

Targeting Wellness Newsletter

Good News for Good Health!

January 2022

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

"He who has a why can endure any how." *Frederick Nietzsche*

"Find your WHY and you'll find your WAY." *John C. Maxwell*

As we turn the page to a new year, we often experience mixed thoughts and emotions. We may feel pulled back to the past, perhaps with regret or sadness. We may feel pushed forward with excitement or maybe fear, both caused by the uncertainty of what lays ahead but looking at it in two totally different ways. Which one resonates true to you? The answer may be dependent on how you view yourself. We are all imperfect human-beings. Collectively we can embrace our humanity and vulnerability knowing that in facing our imperfections, we grow and build resiliency.

What's holding you back from going after your dream and being your authentic self? Do you approach most days with curiosity and meaning knowing that what and how you live is aligned with your true purpose in life (your why)? Or are you merely "getting by", waiting for something else to happen or for things to "lighten up" and go back to "normal". (whatever that is) ☺

Unlike animals who are driven to survive, humans crave more from life than mere survival. The one key tenet needed for us to thrive is having a sense of purpose. We can look at our day and see all the things we accomplished (The "What"). We can explain the process it took to complete the task (The "How") But giving reason to doing it (The "why") makes all the difference between feeling empty or fulfilled!

Moment by moment we decide how we show up in the world. YOUR "WHY" is the one essential ingredient for keeping you on track, for moving you in the direction that brings joy, meaning and purpose to your life. Ultimately it determines your overall well-being! Be empowered to decide what YOU want?

In this issue

1. Finding Your "Why"
2. The Wheel of Life
3. Questions to Ask Yourself
4. Make a Commitment to Yourself
5. Fit Fitness In—Easy and Fun!
6. Nutritional Bites: Power Up Your Immune System
7. Poem—Look Back
8. Recipe Corner: Smoky Black Eyed Pea Soup



The two most important days in your life are the day you are born and the day you find out why.

Mark Twain

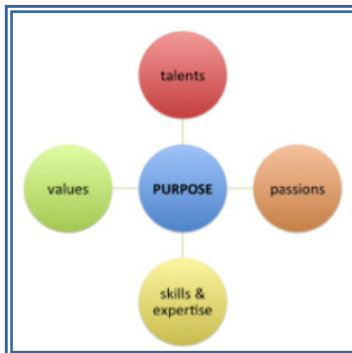
Finding Your “WHY”

For some, finding their why is no problem because that is what moves them forward in life. They are in line with their purpose and feel fulfillment and gratitude in all they do. However, for many, the struggle to find true happiness and fulfillment is not that easy. Perhaps it's because for many of us, we are just going through the motions of life, more reactive than proactive, perhaps “waiting” for the day we can retire and finally “*do what we have always wanted to do*”. In the meantime, think of all the *living* put on hold while we wait.

There can be several things that prevent us from progressing towards our “why”. We might be *settling* for what is in front of us rather than *creating* what is desired due to fear of going outside our comfort zone towards the unknown. What if I fail? What if others get upset? What if I'm wrong? All these “what if's”... but what if it's awesome and fills you with life!

Another thing that holds many people back is the perception of having *no time*. We all have the same time, every day, every hour. What YOU do with it is YOUR decision. Yes, of course we have obligations. But are they balanced with what allows you to be YOU... Creative. Adventurous. Funny. Curious. Happy.

The stories we tell ourselves can either hold us back or move us forward. As stated by Tony Robbins, “these limiting beliefs—that we're not good enough, that we don't deserve to be happy—lead to limiting behaviors like fear of failure and self-sabotage”. If we can become aware of these limiting thoughts and counter them with positivity and courage, we can start to move in life with a bit more confidence realizing that any set back is merely a redirect, a learning opportunity towards our true purpose. Believe this and your *why* will follow!



Sources: Forbes, Tony Robbins

Four questions you might want to ask yourself as you contemplate your “why”:

1.) What makes you come alive?

The word inspire comes from the Latin, meaning “to breathe life into”. When you do things that inspire you it can literally feel like you come alive! It's going beyond a dream vacation. It's aligning yourself to something bigger than you. Something that is also in harmony with *who* you are and *what* you care about.

2.) What are your innate strengths?

When we are in our element, our talents and skill set come together to meet our personal drive (Sir Ken Robinson). We are more productive and tend to add more value to what we do, which contributes to finding more personal and professional fulfillment. What are you good at? Typically we are passionate about those things we can do well and may come to us easier than to someone else. Howard Thurmon once wrote, “Don't ask yourself what the world needs; ask yourself what makes you come alive, then go do that. Because what the world needs is people who have come alive.” Amen to that!

