



April 2017

"Your Source For A Happy and Healthy Lifestyle"

Enjoy The Journey

Why is it that 10 minutes pass so quickly after pressing the snooze button on the morning alarm clock, but the same 10 minutes on a treadmill can feel like an hour? Exercise shouldn't be something we painstakingly get through, but time that is enjoyed. Physical activity may not produce a "feel good sensation" immediately, but when it becomes routine, an overall feeling of general well-being will develop.

WAYS TO ENJOY THE JOURNEY TO BECOME MORE PHYSICALLY ACTIVE:

- **Add small amounts of physical activity gradually.** Start with a 10-minute walk in the morning or after dinner.
- **Pick a person who you want to spend more time with** and set up walking dates.
- **Find things that you are passionate about,** to tie in physical activity. Garden, take up photography and take nature pictures, volunteer to clean up local parks or beaches, walk dogs at the animal shelter.
- **Use exercise as a stress relief.** When feeling frustrated or having negative feelings, release that energy through activity.

If you pair things that you enjoy with physical activity you'll end up not just making time for exercise, but also finding the joy in it.

"Happiness is a **DIRECTION**, not a **PLACE**."

Sydney J. Harris



USE YOUR NOODLE

If you love spaghetti, noodle soups, mac & cheese, and other refined carbohydrates, you may enjoy these yummy unrefined pastas that aren't stripped of their essential vitamins and minerals:

Soba noodles. These Japanese noodles are made from buckwheat flour. They are heart-healthy and rich in nutrients like fiber, iron, and thiamine. Soba noodles can be enjoyed as part of a stir fry or in a soup.

Whole wheat noodles. Whole wheat noodles are rich in nutrients. To ensure you are getting the right kind of pasta, opt for ones that list the whole grain as the first ingredient. These noodles can be used with tomato sauce or any other dish you would make standard pasta with.

Brown rice and quinoa pasta. Whole-grain brown rice and/or quinoa pasta is another great low-carb option. These noodles are rich in fiber, iron, zinc, and thiamine. They can be used in the same way whole-wheat noodles can be — with tomato, cream or any other preferred sauces.

Black bean noodles. These noodles are made from black beans and water only! They are packed with protein and can be made into a traditional pasta dish, salad or stir-fry.

These healthier options can be exciting and even mimic the things we are used to. Try these alternatives, and you may be pleasantly surprised!

80/20 RULE

Instead of trying to eat perfectly healthy all the time, plan for food indulgences 20% percent of the time. Committing to eat nutritious whole foods for 80% of the time, leads to a balanced mindset on foods.

USING THIS GENERAL GUIDELINE MEANS:

- You're building a lifestyle, rather than just following a diet.
- No food is off limits.
- You don't have to be perfect 100% of the time.

Moderation for the 20% is key. It can be helpful to plan your week in advance and decide when you have your treats.

"HAPPINESS is a place between too little and too much." *Finnish Proverb*



Sesame Soba Noodles

½ pound soba noodles	½ cup olive oil
¼ cup honey	1 bunch sliced scallions
¼ low-sodium soy sauce	1 cup shelled edamame
2 tablespoons rice vinegar	2 large carrots – grated
2 teaspoons sesame oil	1 tablespoon black sesame seeds
1 clove of garlic – chopped or crushed	1 tablespoon white sesame seeds
1 tablespoon fresh grated ginger	

Cook the soba noodles as directed on package and drain. In a separate large bowl, combine honey, soy sauce, vinegar, sesame oil, ginger and garlic. Whisk in the olive oil. Add the cooled soba noodles, edamame, carrots and scallions and toss to combine. Top with sesame seeds.

EMOTIONAL HEALTH

and Its Affect on the Physical Body

They don't call it heartache for nothing. Emotional pain and anxiety don't just affect our physical health. Stress not only creates physical issues, it can also exacerbate pre-existing conditions. Emotional pain can lead us to unhealthy lifestyles resulting in the following physical issues.

Stomach issues. You may be familiar with stomach pain that accompanies anxiety. Recent studies have found a link between anxiety and the development of gastrointestinal issues.

Weakened Immune System. People with chronic stress or depression may have weakened immune systems due to eating poorly, not exercising, having poor sleep habits and being more apt to smoke.

Physical pain. You may notice back and muscle pain when you are feeling particularly stressed or upset. Physical pain can both cause and be caused by anxiety and depression.

The mind-body connection is powerful and still not fully understood. Recognizing emotions, mental, spiritual and behavior factors that can directly affect our health is key for overall well-being.



Complacency To Joy

Is life a routine to get through daily or do you feel lucky to be alive? So many people seek happiness, yet can't allow themselves to feel the good in life. Intense feelings of pleasure and spiritual connection aren't hard to find, but most people do not let themselves truly experience this joy. If you don't think this applies to you, ask yourself this question.

Have you ever stood over your child or pet and thought, I love you so much more than I thought I could, but in that moment, felt fear of loss? According to Brene Brown, a researcher on vulnerability, we don't let ourselves experience joy for the fear that things won't last. Brown says, "We are trying to dress rehearsal tragedy so we can beat vulnerability to the punch."

According to Brown, the secret is to embrace the feelings of joy in these moments, and feel grateful. Gratitude takes practice. Concentrate on and even write down what you are grateful for, and you will recognize it. Soon the little things will bring you joy in ordinary moments.

Visit <http://ow.ly/A7aq307W2dl> to see a clip of Brene Brown discussing this with Oprah Winfrey.

"YOU ARE – your life, and nothing else."

Jean-Paul Sartre



How To Harness Gratitude

- Practice recognizing things to be grateful for in each day.
- Mentally review the last 24 hours, and look for the things that you were grateful for.
- Keep practicing.



When To Move On

People can bring a lot of happiness and fulfillment to our lives. However, sometimes relationships morph into something toxic. What happens when you leave interactions with loved ones feeling drained, sad or angry? Is it time to move on?

Assess if your needs are being met. No matter what kind of relationship, give and take is important. If you find that your friend, partner or family member is always on the taking end, tell them how you feel. If things don't change, perhaps it is time to take a step back.

You feel like the worst version of yourself. If a loved one spends time intentionally making you feel badly about yourself or encourages unhealthy or dangerous behaviors, it may be time to consider walking away.

You feel disrespected. If you feel that your loved one does not respect you, have a conversation with them. This disrespect may come in the form of crossed boundaries, unkind words or untrustworthiness. If it is consistent, it may be time to move on.

Relationships come in all shapes and sizes, but it is important that they bring us joy more often than heartache. Having fulfilling, happy relationships is important for emotional and physical health.

“Relationship is an **ART**. The dream that two people **CREATE** is more difficult to master than one.” *Don Miguel Ruiz*



QUIZ

1. What is a refined carbohydrate?
 - a. An elegant and cultured food.
 - b. Food that has been processed and essential nutrients and vitamins removed.
 - c. A noodle that has been improved by adding essential nutrients and vitamins.
2. Which of the following is NOT true about the 80/20 Rule to eating?
 - a. It is an invitation to eat whatever and how much you want.
 - b. Instead of aiming for perfect eating habits, eat nutritious, whole foods 80% of the time and indulge 20% of the time.
 - c. It will lead to a more balanced mindset about food.
3. According to Brene Brown, what holds us back from feeling joy?
 - a. Expressing gratitude.
 - b. Fear of vulnerability.
 - c. Sad events in our life.

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