

# Healthy Perspectives

Happy New Year! January 2019 "Your Source For A Happy and Healthy Lifestyle" DIGEST

## Inspire To Move: The No Complaint Workout

Whether you love or hate to exercise, daily physical activity is essential to your overall health and reduces your risk for many chronic diseases. If you want to reap all the positive benefits from improving your fitness levels, but find yourself complaining, try these simple positive thought strategies to shift your perspective:

- 1. The But > Positive Technique.** When complaining, you simply add the word but and then add a positive thought or action. *Walking on the treadmill is boring but I'm using this time to listen to my favorite podcast that I never have time to finish.*
- 2. Focus on a "Get To" instead of "Have To".** You don't have to work out, but get to be physically active. You get to live this life. You have the opportunity to visit a gym and use the equipment, to walk in a safe area with clean air to breathe and you are blessed with the physical ability to move your body.
- 3. Turn Complaints into Solutions.** Every complaint represents an opportunity to turn a negative into a positive. Thinking this workout is too hard, can be shifted into the positive that the challenge of the exercise will make you that much stronger.

"COMPLAINING doesn't help you make progress."

ATGW

# RAISE Healthier Eaters

Share an appreciation for healthful food, prepared with love to serve to others. Whether you have children or just share meals on occasion with kids, be a role model by eating healthy. Serving regular balanced meals and snacks while providing pleasant meal times can go a long way to improve the whole family's nutrition.

- **Involve kids in the process.** Include them in making meal planning choices.
- **Avoid battling over food.** If kids are hungry, they will eat from the foods they are served.
- **Let children choose** new foods to try and pick out a new fresh, frozen or canned fruit or vegetable at the grocery store.
- **Plant a garden and provide opportunities** for children to enjoy the process of planting, tending, harvesting and eating the results of their labor.

Try to keep a positive approach about food. The mealtime habits you help create now can lead to a lifetime of healthier choices.



## MAKE AHEAD Meal Plans

When your goal is to eat healthy, nothing beats a home cooked meal where you control the ingredients and the portions. The problem is finding the time every evening to cook a full dinner. That's where an easy make-ahead meal plan allows you to prep recipes in advance so only a few steps remain to finish up the meal.

### HERE ARE A FEW TIPS TO GET AND STAY ON TRACK:

1. Plan 1½ to 2 hours to cook over the weekend. Sundays work best since it's closest to Monday to keep your food fresh.
2. Find ingredient overlaps. Spinach can be used in salad, on sandwiches or inside a quesadilla.
3. Pick a lean protein that allows you to mix and match ingredients and sauces. Cooked chicken paired with vegetables for an Asian stir-fry, add to tacos, or use with pasta.
4. Once you decide what meals you are making, write a shopping list. Look through your pantry first to see what ingredients you may already have on hand.
5. Get proper containers such as mason jars, Tupperware or even plastic bags.

A little Sunday meal-prep can make it a reality to plate a healthy dinner in just a few minutes even during a busy week.

## Veggie Loaded Spaghetti Sauce

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 can crushed tomatoes (28 oz.) | 4 oz. fresh basil        |
| 2 Tbsp. tomato paste            | 1 Tbsp. oregano          |
| 1 sweet onion, diced            | 4 garlic cloves, crushed |
| 1 bell pepper, diced            | Salt and Pepper          |
| 1 zucchini, diced               |                          |

In a large pot cook garlic and onions in oil over medium heat until translucent. Stir in bell peppers and zucchini and cook until tender.

Stir in basil, oregano, salt and pepper. Pour in tomato paste and crushed tomatoes. Stir well, reduce heat, cover and simmer 3 hours, stirring occasionally.



# THE SLEEP ADVANTAGE

The quality and amount of sleep you get affects your ability to think and perform at your best. Prepare for the day ahead by getting a better night's sleep. Unplug your mind, body and technology, hit the pillow and drift away to benefit your heart, weight, mind and more!

