

Targeting Wellness Newsletter

Good News for Good Health!

April 2020

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

Empowering Self To Overcome Uncertainty



*The quest for certainty
blocks the search for
meaning. Uncertainty is
the very condition to
impel man to unfold his
powers.*

One thing has been certain over the last several weeks and that is we can only control what is in our control. This is not play on words. Choosing to focus on the things that will empower you, strengthen you, and heal you, will help you stay positive, and will build resiliency.

In this newsletter, we'll explore ways to stay healthy both in mind and body. We'll discuss how our attitude can govern our body's reaction to stress and will remind ourselves of the simple yet effective stress-busting things we can do to stay healthy!

These are certainly uncertain times. But I believe this will strengthen all of us as a person, as a community, as a world!

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Running On Autopilot

I think we have a pretty good grip on the definition of a **habit**. A habit is a redundant set of automatic unconscious thoughts, behaviors and emotions that are acquired through repetition. It occurs when you have done something so many times that your body now knows how to do it without you even having to think about it.

Ninety-five percent (95%) of who we are by the time we are 35 years old, is a memorized set of behaviors, emotional reactions, unconscious habits, hardwired attitudes, beliefs and perceptions. This is held in our subconscious mind as a computer program looping continuously.

And guess what, **we live 95% of our lives in the subconscious mind**. So when we *think* with the 5% of our conscious mind (*I want to be healthy, I want to be happy, I want to lose weight*) the body is on a whole different program and it fights against the conscious mind to stay in a state of familiarity even if that is a negative state. Here is another bit of information regarding our thought process: we have about 60,000 to 70,000 thoughts a day. The majority of them are negative AND are the same thoughts as the day before. Our brains are hardwired to easily and automatically focus on the negative of any situation. This is known as **"negativity bias"**. With this increased sensitivity to seek out the **perceived threats**, our bodies instantly respond with a level of stress (known as the "flight-or-flight" response). When we fear the unknown, we live in a stressful state.

We all had routines that we followed prior to this current pandemic. As soon as you saw certain triggers in your environment you knew what to do, how to act and more importantly what to feel. Doing the same thing and seeing the same people who probably pushed certain emotional buttons, results in a very predictable life. Most of that is now being challenged to change and for most of us that will be a very positive outcome. Embrace it.

Two Separate Minds:

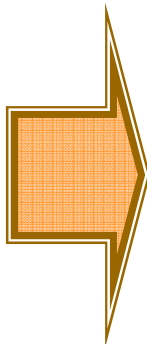
- **Subconscious mind** runs on programs downloaded from our childhood. These are not your own thoughts. And unfortunately they are often negative, self-sabotaging beliefs.
- **Conscious mind** is our creative, thinking mind. These are the thoughts you want to have more of and have the subconscious mind allow.

Look at your life. Where you are struggling reflects programs NOT supporting you.

We can educate our minds (conscious) with wisdom yet our life doesn't change. That is because we don't have a "downloaded program" for that. Create one!

Dr. Bruce Lipton is an American stem cell biologist who revealed how our environment controls our behavior and the functioning of our cells by turning them on or off. Our health is influenced more by our environment than by our genes themselves.

Dr. Lipton mentions three things we can do to reprogram our thoughts and live the life of our choosing:



Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.

- Earl Nightingale

Self-hypnosis:

Go to sleep with headphones repeating a positive phrase or a change you wish to be true in your life. The message is going straight into your subconscious mind where program change will occur.

Repetition:

Just like with any new skill it takes repetition, it takes practice over and over and over again before it becomes a habit, with new feelings that your body will accept. Do not let your BODY tell your MIND to give up. Take back control and be patient. How important is this change to you? If it will help you find more happiness with yourself, it's worth fighting for!

Belief Change Modalities (Energy Psychology):

This is fairly new and is a form of super learning where you can change a belief you have had for years in a matter of minutes. Sounds too good to be true I know. But we got nothing to lose in trying. Dr. Lipton has proven it (one method is called PSYCH-K). If interested in exploring this more, look up Dr. Bruce Lipton and his strategies to reprogram your mind.