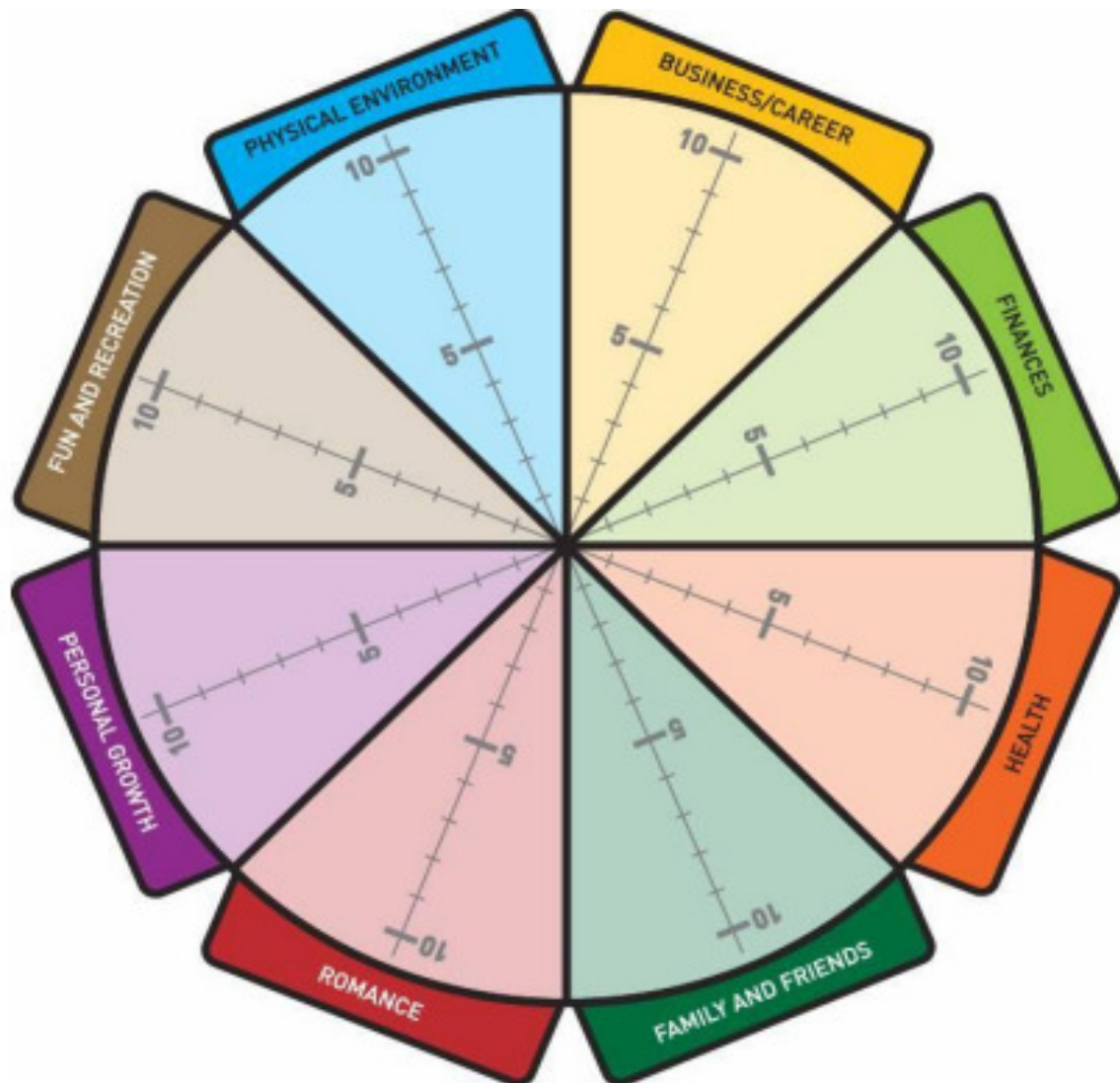
3.) Where do you add the greatest value?

Just doing something because you are good at it does not necessarily lead to happiness. But knowing your strengths and where you can bring more value can help you focus on opportunities, roles, career paths where you are most likely to succeed and find the greatest sense of accomplishment for the contribution you can make.

4.) How will you measure your life?

