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Happy New Year!

Wellness Corner Connection



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Make This Year Different!

*In order to
succeed, we
must first
believe we
can!*

WHAT'S COMING UP?

- Are you ready to make a change? See what "stage" you are in.
- Determine your motivator
- Get rid of toxins through sleep
- Recipe to enjoy

*Be Stronger
Than Your
Excuses!*

**DON'T BE
AFRAID
TO MAKE
MISTAKES**

I always have mixed emotions when it comes to New Year's Eve. With every count down comes a bit of nostalgia of what has transpired in the last 365 days, regardless if good or bad, along with the anticipation of what the new year might bring. It's a chance to start over. A chance to try again to accomplish all those goals you set last New Year but never quite reached. It's a time for remembering those no longer with us while looking forward to the new friendships to come. It's a time for dreaming, for putting aside fears of the unknown and just forging ahead.

It seems we attempt this every year and put a tremendous amount of pressure on ourselves to change. We have good intentions of making those lifestyle changes but then by the end of January, we're back to our old ways and give up. If this sounds familiar, don't despair. Thirty-five percent of those who make New Year's resolutions break them by the end of January, and many return to old habits by January 17th (ACE Fitness, 2015). Why does this continue to happen? One reason...mindset!

Change is not easy. There is no magic pill or secret tip or new diet that is going to make the difference. The only tool you need and ever will need is the right attitude. As the new year begins, your heart and intentions are in the right place but then life happens. We are overwhelmed with responsibilities that take precedents...but do they really or do we LET them?

Surrendering to old habits is easier, therefore, we push our goals aside until "tomorrow" or "next week" or maybe even "next year"! The key to keep in mind is that habits actually require little-to-no-energy. All we really need to do is replace our negative habits for positive ones. Easier said than done? Actually it is very easy *if* you have the right mental attitude. What we need to do is look at the necessary changes in a different way. For instance, if you see swapping out certain foods as a sacrifice, you will continue to fight against yourself. However if you view it as liberating, meaningful to improving your life and moving you towards your end-goal, then you will set yourself up for success. Here is an important thing to remember...you do not have to **cut** anything from your diet all together (unless of course you have an allergy or sensitivity to it or you choose to do so). Simple set your sights on **modifying and staying in control!**

If you make "SMART" goals (Specific, Measurable, Attainable, Realistic and Timely) you will be able to measure your progress in order to keep you motivated to continue. Here are a few examples of how to positively alter your thinking for success:

Make gratitude your attitude. Start each day by acknowledging three things for which you are grateful. If you start from a place where you have peace, you will be excited to embrace the day with the goal of making it even better. A short guided meditation or repeating a positive affirmation is also a great way to start your day on the road to positivity.

Motivate. Ask yourself WHY you want to reach your goal. Find the intrinsic motivation to muster up the excitement to make this happen for yourself. You deserve to reach your personal best.

Visualize. Envision yourself achieving your goals and basking in the benefits of the results. Picture yourself putting on those jeans with ease or approaching that heavy barbell with confidence. Maybe keep a visual reminder on hand at all times. Some people, for example, keep that pair of jeans by their fridge. ☺

Plan. Fail to prepare and prepare to fail. Schedule each day in advance, so that time for fitness and healthful eating is non-negotiable. Take some time out on Sunday to prepare your meals for the week. Take the guesswork out of it. Avoid decision fatigue, which takes a nasty toll on your willpower. I recently found a great tool on www.eatingwell.com. Look up their weight loss meal plan ideas.

Silence the noise. Surround yourself with positive people who support you, and remove yourself from the negative noise that doesn't foster a favorable environment, both in person and online. Un-follow "Negative Nancy's" on Facebook and follow inspiring users on Instagram.

Enjoy the process. It is great to have goals, but it's even better to recognize where you are now and the exciting adventure that lies ahead of you. And I don't mean later on this year once you reach your goals—I mean right now. Today. Each meal, each moment is an opportunity to make on-goal choices. With every positive choice, you help build that "resistance muscle." Be proud of every bit of progress toward your goal. (Continued on page 2)

Resource: American Council on Exercise



Make This Year Different! (continued from page 1)

This year, make a promise to yourself, not just to lose those extra pounds that seem to be creeping on, not just to exercise more or get more sleep, but to really **change the way you face life**. Change the way you think about yourself, your job, your health, your purpose! This is a time for a new beginning. And take every minute of it to keep moving forward. What is it you want from your life? What is holding you back? I hope as we go forward in this new year, I can help, even if in a small way, by providing you with information, resources, "food for thought" that will remind you to keep moving forward towards your goal. Stay focused on all you do right and remember only you can choose to make your life your own! You can do it if you believe you can!



*Believe
you can
— & —
you're halfway
there.*

T. ROOSEVELT

Are You READY to Make A Change?