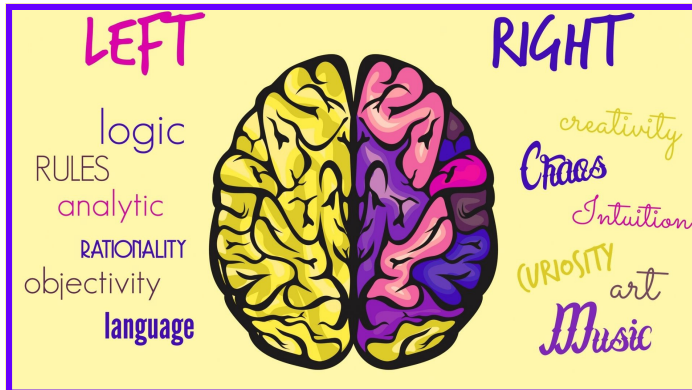


Optimism Can Improve Your Health

Studies are now showing that people who are optimistic have a lower risk of heart attacks and premature death. It seems that when one is optimistic, other healthier lifestyles are generally practiced such as eating healthier, exercising regularly, better quality sleep and being able to better handle emotions during stressful times. All this helps to lower inflammation in the body and maintain a strong immune system to ward off sickness.

(As reported by Harvard Health Publishing)

Your Brain on Optimism & Tangible Health Benefits



Research shows that positive moods are associated with more left-side brain activity. However, negative emotions such as anger and depression stimulate more activity in the right-side.

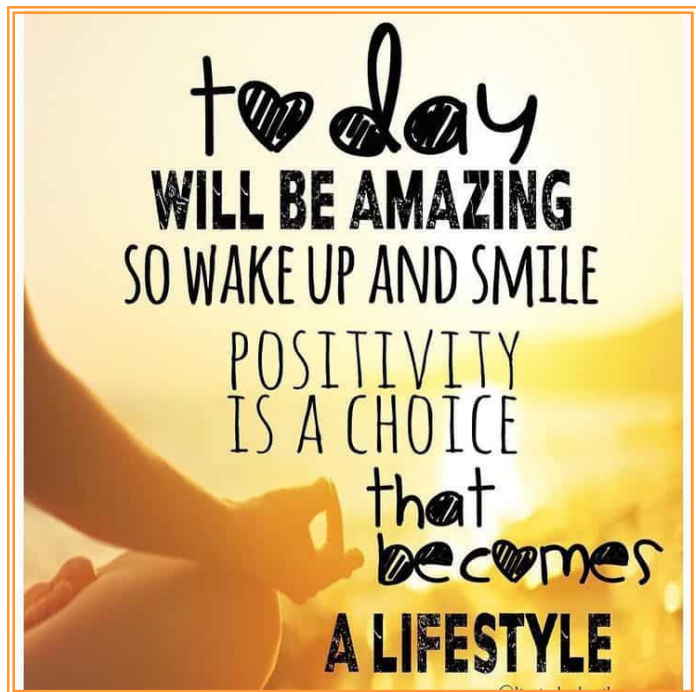
If our brain patterns were evaluated, most of us would have a dominant side. Knowing the activity pattern of one's brain could help predict how they will react in certain situations.

Being aware of any negative emotions and reactions in a given situation is the first step in being able to change.

Being optimistic doesn't mean that you are always happy or ignore life's stressors. It just means that hard times are approached in a more productive way which reduces feelings of sadness, depression, and anxiety. Optimists tend to have more self-efficacy, which is confidence that they will find a solution.

They tend to have the "glass half full" mentality. Optimism is what helps people deal with unexpected change as well as crushing stress and inevitable disappointments. It enables people to look at set backs as a learning experience not as a sign of defeat or weakness.

Being optimistic strengthens your resiliency to cope with the situation at hand which reduces the harmful effects prolonged stress and negative thoughts have on your overall health and well-being.



