



WELL-AWARE

May 2017

"Your Source For A Happy and Healthy Lifestyle"

Manage Your Energy

Do you ever feel too tired or drained for exercise? What fuels and what depletes your energy?

THE FOUR DIMENSIONS OF ENERGY ARE: BODY • MIND • EMOTION • SPIRIT

It makes sense that long work hours and rising daily demands lead to physical and emotional burnout.

TRY THESE TIPS TO RESTORE PHYSICAL ENERGY AND POWER BACK UP:

- **Intermittent breaks.** Our brains need a break every 90-120 minutes. Allowing ourselves to take these periodic breaks restores physical energy.
- **Don't power through a dip in energy.** When you start dragging, stop and rest for ten minutes to allow recovery.
- **View the world through hopeful eyes.** Negative thoughts and emotions drain energy.
- **Practice positive activities.** When you act with enthusiasm, a sense of purpose and enjoyment, it raises both your spirit and energy.

Visit <http://ow.ly/ZZxV308NPrq> to watch a video on how to learn to manage your energy instead of time.

"When you walk in **PURPOSE**,
you collide with **DESTINY**."

Ralph Buchanan

FOOD CAN Help You Control Blood Pressure



High blood pressure damages the body over time, with no noticeable symptoms. While exercise is an important part of a healthy lifestyle, eating the right foods and reducing salt (sodium) plays a major role in controlling high blood pressure.

Many foods can help regulate your blood pressure:

- **Fruits** like bananas, blueberries, strawberries and raspberries are healthy and delicious.
- **Skim milk and low-fat yogurt** are good sources of calcium and reduce blood pressure.
- **Unsalted nuts** like pistachios, almonds and cashews are magnesium rich and blood pressure reducers.
- **Leafy greens** including spinach, romaine lettuce, kale, turnips and collard greens are high in vitamins, minerals and antioxidants.
- **Potatoes and white beans** are high in potassium and magnesium and have lots of fiber.
- **Garlic** is famous as a health and medicinal food.
- **Salmon** is a healthy fish loaded with the good fats and can be eaten often with good benefits.

Try these foods to lower your blood pressure, and your body will thank you now and in the future.

For a slideshow with more foods that are known to lower blood pressure visit: <http://ow.ly/Aggs308OniF>

Bring That Beet Back

What extremely nutritious food just happens to be tasty and delicious? Beets! Roasted, tossed in a salad, pickled or juiced, colorful beets are a treasure. More than just appetizing, beets have many health benefits that may surprise you.



BEETS...

- **are high in vitamins and minerals** – Fiber, potassium, magnesium, iron, vitamins A, B & C; beta-carotene, beta-cyanine and folic acid.
- **cleanse the body**, purify the blood and flush the liver.
- **improve mental health** with substances that relax the mind and lower blood pressure.
- **boost energy** – Low in calories, but high in natural sugar that is released slowly.

If you haven't tried this root veggie yet, give it a try.

Visit <http://ow.ly/Drih308OhBq> for a video instruction for ways to prepare beets.

“What did the carrot
say to the wheat?
Lettuce rest, I'm feeling **BEET**.”

Shel Silverstein



Beet Salad With Goat Cheese

INGREDIENTS

3-4 medium yellow or red beets
2 ounces of goat cheese, crumbled
1 tablespoon extra virgin olive oil
10 ounces of spring mix
½ cup of walnuts, crushed

VINAIGRETTE

2 tablespoons honey
1 tablespoon Dijon mustard
3 tablespoons red wine vinegar
1 tablespoon minced shallots
3 tablespoons olive oil

Preheat oven to 375° degrees. Wash beets and coat them lightly with extra virgin olive oil, put in aluminum foil and place them on a baking sheet. Roast in the oven approximately 45-60 minutes. Remove from oven, let cool for 10 minutes, then peel and slice into 1/4 inch thick slices.

In a small bowl, whisk together the honey, Dijon mustard, red wine vinegar, and shallots. Slowly add the oil. Place greens in a large bowl and toss to combine with the vinaigrette. Plate the greens, top with the beets, walnuts and goat cheese.