To be successful with any change, one needs to be in the right "stage" of change. There are six stages we all go through as we attempt to "break" a bad habit or just make healthier life choices. It's important that we understand where we are to seek the support we need to follow through. Where are you?

Precontemplation Stage (Not ready)

Individuals in this stage are not even thinking about making a change in the foreseeable future, usually measured as the next six months. Being uninformed or under informed may be a reason one stays in this stage. It may also be due to multiple unsuccessful attempts that has lead to demoralization about the ability to change. Reasons for this obliviousness to change can be categorized as "the Four R's":

Reluctant precontemplators are those who through lack of knowledge or disinterest do not want to consider change. They have not come to terms with the impact of the problem.

Rebellious precontemplators have a heavy investment in the "habit" and in making their own decisions. They are resistant to being told what to do or advised on making changes for their own health.

Resigned precontemplators have given up hope about the possibility of change and seem overwhelmed by the problem. Many have made many attempts without success.

Rationalizing precontemplators have all the answers; they have plenty of reasons why their habit is not a problem or why it is a problem for others but not them.



Contemplation Stage (Getting ready)

Those in this stage are willing to consider the possibility that they may have a problem or making a change would be in their best interest. They also have hope that change can take place. However, they are still on the fence and have not yet made a commitment to take necessary steps required to change. Those in this stage are usually interested in learning more; they realize their current habit is creating problems, and they often have a mental list of all the reasons why changing would be beneficial.

Often, with the help of another, they can learn to consider the pros and cons of their behavior and why change may be the right thing to do at this time.



Preparation Stage (Ready)

Here, people intend to take action in the immediate future, usually within the next month. All the weighing of pros and cons, all the thought given to why this is a good thing to do finally tips the balance in favor of change.

The determination to change finally presents itself. The individual is ready to make a commitment to take action. These individuals of a plan of action, such as joining a gym, consulting a counselor, talking to their physician, seeing a nutritionist or relying on a self-change approach.



Action Stage (Implementing the Plan)



In this stage, individuals have put their plan into action within the last six months. This typically involves making some public commitment to change which also lends itself to obtaining the support needed and creates external monitors to stay on track. Not breeds success but success! Seeing progress and gaining confidence will help to make this change a permanent one.

Maintenance Stage (Relapse and Recycling)



The Action stage usually takes anywhere from three to six months to complete. Change requires building new patterns over time. The real test of change is long-term sustainability. During the maintenance stage, the old patterns become less likely to reoccur and the desire to return to them less intense. Confidence increases that they can continue the journey they started.

What's Your Motivator?

'One Good Thought' to Change your Harmful Habit

Reminding yourself of core values such as family, health, helping others can activate your sense of purpose and boost your motivation to change.

Many times I hear people saying "I'd really like to change but I just don't have the motivation". Although my typical response would be that motivation will follow once some progress is seen, what is really needed is a "motivator". This does not mean you have to have someone by your side 24/7 edging you on...the "motivator" is something **you** choose. Examples could be:

- Pain motivators, like fear of dying or getting a disease
- Meaningful motivators that bring a stronger sense of purpose to your life, like being a good role model for your children, vitality, or healthy relationships
- Even "not-so-noble" motivators like vanity could work quite well

As long as your motivator doesn't hurt you or others, works to get you going, and is in the service of a worthwhile change, it's probably a fine motivator. You just need to find something of vital importance to you--a passion. Making this choice is a critical first step towards change.

Resource: www.psychologytoday.com

Why You Need A Good Night's Sleep



There are many demands in life that all seem to be a priority—work, family, errands, etc. In order to fit everything in we often sacrifice sleep. However, sleep affects the outcome of EVERYTHING else not to mention it's vital for our overall well-being. And we all know that nothing is going to get done if we are sick!!

The benefits of sleep are tremendous and go way beyond just boosting our mood or banishing under-eye circles. Adequate sleep is *key* to a healthy lifestyle and can benefit our hearts, manage our weight, improve our minds and repair every aspects of our bodies.

Sleep helps you think more clearly, have quicker reflexes and focus better. It's no surprise that trying to get by on 1 or 2 hours of sleep is futile. Sleep deprivation impairs ones higher level of reasoning, problem-solving and attention to detail. Tired people are less productive; they are at a much higher risk for traffic accidents. Over time, being sleep deficit can put you at greater risk for depression.

Sleep impacts almost every tissue in our bodies. It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health (NIH, 2013). New research out of the University of Rochester Medical Center has discovered a system that actually "drains" waste products from the brain. Specific brain cells called glial cells help remove a toxic protein called beta-amyloid from brain tissue. This protein is renowned for accumulating in the brains of patients with Alzheimer's disease. Studies show that only during sleep does this protein decrease from the brain.