Studies have found that only about 25% of a person's optimism is inherited. The rest is determined by one's environment and the individual's efforts. The next page highlights a few things that you can do to learn how to be more optimistic. Remember, it takes practice. Visualizing your best possible outcome. This is different from meditation. When you meditate, you focus on one thing, usually your breath. With visualization you want every detail you can imagine. Here's an idea: what if you recorded yourself detailing your best possible life/outcome noting what will happen, how you will think, how you will feel, what you will be doing? Then put those earphones on when you go to bed and start changing the program in your subconscious mind.

(Psychology Today)



Optimism Can Be Learned

"Some people are optimistic by nature, but many of us learn optimism as well.

Anyone can learn to be optimistic — the trick is to find purpose in work and life," says Leah Weiss, PhD, a Stanford professor specializing in mindfulness in the workplace. "When we work with purpose or live with purpose, we feel more fulfilled and better equipped to see the glass 'half full.'"

#1 — Reframe your frustration

When something goes wrong, instead of venting the negative outcome to others, look for one positive thing that came out of the situation. Maybe you learned something new.

Maybe you met someone new even though the event did not turn out so great.

#2 — Refocus by trying a short meditation or practice being mindful

Something that many of you may not know about me, but I was my own worse enemy. I would beat myself up mentally for days over making a mistake. I would rush through life to keep to a pre-determined schedule I set for myself, preventing me from enjoying the moment. Over a year ago, I downloaded Insight Timer and completed my first 10-minute guided meditation. The instructor said "do this or a similar exercise for 10 consecutive days and the way you see life will change". I haven't stopped since and believe me when I tell you, it has changed the way I see life. Take a moment and just be still...what do you hear? Don't let life pass you by. If you change the way you look at things, the things you look at change. (Dr. Wayne Dyer)

Stillness (aka. meditation) will help you do just that.

#3 — Reflect and make a "happy list"

At the end of the day, write down three or four great things that happened that day. Did you finish a project you had been putting off? Did you clean out that messy drawer or car? Did you give or receive a compliment? Did you find stillness and focused on your breath for one minute? No matter how big or small, looking for the positive things and acknowledging them will start to train your brain to LOOK for them more often. You can retrain your brain.



Simple Effective Ways To Manage Stress

Whenever you are feeling stressed about a situation or life in general, take a moment to incorporate some of the following simple and quick ways to decrease the level of cortisol that is running through your body. First thing you need to do is be aware and in tune with your inner dialogue; then you will be able to decide to change the channel! The choice is always yours!



Every time you laugh (especially a belly laugh) you increase the oxygen to your organs, you increase blood flow and your stress diminishes. Ready for this...even *thinking* about having a good laugh is enough to lower your stress hormone levels. No joke! 🤔



Hug Your Pet

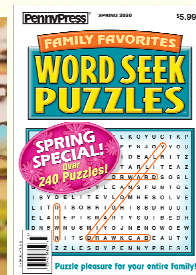
Always ready with unconditional love, giving your pet a hug has positive health benefits for you. The damaging stress hormone, cortisol, is decreased while the feel-good hormones such as serotonin, prolactin and oxytocin are heightened. Giving your pet a hug even lowers blood pressure, reduces anxiety and boosts your immune system.



Chewing gum not only can help reduce stress and anxiety, it can improve mental performance on tasks. Studies showed that gum chewers were not only less stressed, they were less depressed and less likely to see a doctor for high BP or high Cholesterol. *Chew on that!*

Increase Your Brain Power

Stimulate the brain with puzzles, word search, crosswords, & board games. All of these can be done online too.



Squeeze In More Vitamin C

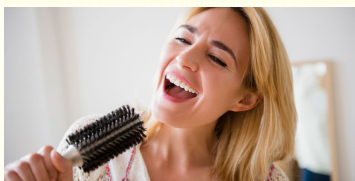
Vitamin C can actually help to reduce cortisol levels while boosting your immune system.

