/>



About MAGGIE GOUGH, RD // Maggie Gough has developed consumer-facing health and wellness platforms, created and implemented wellness programs and provided consulting to clients about how to create more meaningful wellness initiatives. Her mission is to create workplaces that allow people to live fully into their divine human experience. Maggie lives in Kentucky with her husband Brad and their three kids.

BECOME A STRESS NINJA WITH THE 3 M'S

MINDFULNESS, MEDITATION & MINDSET

by KATE SIANO, PPCP, CWC



Want to learn how to skillfully navigate stress like a ninja? The 3 M's: how they're each defined, and how each work for your brain and improve your resilience to stress is the answer! With a few simple techniques and daily, consistent practice, you can retrain your brain.

Mindfulness

Mindfulness is described as a heightened state of awareness with curiosity and without judgement. (Jon Kabat-Zin) We can practice how to be mindful in any and all things. **The benefits include improved clarity, focus and decision making; improved emotional intelligence; greater resilience and lower risk of burnout.**

Practicing mindfulness leads us to greater self-awareness, better self-regulation, and improved self-confidence, and that's not only good for you, but great for everyone around you!

To begin, just use your five senses. Take a walk outside and listen – **what do you hear?** Listen near and far. Then, **what do you see?** Take it all in, even noticing something new you hadn't noticed before. **What do you smell?** Freshly mowed grass, laundry in the dryer, a hot prepared meal. **What do you taste?** Notice layers of flavor sour, sweet, salty; and textures, creamy,

crunchy, chewy. **What do you feel?** Notice the way the breeze feels on your skin, press your palms together and note the warmth of your hands, place your hands over your heart and feel its vibration in your chest.

Practice mindful interactions by actively listening, without judgment or reaction. Imagine you're sitting on a bench in a busy train station. Simply observing trains coming and going, people boarding and departing, without any judgement or attachment. You can do this with your emotions too in conversations with colleagues or friends, even strangers. This is how you mindfully hold space, and actively listen. You'll be surprised what you learn about others, and yourself!

Meditation

Contrary to popular belief, meditation is not the absence, nor the avoidance of thought. It is finding the quiet space within,

underneath the many thoughts we think each day. (Deepak Chopra) It begins with mindfulness and learning to turn inward or as I call it, "tune in and tune out." When people tell me their mind is too active to meditate, I remind them that the brain is always active, in various wavelengths. With a mindfulness and meditation practice, you can experience the profound benefits on your health and relationships by intentionally influencing the waves of brain activity.

THE FOUR WAVES OF BRAIN ACTIVITY

BETA – awake, aware, alert, conscious thought, decision making, discernment, judgement;

ALPHA – physically and mentally relaxed, awake but drowsy;

THETA – deep meditation, dream state, light sleep, this is where imagination and creativity reside;

DELTA – deep, dreamless sleep, loss of bodily consciousness, restoration

Mindfulness takes place in BETA and ALPHA brain wave states whereas, meditation lies deeper within ALPHA and THETA. Regular meditation is shown to support deep, restorative DELTA sleep. Research has also shown that long term meditators experience prolonged states of compassion and increased empathy. We can all benefit from that!

So, where to begin? Like my mother says, "there's a lid for every pot!" There are hundreds of ways to practice meditation, and it's important to practice a variety of styles to find the best practice that resonates with you.

Breathing Meditation – 4x4 or 8x4 breath, belly breath, "watch your breath", alternate nostril breath

Mindful Meditation – body scanning, 5 senses

Moving Meditation – walking or running, yoga, tai chi

Guided Meditation – great for "busy" minds. Just listen along and allow your mind to go on a journey.

Music Meditation – Vibro-acoustics, delta wave music, classical music, classical piano and guitar

Mindset

I will first share with you what mindset is not...it is not meditation, though it does require mindfulness. It is not positive affirmations or applying will-power, and it's not throwing pink paint on your problems (which is what I was trying to do by practicing "happy thoughts.") I didn't even realize I was "doing it wrong" until I engaged with my Mindset Mastery coach, Liz Nicklas.

Mindset is the 'User Manual' for your mind. It's a thought-based science centered on the conscious act of managing your thoughts, which then create your feelings, influence your behaviors, and impact your results. What I love about this work is that the only expectation is to learn, grow and improve.

The thought model Liz teaches in her Mindset Mastery School for Women consists of five categories (CTFAR):

- » Circumstance
- » Thought
- » Feeling
- » Action/Inaction/Reaction
- » Results

Every single thing in your life falls in to one of these five categories. Four of which we have control of, but one you cannot control... your circumstances. Circumstances include other people, anything from the past, and events in the world around you. So often we spend our energy trying to control the one thing we cannot and miss the opportunity to control what we can.

