



Your Quarterly **WHOLE-BODY** **WELLBEING NEWSLETTER**

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What does it mean to live a “balanced life”? For many people, this means finding time for things you enjoy and taking care of yourself. Exercising regularly, maintaining a healthy diet, and working on self-development is all important – but so is making time to rest and recharge. No one’s life is perfectly balanced all the time. But, you can work toward putting all of these things into your life each week or even each month.

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STAY CONNECTED!

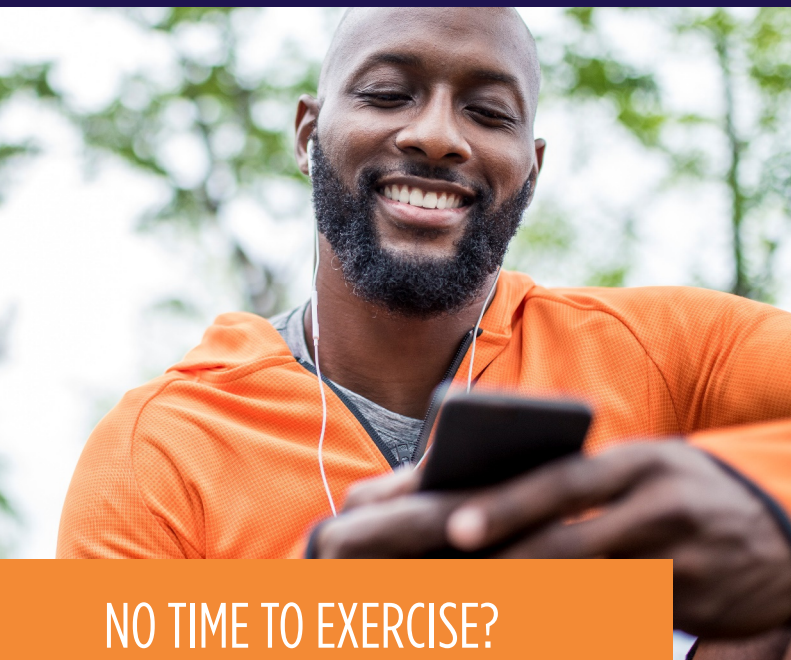
Having good social connections can help you feel better and live a healthier life. Talking to others is a great way to cope with stress. On the flip side, feeling isolated or alone can increase stress levels.

You may find that friends, neighbors, co-workers, and family members all have different, positive roles to play in your life. When facing challenges, talking to someone you trust may help you feel more calm and connected.

CONNER
STRONG &
BUCKLEW

BUILDING HEALTHY HABITS

Did you know? Lifestyle changes — nature, or helping others —can be a mental illnesses, according to the A



NO TIME TO EXERCISE?
MOVE YOUR BODY INSTEAD!

Exercise is great for your health. But sometimes it's hard to fit it into a busy schedule. If there are days when you don't have time for exercise, you can still move.

Adding movement into your day is a way to improve your health without investing as much time. There's no gym or special equipment involved.

WHY SHOULD I MOVE MORE?

Studies show that people who move their bodies every day live longer than those who don't. It's also good for the environment. If you walk or bike to your destination, you save gas and carbon emissions. If you take the stairs instead of the elevator, you save electricity.

MOVEMENT IDEAS

Not sure how to get started with movement? You can find things that work for your life. Think about ways you can move instead of sit. Here are some ideas:

- **Avoid the elevator and take the stairs if you can.** You can burn calories two to three times faster climbing stairs than walking briskly on flat ground. Can't take it the whole way? Take the stairs halfway and the elevator the rest of the way. Try to take stairs instead of escalators, too.
- **Park farther away from the front door and walk a little more whenever possible.** Many studies have shown that people who live in cities walk more and weigh less than people who live in areas where they drive more.
- **Whenever possible, bike or walk instead of driving.** People who commute to work by biking or walking tend to weigh less than people who always drive.
- **If you live far from where you are going, consider driving part of the way and walking the rest of the way.** Even a half-mile walk is good movement.
- **Choose hobbies you enjoy that are active, but don't feel like exercise.** This may include gardening, dancing or walking while listening to music or an audiobook.
- **Walk in place or lift weights while watching your favorite TV show.** Stretch or walk in place while talking on the phone.

such as getting more exercise, spending time in
as effective as drugs or counseling to treat an array of
American Psychological Association.



TIME-SAVING KITCHEN SHORTCUTS

It's hard to find time to get a home-cooked meal on the table when meal times come around. Many people are juggling work, responsibilities with family, housework and kids' activities, to name a few.

Plus, for those who aren't experts in the kitchen, cooking dinner can seem like an impossible task. But, if you learn to take some shortcuts, it can be easier than you think. Try these tips to help you make a homemade meal with fewer hassles:

- **Purchase a few meals at once.** If you can't shop for a whole week, aim for three meals. Get the ingredients for those meals, and you'll be ready for half of your week without any extra trips to the store.
- **Do a big chopping session.** Clean and chop all veggies and fruits at once while you've got out your cutting board and knife. Then, put the ingredients in bags or containers with lids, and put them in the fridge or freezer. Once you're ready to cook dinner, your chopped ingredients are ready to be cooked or thrown into the dish you're preparing.

- **Make a big batch of rice or whole grains.** When cooking rice, quinoa, or other grains, cook extra, place it in bags, and freeze. Simply thaw and microwave your grains when you're ready to use them.
- **Plan ahead.** Tackle the next meal before you go to bed the night before. Start thawing any frozen meats or other ingredients in the fridge. Make sure you have the ingredients and recipe you need for the next day.
- **Double up.** Whenever possible, make a double recipe and freeze the extra. Soups, stews, meats and tomato-based sauces often freeze well. Frozen leftovers make a quick and nutritious meal on a busy night.

Most successful meals come down to planning in advance. This means you may need to do the prep work the night before or on the weekend. Though it requires some effort to make a home-cooked meal, it's worth the time and energy. You'll be able to make a healthy meal for you and your family and may save some money, too.



Good friends are good for YOUR HEALTH!

WANT TO LIVE LONGER? SPEND TIME WITH FRIENDS!

Researchers looked at 148 studies that focused on social relationships and longevity. They concluded that people with stronger social relationships had a 50 percent increased chance of survival.

Other specific studies have shown that:

- *Women with breast cancer who took part in a support group lived twice as long and had less pain as women who did not.*
- *People with successful friendships are less likely to have depression and immune problems.*
- *People with the least variety of social relationships were 4.2 times more likely to catch a cold. This was true even though being around others exposes people to more viruses.*
- *Having social support increases self-esteem and helps people cope with stress, grief, trauma, and relationship problems.*

BENEFIT FROM YOUR FRIENDSHIPS...

- Give and get emotional support.
- Relax and have fun doing things you enjoy together.
- Encourage each other to follow healthy lifestyle habits, such as being physically active and quitting tobacco use.
- Look forward to celebrating good times.
- Be comfortable to express wants, needs, and opinions without being judged.
- Feel a sense of purpose.
- Give and receive unconditional acceptance.

...BUT REMEMBER BEING A GOOD FRIEND TAKES WORK.

- Communication is a two-way street. Discuss what's going on in your life. Listen to what's going on with your friend.
- Expect and give respect. Keep your friend's private issues private. Ask that he or she does the same.
- Focus on solving problems, not just complaining about them.
- Offer help whether or not your friend asks you for it.