Research has also shown that lack of sleep increases the risk for obesity, heart disease, and infections. Throughout the night, your heart rate, breathing rate and blood pressure rise and fall, a process that may be important for cardiovascular health. Lack of sleep could produce diabetic-like conditions in otherwise healthy people. Well-rested people who received a flu vaccine had better protection against the illness than those sleep deprived.

Although personal needs vary, the typical adult needs 7 to 8 hours of sleep every night. A good night's sleep consists of 4 to 5 cycles, each including periods of deep sleep and rapid eye movement (REM) when we dream. REM increases as the night goes on. This pattern of cycling and progression is critical to the biology of sleep.

To learn more on how the brain clears itself of toxins go to National Institute of Health. And for ways to get a better night's sleep visit: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

Resource:

NIH News in Health. The Benefits of Slumber. April 2013
www.Health.com. Surprising Benefits of Sleep. July 2013



Getting Quality Sleep

- Go to bed the same time each night and get up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (but not right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. A warm bath or reading a good book might help or maybe start a gratitude journey.
- Avoid alcohol and stimulants such as caffeine late in the day.
- Avoid nicotine.
- Consult a health care professional if you have ongoing sleep problems.

People with **sleep apnea** have loud, uneven snoring. Breathing repeatedly stops or becomes shallow. If you have apnea, your not getting enough oxygen and your brain disturbs your sleep in order to open your windpipe. Apnea is very dangerous. Sometimes there is little air exchange for upwards of 10 seconds or more causing your body to go into flight or flight mode. This spikes your blood pressure, your heart rate fluctuates and the brain wakes you up partially to start your breathing again. This creates stress and could increase your risk of stroke. Mild sleep apnea try sleeping on your side, exercising or losing weight. Please consult with your physician if you think you might have sleep apnea.

Quick Chicken Tikka Masala

Recipe By: EatingWell Test Kitchen

Cook 40 minutes

Ready in 40 minutes

One of the most popular Indian dishes in the U.S. and the U.K., chicken tikka masala usually involves several steps including marinating and grilling the chicken before simmering in a curried tomato cream sauce. Eating Well has simplified it to a one-skillet dish and lightened it by increasing the vegetables, omitting the butter and using less cream. Serve with brown basmati rice.



Recipe
Corner

Ingredients:

- 4 teaspoons garam masala (see Note)
- ½ teaspoon salt
- ¼ teaspoon turmeric
- ½ cup all-purpose flour
- 1 pound chicken tenders
- 4 teaspoons canola oil, divided
- 6 cloves garlic, minced
- 1 large sweet onion, diced
- 4 teaspoons minced fresh ginger
- 1 28-ounce can plum tomatoes, undrained
- ⅓ cup whipping cream
- ½ cup chopped fresh cilantro for garnish

Directions:

1. Stir together garam masala, salt and turmeric in a small dish. Place flour in a shallow dish. Sprinkle chicken with ½ teaspoon of the spice mixture and dredge in the flour. (Reserve the remaining spice mix and 1 tablespoon of the remaining flour.)
2. Heat 2 teaspoons oil in a large skillet over medium-high heat. Cook the chicken until browned, 1 to 2 minutes per side. Transfer to a plate.
3. Heat the remaining 2 teaspoons oil in the pan over medium-low heat. Add garlic, onion and ginger and cook, stirring often, until starting to brown, 5 to 7 minutes. Add the reserved spice mix and cook, stirring, until fragrant, 30 seconds to 1 minute. Sprinkle with the reserved 1 tablespoon flour and stir until coated. Add tomatoes and their juice. Bring to a simmer, stirring and breaking up the tomatoes with a wooden spoon. Cook, stirring often, until thickened and the onion is tender, 3 to 5 minutes.
4. Stir in cream. Add the chicken and any accumulated juices to the pan. Bring to a simmer and cook over medium-low heat until the chicken is cooked through, 3 to 4 minutes. Garnish with cilantro.

Note: Garam masala, a blend of spices used in Indian cooking, usually includes cardamom, black pepper, cloves, nutmeg, fennel, cumin and coriander. It is available in the spice section of most supermarkets.

Nutrition Information:

- Serving size: 1½ cups
- Per serving: 318 calories; 14 g fat(5 g sat); 4 g fiber; 21 g carbohydrates; 27 g protein; 56 mcg folate; 85 mg cholesterol; 6 g sugars; 0 g added sugars; 1,029 IU vitamin A; 29 mg vitamin C; 109 mg calcium; 3 mg iron; 585 mg sodium; 682 mg potassium
- Nutrition Bonus: Vitamin C (48% daily value), Vitamin A (21% dv)
- Carbohydrate Servings: 1½
- Exchanges: ½ starch, 1 vegetable, 3 lean meat, 2 fat

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*Think in terms of the day's resolution, not the year's! Every day is an opportunity to succeed.
Take one at a time and just keep going!*