I love this phrase: *people who don't stand for something, can easily fall for anything!* Now I understand we all have to make a living. We all have bills to pay and family responsibilities. Our “passion” may not be what puts food on the table. So what if you looked at your current job/situation in a different way. Shifting your perception by looking/finding the meaning in what you are doing now can allow you to feel more purpose through *how* you do what you do. Seeing that disgruntled resident as someone hurting or fearful and you can help to ease their stress just by listening, smiling and acknowledging their pain. How can you look at your current job/responsibilities in a new light—with a sense of curiosity or fun? Everything you do affects someone else. Be proud of your role and find what helps you align with who you want to be. Knowing our purpose can empower you to try new challenges without fear. What would your future self say to you right now? Maybe it would be “make me proud and don't be afraid to live NOW!”

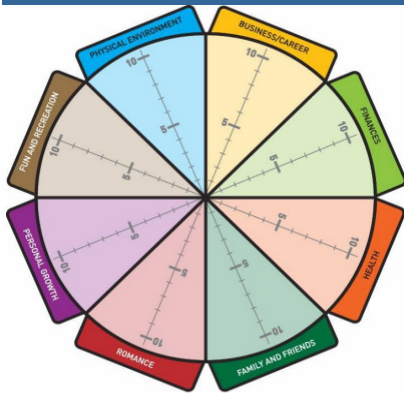
The Wheel of Life



Mark your level of satisfaction within each section displayed on the wheel. These sections represent the dimensions of your life. Draw a line across each section at the point of satisfaction felt within that area of your life. The closer you are to 10 the more fulfilled you feel. The connected lines form a new outside perimeter for your circle.

- How smooth or bumpy is your life?
- Are there areas of your life that need attention?
- What areas of your life are you willing to address now, soon, later?

As a mental fitness and well-being coach, I help people tap into their own wisdom and strength within themselves. If you are ready to take control of your life in 2022, reach out to me to schedule a strategy call (856-322-1220) Your life is waiting for you!



You may find these questions helpful when assessing your level of satisfaction within each dimension of life.



Physical Environment

- ❖ Are you comfortable with the home that you live in?
- ❖ Do you have a clean and tidy environment?
- ❖ Do you have a good community?

Romance

- ❖ Do you feel love?
- ❖ How often are you expressing love to others?

Business/Career

- ❖ Are you where you want to be by now?
- ❖ Is your career heading in the right direction?
- ❖ Are you satisfied with the kind of work you do?

Personal Growth

- ❖ How focused are you on Personal Growth?
- ❖ Do you read often?
- ❖ Are you trying new experiences and thriving to learn?
- ❖ Are you satisfied with your direction in life?

Finances

- ❖ Are you comfortable with what you're earning to satisfy your needs?
- ❖ Are you financially set up for future growth in wealth?

Fun & Recreation

- ❖ Are you enjoying life and making it fun?
- ❖ Are you satisfied with the level of activity that you do?
- ❖ Do you socialize often?
- ❖ Do you regularly do what you love?

Health

- ❖ How physically healthy are you?
- ❖ Are you satisfied with your level of fitness?
- ❖ Are you satisfied with your diet?
- ❖ Are you socializing often?

Family & Friends

- ❖ Is your family supportive of you?
- ❖ Are your friends supportive of you?
- ❖ Are you socializing often?
- ❖ Are you supportive of your family & friends?

Make A Commitment to Yourself

Set Your Sights On 2022 With A New Challenge

The challenge I'm referring to involves something YOU want to do, something you want to change and something that will invoke empowerment in you once it's completed. With the changing of the calendar to a New Year, we tend to put a lot of pressure on ourselves to change. But often when that change is forced or demanded, we tend to turn that into negative thinking that it's impossible, after all maybe you've tried this before and failed. We sabotage ourselves before we even start thinking the pattern will continue. And in doing so, our wish to change is long been abandoned by the time February starts.

So this year, instead of focusing on a dramatic year-long change, why not try 15 or 30-day "chunks of change". There is a beginning and an end that is obtainable. I have listed a few ideas that might spark your interest. Feel free to come up with one on your own but try not to change too many things at once. Stay focused on completing one thing then move on to the next challenge. Choose something that is not overly dramatic, strict or impractical. Small changes add up to huge gains and are more sustainable. Select one or adopt a new one every month this year. It's up to you. Challenges can bring some fun into self-care. Ready? Let your challenge begin and go after what YOU want this year. Believe you can and you will!

Take a Walk Every Day

Make it part of your day, whenever you are most likely to fit it in. Even if it's a short walk, get it in and then try to sprinkle in a few longer ones when you can. Maybe you focus on distance, or time, or number of steps, it's up to you. Don't let weather be an excuse. Get creative and change your location or route if you have to.