This antioxidant can be found in more than just oranges and grapefruits. For instance, kakadu plums, acerola cherries, chili & sweet yellow peppers, guavas, blackcurrants, thyme, parsley, mustard spinach, kale, kiwis, broccoli, Brussels sprouts, strawberries, just to



Deficiency in Vitamin C could include bleeding gums, frequent bruising and infections, poor wound healing, anemia and scurvy.

Resource:
[Healthline.com](https://www.healthline.com)



Sing A Song

No matter how off key you sound, singing can make you feel happier. It also can be good for

your breathing and posture, as well as your heart and immune system. So turn up the music, grab that brush (mic) and belt out a song. Maybe have a karaoke night with the whole family! Hey you might even get some belly laughing in too!



Breathe In Their Aroma

Taking in a big whiff of lavender or rosemary could put you in a more relaxed state. Inhaling these aromas have been shown to lower levels of cortisol, reducing levels of stress! Deep breathing also pushes oxygen through your bloodstream which can help calm your entire body and even reduce pain. Take in a deep breath, hold for a few seconds, now release.

Managing Stress While Being Productive

Learn Something New

Take an online course maybe through MasterClass (masterclass.com). Learn how to cook. Learn how to write. Learn how to play an instrument. Learn how to speak another language. You are only limited by your imagination.

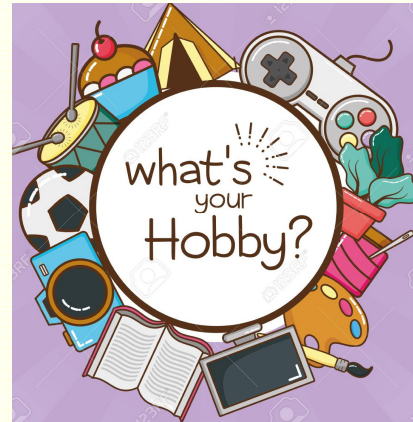


De-clutter to De-stress

Having too much stuff can breed an atmosphere of chaos, not to mention difficulty in finding something, which can lead to more stress. An uncluttered space can feel refreshing and restorative but tackling this task can seem insurmountable, leaving you wondering "where do I even start?" The best way is to take things one small step at a time. Start with one draw. Focus on one room and one section of that room. Set a goal to do a set amount of time each day. De-cluttering your work space will also help you be more productive.

Start or Revisit a Hobby

Whether you enjoy working with wood, paint, cloth, buttons, or any other item you find you have in excess, why not make something creative out of it. Pinterest has tons of ideas.



De-stress While Writing Your Thoughts

Write a poem or journal about your feelings during this stressful time. Write a letter to yourself of how things will be in one year...make sure you keep it optimistic and positive!

Another idea: create a vision board!



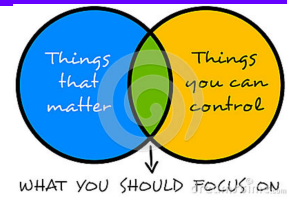
Plan A Garden

Start making plans for your garden. Clear an area in your yard or get out those old planters. Prepare your soil. Buy some seeds and start your plants.



Focus On The Things You CAN Control

Stressful situations can often cause us to feel helpless and vulnerable. With that comes feelings of fear, anxiety and desperation. Precious time is being wasted when you worry about those things out of your control. In doing so, you are missing all the opportunity for happiness, love and connection that is right in front of you.



We are creatures of habit. When we experience life challenges that cause a redefining of what we considered "normal", we might try looking at the situation from a different perspective. Given the pandemic causing social distancing and restrictions on shopping, entertainment and travel, we have to find a spiritual "reset" or reconfiguration in order to identify a new form of happiness. Focusing on those things within your control can be empowering and refreshing to your spirit.

So what's in your control?

Where you place your focus from moment to moment. Every moment, if you take notice, gives you an opportunity to make a choice. "I can choose to feel hopeful", "I can choose to be positive."

My reaction to a given situation. That can only happen if you stop and realize what you are thinking. Try asking yourself "what is the lesson that I need to learn from this?" No one can hurt you without your permission.