## TRY THESE SIMPLE TIPS TO DRIFT INTO DREAMTIME FASTER:

1. **Eat your largest meal mid-day between 10am-2pm.** When you consume large amounts of food before bed, your digestive system has to work harder while your body should be resting.
2. **Make a to-do list.** When your mind is focused on the future, it creates a feeling of unease. Let go of your mental to-do list by writing it down and detaching.
3. **Let it be dark.** Light from television or other devices interrupt sleep.

When you sleep well you are healthier and happier. Better sleep leads to a better life.

# Language To CHANGE YOUR LIFE

The way we talk to ourselves and others instantly shapes how we perceive life, and directly impacts our behavior. How we talk affects us in the moment, seeps into our subconscious, becomes internalized, changing our thoughts and behaviors in the long term. If you talk about how "unfair" life is, you will start to act according to that view.

You may perceive slights where none exist or put less effort into your goals because you've already determined your efforts won't accomplish anything. The person who talks about success as if it were just around the corner will not only work hard to achieve their goals, but also be energized to succeed.

It is within our power to decide how we think about and talk about our problems. Retrain your brain one word at a time. Just like we build habits by repeating an action until it becomes automatic, we can use strong assertive language over time to create lasting change in our lives. Make a conscious choice to talk in a way that's helpful rather than harmful.

*Assertive self-talk stakes a claim for right here and right now.*

*I am health conscious and eat foods that fuel my life.*

*I embrace the strength of my body and mind through exercise.*

*Vs.*

*I will lose weight*

*I am going to stop smoking.*

Consider that your life is not a result of your circumstance, but rather the weight of your self-talk. Power, joy and vitality are influenced much more by what you think you can and cannot do. You can talk yourself into success or failure and the choice is yours.

Keep a notebook in which you write about: Reflections • Insights • Steps of Progress

**"Reject your sense of injury and the injury itself disappears."** *Marcus Aurelius*



“You may have to **FIGHT** a battle more than once to **WIN IT.**”

*Margaret Thatcher*

## Denial OR Reality?

Denial can be a defense mechanism or an adaptive, protective shield that allows us time to cope with difficult situations or losses. Used at the right time and in appropriate measures, denial can pad the blows of painful emotions to enable functioning before a healthy dose of reality for good problem solving and healthy adjustment.

When denial is taken too far, it prevents us from being able to cope with a real threat and works against us. There is a time to dig deeper and face up to the pain of reality in order to heal.

UNHEALTHY DENIAL	REPAIRING REALITY
Cuts off information needed for problem solving.	Brings long-term relief of pain.
Makes you more defensive.	Acknowledges facts and feelings.
Makes you vulnerable to addictions as a means of escape.	Puts you in touch with your emotional struggle to address the real issues.
Alienates you from available support.	Allows more effective problem solving.
Keeps you stuck in an unreal world.	Facilitates real healing.

Begin now to choose reality. Though denial may give temporary false comfort, know that knowledge ultimately makes you stronger.

## QUIZ

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- Which of the following is NOT a recommendation to “raise healthier eaters”?
  - Involve kids in the process of making meal plan choices.
  - Bribe children to eat vegetables.
  - Avoid battling over food.
  - Be a role model by eating healthy.
- Fill in the blank. The quality and amount of \_\_\_\_\_ affects your ability to think and perform at your best?
  - Stress.
  - Sleep.
  - Socialization.
- Which of the following is true about denial?
  - Denial is a defense mechanism that allows us time to cope with difficult situations or losses.
  - Denial used at the right time and in appropriate measures can pad the blows of painful emotions before a healthy dose of reality for good problem solving and healthy adjustment.
  - Denial taken too far prevents us from being able to cope with a real threat.
  - All of the above.

The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor. ©2019 Inspired Perspectives LLC. [www.InspiredPerspectives.com](http://www.InspiredPerspectives.com) • [info@inspiringperspectives.com](mailto:info@inspiringperspectives.com) • 904.641.1208