Get More Sleep

Most people are walking around somewhat sleep deprived. Think about what you do in the evening that may be keeping you away from more sleep (favorite TV show or scrolling the internet). Aim for bedtime 30 to 60 minutes earlier. Even if you don't get into bed, start winding down by turning off all electronics, perhaps read a book or journal what you are grateful for that day. You will find that you function better the next day and may even find getting up not to be quite as awful. ☺

Less Screen Time—Experience Real Life

Vision Direct commissioned research that showed where the average adult could spend about **44 years** of his/her life staring at a screen. Think about how early young kids are starting with screen time!!!

For the next 30 days, experiment with cutting back on electronics (which could also help with the "get more sleep" challenge). Watch less TV, do a social media detox, or commit to spending less time on your phone (turn it off earlier every day. I know some of you are on-call. Do what you can and pick something you can stick with.

Try A Daily Meditation Practice

How you start your day can set the tone for the rest of your day. Perhaps build into your morning routine 5 minutes to sit quietly, breath and set your intentions.

Insight Timer app can be a great place to start. It offers free daily guided meditations any length or topic pertinent to you.

This practice can have profound benefits for both mental and physical health.

Try 30 days of Yoga

Not only can this help you physically with pain, balance and flexibility, it can help to calm the mind from stress and allow for more focus and connection. Yoga with Kassandra or Yoga with Adriene offers free 30-day Morning (10 minutes) or Evening (15 minutes) Challenges. Check them out and see if you might commit to try one or the other.

<https://www.yogawithkassandra.com/>
<https://yogawithadriene.com/>

Try A Reading Challenge

Pick a few books you have been wanting to read. Perhaps make a daily goal of how many pages or chapters you'll read or schedule a specific number of minutes to read. Read for entertainment, relaxation, or to get inspired and learn something new.

Try Something /Learn Something New Every Day

Research actually suggests that too much routine and/or the fear of change may actually shorten one's life. For 30 days, try to learn something new, no matter how small. It helps with brain power, improves creativity, enhances focus and makes life more interesting! Don't think about doing it right or perfectly at first...just try it! You might be surprised at how good you get by day 30!

Breathe.

Let go. And remind yourself that this very moment is the only one you know you have for sure.

Fit Fitness In—It Can Be Easy and Fun

It's a fact that I'm sure you already know...the many ways we move and incorporate different types of physical activity into our day has a profound effect on our physical health. However, exercise is one of the **top ways** to improve mental and emotional well-being too! Exercise is a stress-buster! It helps decrease anxiety and depression. It improves our quality of sleep and strengthens our immune system to fight off sickness. Plus it builds resilience, hardiness and grit that pushes us through challenging times.

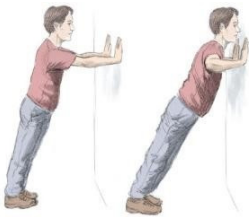
Where does your workout fit in? You may feel you already have too much on your plate during the day, how could you possibly fit in exercise? Many promise themselves to keep to a exercise program every Jan 1st yet hate to exercise! Why add a workout that you will dread in the hours leading up to it and curse through every moment you are in it? Now is the time for workouts that are easy to incorporate, can be done at home or work, and don't take much time yet are effective. They are great ways to give you a mental break from the other "daily chores" you have on your To-Do list. Perhaps you are motivated when working out with others. With social distancing still lurking over us right now that could make it seem impossible. Get creative! Set a time with a friend, even if not in the same location, to get up and move "together". Download an app that allows for short workouts to do on your breaks. Maybe start with a suggestion below. Pick a few to do throughout your day.

Key word: *Move, variety, enjoy*



Walk/Jog in Place

30-45 seconds. 3-5 times. Simply stand up and focus on bringing you knees up towards your waist.



Wall Push ups

Seeing as you probably will NOT want to get on the office floor try a wall push up. Try 10 reps, 3 times.



Squats

From your chair, stand up, sit back down and repeat 10 more times. Maybe rest 30 seconds and do another set of 10.



Or try a Wall Sit. Stand with your back against the wall. Slowly lower into a seated position and hold 10-30 seconds. Try several times and then start to add on seconds. Make sure your knees are not tracking over your toes.

Try setting a timer to stand up every hour and just stretch!



Power Up Your Immune System!