Where I spend or invest my time. Are you involved with activities and situations that nourish your energy or drain it?

How much practice I do on different aspects of my life. This also comes down to what you label as a priority. How much you want something, how important it is to your life's vision/purpose, will determine your commitment to practicing until you can do it automatically.

How I show up in the world. Being the best version of yourself. Be aware of how you approach a situation. Do you observe what is positive or negative? Are you showing optimism or doubt? Simple scenario: It's pouring down rain. How you show up: "What a miserable day" or "The heavens are giving us rain so all the beautiful spring flowers can grow".

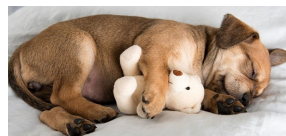
What you eat



What book you read or learning something new



What else????



Amount of sleep



How much exercise you get

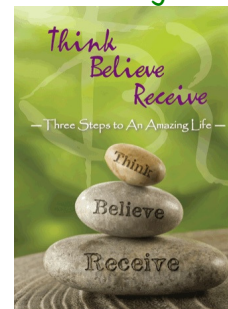
What changes you make



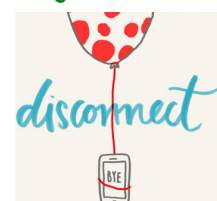
Which commitments you keep...put self first!



Your Thoughts



Turning off the news!



Quotes to Inspire



THE MORE YOU
COMPLAIN ABOUT
YOUR PROBLEMS,
THE MORE PROBLEMS
YOU WILL HAVE
TO COMPLAIN ABOUT.
-ZIG ZIGLAR

ZIGLAR.COM



Everyday Mantras for Mindfulness

Today I plant the seeds for the life I long to live.

I am open and willing to flow with life's changes.

One activity at a time; there is no need to rush.

No one can distract me from this moment but me.

Today, I will see the world with enthusiasm and curiosity.

My breath is an entryway to a place of inner calm.

I will seek the sacred in the ordinary.

I am capable of small positive changes.

Balance in all things brings peace and contentment.

Today, I will create something new.

Acts of kindness ripple through the world.

Time is never wasted when I am fully present.

Today, I will step outside my comfort zone.

Setting goals for the future gives me direction in the present.

I will heal by connecting with others.

I am a constant work in progress, and that is okay.



Creamy Garlic Herb Mushroom Spaghetti

This easy meal contains three ingredients that help to improve our immune system, garlic, mushrooms and parsley. It's ready in about 30 minutes. Check out the health benefits of three of the ingredients.



Yields 4 huge servings.

Prep Time: 10 mins.

Cook Time: 30 mins.

Total Fat 25g

Cholesterol 35.1mg

Sodium 53.4mg

Total Carbohydrate 53.8g

Dietary Fiber 6.6g

Sugars 8.6g

Protein 15.2g

Vitamin A 125.7µg

Vitamin C 8.1mg

Ingredients:

- 8 ounces whole wheat pasta (spaghetti, linguine, etc.) – I also like Lentil and Black Bean pastas
- 4 tablespoons butter, divided
- 3 cloves **garlic**, minced, divided
- 16 ounces fresh **mushrooms**, sliced
- 2 tablespoons flour (or whole wheat
- 1 teaspoon herbs de provence*
- 1 1/2 cups milk
- salt and pepper to taste
- 3 tablespoons olive oil
- additional 1/4 cup water, broth, milk or cream (optional)
- 1/4 cup **fresh parsley** (more to taste)



*Substitute for Herbs de provence

For 2 tbsp herbs de Provence substitute the following mixture:

- 4 tsp each dried thyme and marjoram
- 1 1/2 tsp summer savory
- 1/4 tsp dried rosemary and mint
- 1/8 tsp fennel seeds



Directions:

1. **Pasta:** Cook the pasta according to package directions. Set aside and toss with a little oil to prevent sticking.
2. **Mushrooms:** Melt 2 tablespoons of butter over medium high heat. Add one clove of the garlic and sauté for a minute until fragrant. Add the mushrooms and sauté for 5-10 minutes, until golden brown and softened. Set aside.
3. **Sauce:** Add the remaining 2 tablespoons of butter to the pan and melt again over medium high heat. Add the garlic and sauté for a minute until fragrant. Add the flour and herbs de provence. Stir fry for a minute to cook out the flour taste. Add the milk slowly, whisking to incorporate. Let the mixture simmer until thickened. Season with salt and pepper.
4. **Assemble:** Toss the sauce, pasta, and mushrooms together. Add the olive oil and water as needed to keep the sauce from getting too thick. Stir in the parsley just before serving.

Health Benefits:

Garlic contains compounds that can help the body fight off germs and invaders. This is why garlic has been used for centuries in various societies to combat infectious disease. The antibacterial activity of garlic is widely attributed to the compound known as allicin.

Mushrooms are widely known for their medicinal properties and may boost immune function. Instead of an apple a day keeping the doctor away, it may be a mushroom a day! A 2015 study showed eating shiitake mushrooms daily increased immunity!

Parsley is an incredibly health benefiting herb that helps prevent cancer, manage diabetes, and rheumatoid arthritis. With it's anti-inflammatory properties, it can help prevent osteoporosis. It relieves gastrointestinal issues and boosts the immune system!

Recipe from Pinch of Yum

Breakfast Cookies

The recipe says “breakfast cookies” but for me they are “anytime cookies”. I have made them several times always amazed at how easy and fast it is to wipe them up and more surprised at how delicious and healthy they are to boot! Experiment with the dried fruit based on what you like or have in your pantry. Satisfies that little sweet craving after



Yields 18 mini or 10 large cookies

Total Time: 10 mins.

Per cookie:

- Calories: 35
- Fat: 2g
- Saturated Fat: 0.4g
- Cholesterol: 0mg
- Carbs: 3.5 grams
- Sugar: 1g
- Fiber: 1g
- Protein: 1.3g

Weight Watchers Smart-Points: 1 point each

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup applesauce or mashed ripe banana
- 1/4 cup nut butter (whatever you like or have in pantry)
- 1/2 tsp pure vanilla extract
- Pinch of salt
- 2-3 tbsp mini chocolate chips (I use dark chocolate chips)
- 2 1/2 tbsp freeze-dried raspberries OR 2 tbsp of your favorite dried fruit (optional)
- 2 tbsp sugar or pinch stevia (optional *)
- Optional add-ins, such as chia seeds, shredded coconut, flax seed meal, etc.



Nutrition facts are based on each of 18 cookies, made with cashew butter and 2 tbsp chocolate chips. These cookies can be gluten-free (use gf oats), sugar-free (use sugar-free chocolate chips), soy-free, peanut-free, egg-free, and dairy-free. If you're allergic to tree nuts, you can substitute sunflower butter, or you can try subbing coconut butter

Directions:

*Especially if using banana, you can easily omit the added sweetener entirely for a wholesomely delicious taste that's like eating mini muffins in the form of a cookie.

If you'd prefer more of a dessert taste, add extra sweetener as desired, starting with the listed 2 tbsp and going from there - if you want to use a liquid sweetener, just cut back on the banana or applesauce.

Preheat the oven to 350 degrees.

Mash the applesauce or banana with the nut butter until smooth, then stir in all other ingredients until well-combined.

Shape into cookies—I used a mini cookie scoop—and bake on a greased (or parchment paper lined) cookie sheet for around 15 minutes.

Let cool 10 minutes before removing from sheet. This makes 18 mini cookies (as shown in the photos), or 10-12 bigger cookies.

Recipe from Chocolate Covered Katie

Debby Schiffer, Targeting Wellness in the Workplace
Office: 856-322-1220 Cell: 856-520-9908

***“Wherever you are, at whatever age, you are only a thought away from changing your life.
 You are not stuck where you are unless you decide to be.” - Dr. Wayne Dyer***