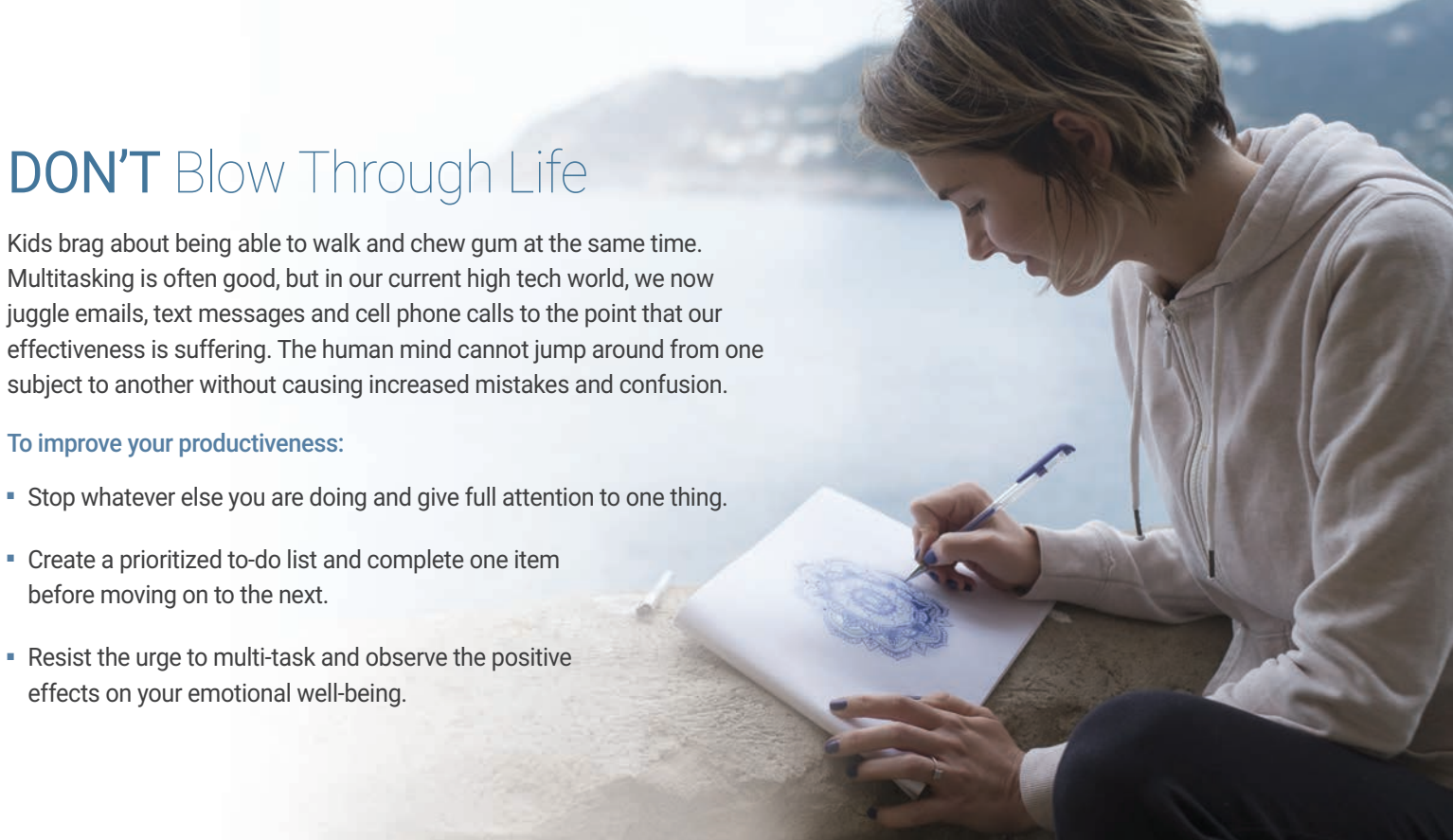
RECIPE OF THE MONTH

DON'T Blow Through Life

Kids brag about being able to walk and chew gum at the same time. Multitasking is often good, but in our current high tech world, we now juggle emails, text messages and cell phone calls to the point that our effectiveness is suffering. The human mind cannot jump around from one subject to another without causing increased mistakes and confusion.

To improve your productiveness:

- Stop whatever else you are doing and give full attention to one thing.
- Create a prioritized to-do list and complete one item before moving on to the next.
- Resist the urge to multi-task and observe the positive effects on your emotional well-being.



Change Your Words, Change Your Life

Our very thoughts are formed by words and these words affect our moods and emotions. The words we choose to express our feelings to others and even ourselves can effect our emotions and quality of life. If we use more positive words we can have more positive experiences.

For example, to create less distressing experiences try:

- Words to soften a negative event.
Example: annoyed instead of ANGRY.
- Use words when you disagree with someone like:
"These are my thoughts on the subject"
instead of "You are wrong".