With everything that's been going on for the last 2 years, wellness is top of mind for people everywhere. And while our health should always be a priority, it is even more critical than ever to ensure we take care of ourselves and our loved ones.

Our bodies are absolutely amazing and are equipped to fight off disease when working properly. No one is invincible, however, we can significantly lower our risk of infection and disease by keeping our immune system strong.

If you watch or listen to the news, it tends to squash out any glimmer of hope and it can seem we have no control over anything in our lives. But we do! We can choose what we put into our bodies which gives us an advantage during tough times.

Just as our immune system can protect us against sickness, it can also turn on our own body and CAUSE the diseases. Our immune system can greatly be compromised by our lifestyle. Treat your body right and you will have a fighting chance against infection by enabling it to work properly to protect YOU.

Here are the 5 main pillars of keeping your immune system working properly:

1. Eat a varied, plant-based, and dairy-free diet (as close to this as you can)
2. Don't smoke
3. Exercise regularly (both cardio and strength)
4. Practice stress management (everyday)
5. Get enough sleep (7-8 hours of quality time)

Nothing new here, right? But how much time do you give to each? Where do you struggle? One area that can actually improve at least 3 out of the remaining 4, is your food choices. It is well known and understandably so, those who are malnourished are more prone to disease. Yet even with our abundance of food available anytime we want it, there are many Americans who are still micronutrient malnourished. They get plenty of carbohydrates (perhaps a BIT more simple than complex ones), animal protein and fats but lack many of the vitamins and minerals our body needs to properly function.

The Standard American Diet (a.k.a. S.A.D.), along with some popular diets such as Keto and Paleo, which rely on foods such as meat and dairy, are actually very nutrient-poor. On the other hand, whole plant-based foods tend to be loaded with the essential nutrients to support healthy cell growth and function. Now you may be thinking "dairy contains some nutrients" and you are correct; it's mainly calcium, protein, potassium and fortified vitamin D. But it also has harmful ingredients such as trans and saturated fats, artery-constricting cholesterol, antibiotics, and natural and injected bovine hormones that can actually stimulate unregulated cell growth in humans that increase the risk for hormone-dependent cancers. It's also loaded with inflammatory properties. Maybe it's a good thing that 65% of the population is lactose intolerant, with some ethnic groups having an even greater intolerance. That's certainly a sign to stay away....would you agree?

There are foods that definitely support our immune system. They are loaded with micronutrients and antioxidants, which is key! They are mostly found in plant foods and help fight inflammation (the S.A.D. diet promotes inflammation). Why is that so important? Because inflammation is the central link to disease. In fact, a whole food plant-based diet contains 64 times the amount of immunity-boosting antioxidants than a diet rich in animal products.

Here are some nutrient-dense, antioxidant-rich foods that you might try to include in your diet:

- Beets
- Berries (blueberries, strawberries, raspberries, blackberries, etc.)
- Cherries
- Raw cacao (in powdered form, mixed into oatmeal or smoothies)
- Leafy greens (kale, collard greens, bok choy, chard, etc....yummy!!)

Inflammation-Fighting and Immunity-Boosting Foods

- Spices (turmeric, ginger, and black pepper)
- Dark leafy greens
- Fruits (berries, cherries, oranges)
- Nuts (almonds, walnuts, hazelnuts, peanuts)
- Tomatoes
- Beans, all types
- Mushrooms
- Bell Peppers
- Garlic

Anti-inflammatory Recovery Smoothie

Ingredients

- 2 large kale leaves (stems removed & discarded)
- 1 large handful of spinach
- 3 frozen bananas
- 1 cup frozen blueberries
- 1 cup frozen pineapple
- 1 cup frozen strawberries
- 2 cups of water or nondairy milk of choice
- 1 tbsp hemp hearts
- 1 tbsp flaxmeal
- 1/2 tsp ground ginger (or thumb size peeled fresh)
- 1/4 tsp ground turmeric (or thumb size peeled fresh)
- Pinch of black pepper

Instructions:

Add all ingredients to a high-speed blender and blend on high for 1 minute or until desired consistency is reached.