All feelings are valid and we are meant to feel the full spectrum of emotions. Mindset teaches us that when we radically accept the (C)ircumstances we cannot change, we become empowered to choose our (T)houghts to create new (F)eelings, and take inspired (A)ction, to achieve amazing (R)esults in all areas of our lives.



Ask the Expert...

How can I teach my kids to practice mindset?

All feelings come from thoughts, so check-in with your kids. Help them develop a practice of asking themselves these questions – How am I feeling (happy, joyful, excited, angry, sad, resentful)? Then ask, What am I thinking that makes me feel this way? Is it true? If I wanted to feel something different or better, what thoughts would I have to practice?



About LIZ NICKLAS • Master Coach Mindset Mastery School

for Women in Business // Liz Nicklas is the Ninja of Mindset! She is a Mindset Master Coach and instructor with over 20 years of experience teaching and coaching women in business all over the world on how to achieve their desired results in all areas of their lives and business. Liz takes a no-fluff approach to Mindset Mastery. She teaches specific strategies and frameworks on how to manage your mind and process your emotions so that you can consciously and consistently create your desired results. Her signature framework uses Neuroscience, Quantum Physics, Law of Attraction and a Thought Model to explain exactly how to master your mindset.

Join her Facebook Community to learn more! The Mindset Mastery School for Women in Business: [facebook.com/groups/themindsetmasteryschoolforwomeninbusiness](https://www.facebook.com/groups/themindsetmasteryschoolforwomeninbusiness)

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

Have a question? Ask our experts by going to [welcoa.org/expert](https://www.welcoa.org/expert). If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue*.

*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.



5 TIPS TO FEEL MORE IN CONTROL OF

Your Day

by STELLA GRIZONT

Are you feeling scattered, exhausted, and anxious? Do you feel busier than ever even though things should feel like they are starting to return to normal? Do you know you need self-care, but are too tired to even take care of yourself? Well, I'm right there with you. As someone who regularly works from home, everything changes once you have a small kid to take care of on top of your day job. Perhaps you're single or have no kids, which presents its own set of challenges which may involve aching for more companionship through this transition.

Whatever the case is for you, COVID-19 scrambled the average day. Here are five ways to put some level of control, ease, and positivity back into it.

1 | First thing's first. Get a handle on your mood. Try to train yourself to slow your thoughts so you can consciously choose which way to go: do you throw your computer out the window when your video conference isn't working or not? Of course you know I'm going to recommend this...but if you don't have a mindfulness practice, now is the time to start.

2 | Reframe, reframe, reframe. There's always another way of looking at anything. Try switching your "I have to" to "I get to." Yes, you get to wash the dishes because you have food! When you feel like complaining about how messed up everything is, choose to start your sentence with gratitude by saying, "Fortunately..." Yes, fortunately I have a job and am healthy.

3 | Experiment with schedules. How many times have you tried a new schedule at this point? Rather than beat yourself up for not abiding by your idealized flow, tell yourself to experiment with a schedule for one week. Then re-evaluate what worked and what didn't. Remind yourself, "I'm learning how to do this, and each week I'm getting better at it."

4 | Have a close of day ritual. Before you transition to your evening routine, make sure you capture the three things you want to accomplish the following day. Consider tidying your desk and even taking stock of your small wins. This will give you a sense of completion, accomplishment, and order - you're setting yourself up to win, tomorrow!

5 | What's your one thing? What is it that brings you just a bit of relief and calm? Is it a walk outside, a bath, watching your show when everyone is in bed, reading? Pick that one thing and make it non-negotiable. When you achieve your one thing you're sending the message to yourself, "I got you."

The good news is that resilience is ordinary and not extraordinary. You will rise to meet the challenge even if it looks incredibly messy along the way.

It's Not You, It's COVID-19

Remember, this is hard. It's not YOU. We're in the wake of a pandemic. Be gentle with yourself and allow yourself to acknowledge your emotions. Try labeling your emotions by saying, "Of course I'm feeling ____." This will help you release the emotion faster and be able to identify ways to support yourself further.



About STELLA GRIZONT // Stella Grizont is a Positive Psychology expert, executive coach, and the creator of The Work Happiness Method™. She partners with dozens of companies including Comcast, Google, and Johnson & Johnson to elevate employee well-being, engagement, and happiness. Her work has been featured on MSNBC, The Today Show, and Fox. For more resiliency resources from Stella, check out the *How to Stay Sane and Resilient* webinar on demand at RemoteandResilient.com.

3 MOVES TO HELP YOU

Take a Breather

by SEAN FOY, MA

“Take a breather!” We’ve all heard the term and we all have different thoughts about what it really means. What do you think of? Maybe a breathless athlete taking a much needed water break from a long grueling practice? Or maybe a nine-to-five employee waiting for a long awaited work break. Regardless of the context, we all know how important it is to take “time out” to recover and replenish the energy and oxygen our bodies need to be at our very best.