Simply stated, what you say becomes what you feel.

"The **WORDS** we attach
to our experience
become our **EXPERIENCE**."

Tony Robbin

HOW DO YOU FEEL?

Words To **Enhance** Experiences

Was your workout today "good" or "invigorating"?

Did that healthy meal you made taste "fine"
or "fresh and tasty"?

You will be more likely to take 15 minutes to meditate
when describing it as "peaceful" rather than "quiet".

Questions When Considering Surgery

When surgery is recommended, it's important to understand the risks and benefits. Asking appropriate questions can help to make the most informed decision.

Questions to ask your health care provider before having a procedure are:

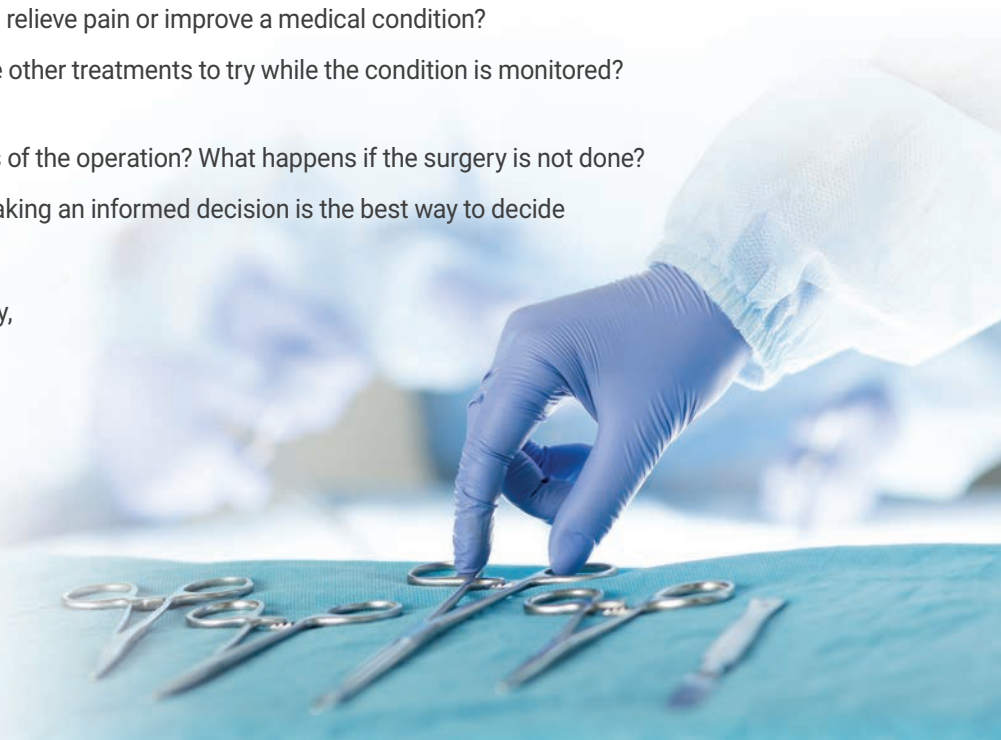
- Why is the procedure being suggested? Is it to relieve pain or improve a medical condition?
- What are my alternatives to surgery? Are there other treatments to try while the condition is monitored? Could it improve or stabilize without surgery?
- What are the risks and possible complications of the operation? What happens if the surgery is not done?

If you still are unsure, seek a second opinion. Making an informed decision is the best way to decide if a procedure is the best choice for you.

For more questions to ask before having surgery, visit <http://ow.ly/flo93080Ea6>

"I learned a long time ago that **minor surgery** is when they do the operation on **someone else**, not you."

Bill Walton



QUIZ

1. **According to the article on page 1, if you are too tired to exercise?**
 - a. Try taking a break to allow your body to restore energy.
 - b. Go to sleep.
 - c. Have an energy drink.
2. **Which of the following is most true about Multi-tasking?**
 - a. Multi-tasking is the best way to use your time.
 - b. Multi-tasking breeds absentmindedness and mistakes.
 - c. Multi-tasking is good for your emotional wellbeing.
3. **If your provider suggests surgery, the best thing to do is?**
 - a. Get it scheduled as soon as possible.
 - b. Be careful not to ask too many questions, as you don't want to insult the doctor.
 - c. Ask questions to make the most informed decision.

The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor. ©2017 Inspired Perspectives LLC. www.IPWellBeing.com • info@IPWellBeing.com • 904.641.1208