Look Back— Poem by Mar Healy

Look back my dear one and take notice
Of the journey that's brought you this far.
Look back at the beauty, the darkness, the growth
Feel deep pride for all that you are.
Look back at the pathways you've traveled in life
Some planned, some journeys off track.
Realizing no matter how lost that you felt
Each time you would find your way back.
Reflect on the courage it took to keep going
When the burdens of life felt too great.
Acknowledge your strength and your heart my dear love,
To walk on bearing such heavy weight.
Remember that each time the darkness would come
And cast shadows across your pure light,
That the spark deep within you would rise up again
Beaming love, beaming truth, beaming life.
Look back with the wisdom that all you've been through
Has lead you to where you are now.
Understanding we're not always granted our wish
But that life knows what's needed somehow.
This hardship, this darkness, this pain you've endured
You might never have chosen to know.
But within them you learned and you thrived and became
It's in mud that the lotus can grow.
So look back my brave love look back and look back
And surrender and let it all go.
Come to here, come to now, come to being my darling
Release and allow life to flow.
Be alive in this one precious moment, dear one
Be await, do whatever's unfolding.
Breathe in life, breathe in love, breathe in hope, breath in
now
And release all that pain you've been holding.
Remember the truth of your essence, dear love,
An exquisite and rare work of art.
An infinite, beautiful being of light
Made of stardust, and spirit and heart.





Smoky Black Eye Pea Soup

Savory and hearty, this Black Eyed Pea Soup with collards is an easy one-pot meal made 100% plant-based, gluten-free, and low-fat. It's a healthy way to bring the new year and enjoy to your heart's content! Said to bring prosperity in the New Year!

Ingredients:

- 1 lb. **black eyed peas**, soaked – see notes (or 3 cans (14oz), drained and rinsed)
- 2 tablespoon **olive oil** or $\frac{1}{3}$ cup water
- 1 yellow **onion**, diced
- 2 large **carrots**, diced
- 2 **celery ribs**, sliced
- 3 **garlic** cloves, minced
- 1 tablespoon **smoked paprika**
- 1 teaspoon EACH **thyme, basil, and oregano**
- 1 teaspoon EACH **garlic + onion powder**
- $\frac{1}{2}$ – 1 teaspoon **red pepper flakes**, optional
- 1 can (28oz.) **diced tomatoes**, with the juices
- 2 – 3 cups **collard greens**, chopped
- 6 cups low-sodium **vegetable broth**
- $\frac{1}{2}$ – 1 teaspoon EACH **salt + pepper**, or to taste



Recipe from: The Simple Veganista

Instructions:

Saute: In a large dutch oven, heat oil or water over medium heat, add onion, carrots, and celery, saute for 7 – 10 minutes. Add the garlic, smoked paprika, thyme, basil, oregano, and garlic & onion powder, cook until fragrant, about 1 – 2 minutes.

Simmer: Add the black-eyed peas, tomatoes, and vegetable broth, bring to a boil, cover, reduce heat to low, and simmer for 20 minutes (for canned) to 1 $\frac{1}{4}$ hours (for soaked), or until beans are tender. Before soup is done, about 5 – 10 minutes ahead, stir in the collard greens. Season with plenty of salt and pepper.

Serve: We love adding a squeeze of lemon over the top of our serving bowls for brightness. And this slightly sweet Vegan Corn-bread is the perfect accompaniment to this savory soup!

Serves 6 – 8

Store: Leftovers can be kept in the refrigerator for up to 6 days. For longer storage, freeze for up to 2 – 3 months. Let thaw before reheating.

Notes:

How to soak black-eyed peas: Place the beans in a pot of water, covering them with 1 – 2 inches, and let soak for at least 8 hours, drain water. For a quick soak, heat the beans up to a boil, remove from heat and let soak in the hot water for 1 hour, drain water.

How long does it take to cook black eyed peas? On the stovetop, presoaked beans take about 1 hour to cook. In the Instant Pot, they take about 8 minutes at HIGH pressure to fully cook. When using a slow cooker, it will take 3 – 4 hours on HIGH or 5 – 6 hours on LOW.

Herbs: For variation, use poultry, Italian, or herbes de provence.

Greens: Switch up the collards with kale, chard, or spinach.

Other Cooking Methods:

Instant Pot: Add everything to the pot, except the collards, attach and seal the lid. Cook on HIGH pressure for 2 minutes (using canned beans) or 8 minutes (using soaked beans). Stir in the collards when done, and season well.

Slow-Cooker: Add everything to the bowl of a slow cooker, except for the collards. Cook on HIGH for 3- 4 6 hours or LOW for 5 – 6 hours. Stir in collards at the end, and season well with salt and pepper.

Debby Schiffer, Wellness Director for BURLCO & TRICO JIF

E-mail: debby_schiffer@targetingwellness.com Office: 856-322-1220

Cell: 856-520-9908

**Purpose is the reason you journey. Passion is the fire that lights the way.
By finding the courage to be ourselves, we gain the power to make a difference!**