Two of the best ways to help you take a much needed pause is to incorporate light stretching and deep breathing together into your busy work day. Regular stretching activities performed with deep breathing exercises throughout your day (or before or after your workout) can have a significant impact on your health, fitness, flexibility and performance.

3 Ways to Take a Breather

SCHEDULE BREATHERS: Before your day begins, take a few minutes to look at your day and schedule the time you will perform some deep breathing along with light stretching. Use calendar reminders or your phone alarm to schedule this time. Even once a day can be a start to a great new habit!

INTEGRATE BREATHERS INTO YOUR DAY: Take 10 to 20 minutes a day to practice deep breathing and relaxation. Think about them as small breaks where you are practicing deep breathing and stretching while you are doing other activities—like preparing for a meeting, on a conference call, doing house work or

standing in line at the grocery store. Taking deep, slow, cleansing breaths along with light stretching while performing other duties throughout your day will bring the needed energy and balance you need to be your best.

TRY A PHYSICAL MOVE: Here’s a great physical move to help you take a much needed breather throughout your day. It will stretch your upper body and lower back, increase blood flow, and energize your mind and body. Try it at your desk, after a meeting or when talking on a conference call. All you’ll need is a chair (or sturdy object such as a desk), a location you can safely stand and stretch and a timing device (such as a SMART Phone or watch) to keep track of time. Here’s how to do it:

- » Place your hands loosely on the back of a stationary and sturdy chair
- » Walk your feet back 3-4 feet as you bend from the waist extending arms fully
- » Bend your knees slightly and slowly allow the weight of your head and upper body to descend applying gentle pressure on the shoulders
- » Hold this stretch position for approximately 10-30 seconds
- » Breathe deeply, inhaling through the nose and exhaling through the mouth

- » Walk your feet forward towards the chair and rest
- » Repeat the motion as many times as you’d like for a total of 2-3 minutes

Just a Few of the Benefits of Stretching & Deep Breathing:

- » Decreases muscle stiffness
- » Slows the aging process of your joints
- » Helps relieve post-exercise aches and pains
- » Improves posture
- » Helps reduce/manage your stress
- » Promotes circulation and prevents injury
- » Decreases the risk of low-back pain
- » Decreases depression, anxiety and stress
- » Strengthens immune system
- » Promotes better sleep
- » Normalizes heart rate and rhythm
- » Reduces fatigue and increases energy



About SEAN FOY, MA

President & Founder, Personal Wellness Corporation

Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. As an author, exercise physiologist, personal trainer, behavioral coach and motivational speaker, Sean has earned the reputation as “America’s Fast Fitness Expert”. His upbeat and sensible “simple moves” message—even with the busiest of schedules—has inspired many people all over the world. Sean has helped thousands of individuals with their wellness needs and is committed to encouraging everyone to attain optimal well-being for body, mind and spirit! Sean is a husband, father of two, and President & Founder of Personal Wellness Corporation.



EMPLOYEE HEALTH & WELLNESS PROGRAM

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MONTHLY HEALTH OBSERVANCE • July *Minority Mental Health Awareness Month*

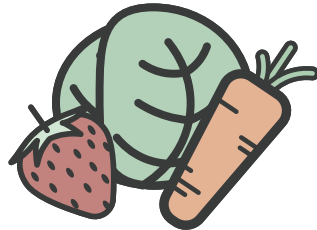
Each year millions of Americans face the reality of living with a mental health condition. In many communities, and often emphasized by background and identity, these problems are increased by less access to care, cultural stigma and lower quality care. That is why Minority Mental Health Awareness Month was established. Since 2008 the National Alliance on Mental Illness (NAMI) and supporters have been offering this opportunity to share the importance of care in our relationships to others, in mental health treatment and services and in support and education to millions of people, families, caregivers and loved ones affected by mental illness.

Help be a part of the solution, contact:

National Alliance on Mental Illness (NAMI) • 703.524.7600
www.nami.org/Get-Involved/Raise-Awareness/Awareness-Events/National-Minority-Mental-Health-Awareness-Month

1/2

Make half of your meals fruits, vegetables, and/or beans.



2008

Minority Mental Health Awareness Month was established.



5

Ways to feel more in control of your day.

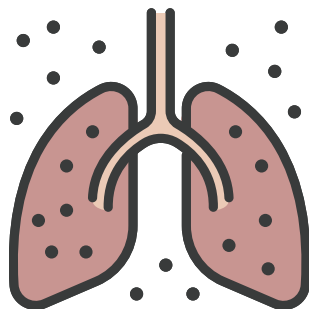


3

The 'M's of becoming a Stress Ninja: Mindfulness, Meditation & Mindset.

4x4 OR 8x4

Breathing meditation techniques.



ANTHOCYANINS

Give blueberries their robust antioxidant punch.

