



## Physical Exercise For Emotional Strength

LOVE February 2017

We all know that regular exercise can make us physically strong. However, regular exercise can also make us emotionally solid. You can ease depression and anxiety by getting physical. If you have ever worked out when in a bad mood, you have probably seen this in action. So, what does exercise do for us emotionally?

**Releases chemicals that make you feel good.** Just a 30-minute walk around your neighborhood can release feel-good chemicals in your brain.

**Gives you a boost of energy and promotes sleep.** With oxygen flowing through your body, your heart and lungs work more efficiently. This makes you feel better and allows you to get through the day. When the day is over, you'll sleep more soundly, repairing you physically and emotionally.

**Serves as a healthy distraction.** When you have a lot on your mind, a yoga class, walk or time at the gym can offer a distraction from your thoughts. Instead of turning to alcohol, food or drugs, exercise is a great way to cope. For many people, this time is their "safe space." In addition, going to classes or the gym will encourage you to socialize, creating a supportive, positive environment.

### **Boosts your immune system.**

When you feel better physically, you feel better emotionally. If you are feeling sick, it can add to feelings of depression and anxiety.

Physical strength is a great benefit of exercise, but emotional health is just as important. If you commit to 75 minutes of vigorous exercise or 150 minutes of moderate, you will surely feel the emotional rewards.



Visit <http://ow.ly/oU3K306c4Mt>  
for an article from Psychology Today  
with Four Exercises for Social/Emotional Well-Being.

"Great **FEAR**  
is concealed under **DARING.**"

*Lucan*

## Tools For Cooking

You can cook a meal with a fire, a pot and a stick, but no doubt, having some essential equipment can make cooking easier, faster and more fun.

The following are must-have conventional kitchen tools for preparing healthy meals at home.

**Slice and Dice:** Basic knives include a serrated knife, a 9-10 inch-long chef's knife and a paring knife. Cutting boards keep your counters safe and help avoid cross contamination. Keep two, one for raw proteins and one for cooked foods and produce.

**A Pinch of This:** Measuring spoons and cups help ensure the right amounts of each ingredient and help to control portions.

**Mix and Marinate:** Utensils such as tongs, a few wooden spoons, ladle, slotted spoon for draining, heat resistant spatula, bowls and a vegetable peeler are essential.

**Sear and Simmer:** Nonstick pots and pans allow you to cook with less fat.

**Roast and Whip:** Bake ware and hand mixers for healthy casseroles, roasting lean meats and light desserts are a plus.

**Reuse and Reheat:** Storage containers help to make leftovers into a simple next day lunch.

**Slow Cooker:** Use everyday ingredients to make soups, stews, chili and other easy meals that almost make themselves.

Visit [EatingWell.com](http://EatingWell.com) for healthy cooking tips and recipes.

"You don't have to cook **FANCY** or complicated masterpieces, just good food from **FRESH** ingredients."

*Julia Child*



## CHOCOLATY COMFORT

If you consider yourself a "chocoholic," you probably know that dark chocolate has a lot of benefits outside of being extremely tasty. Chocolate, in moderation, can positively impact your physical and emotional health. So how does chocolate affect you?

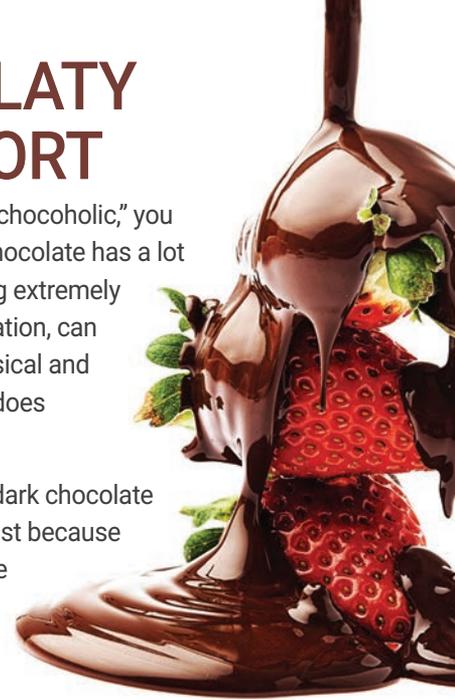
**Emotional effects.** Eating dark chocolate makes us happy and not just because it tastes great. It boosts the production of endorphins, the "feel good" chemicals in our brains.

**Physical effects.** Dark chocolate increases blood flow to the brain and the cardiovascular system. In addition, some chocolate is high in flavonoids, which are powerful antioxidants that can lower blood pressure.

**Choose wisely.** Choosing the right chocolate is important – otherwise, eating it can do more harm than good. Opting for organic, higher percentage dark chocolate is best. Avoid those that include caramel or other additions.

**Keep it in moderation.** Using food or drink to soothe our emotional or physical pain can end up being an unhealthy habit. Ensure you are eating a small amount of dark chocolate (about one ounce every few days).

So, next time you think of reaching for a cocktail after a tough day, take a walk or meditate and treat yourself to a small amount of dark chocolate when you are done. Combining exercise and foods rich in antioxidants will lead to less stress. Who knew self-care could taste so good?



RECIPE OF THE MONTH



## Slow Cooker Black Forest Cake

1 can lite cherry pie filling (20 oz.)

1 box chocolate cake mix

Preheat the slow cooker on high for 10 minutes. In a bowl, stir together the pie filling and dry cake mix until thoroughly moistened. Spoon into crockpot. Place a wooden spoon handle at one end of the slow cooker to vent the lid. Cook on high for 3 to 3 ½ hours. Scoop and serve the cake warm.

# PREVENTING Alzheimer's

According to years of research, Alzheimer's is said to be caused by genetics, age and even lifestyle. Many of the behaviors that are good for overall health may also slow down or even prevent Alzheimer's.

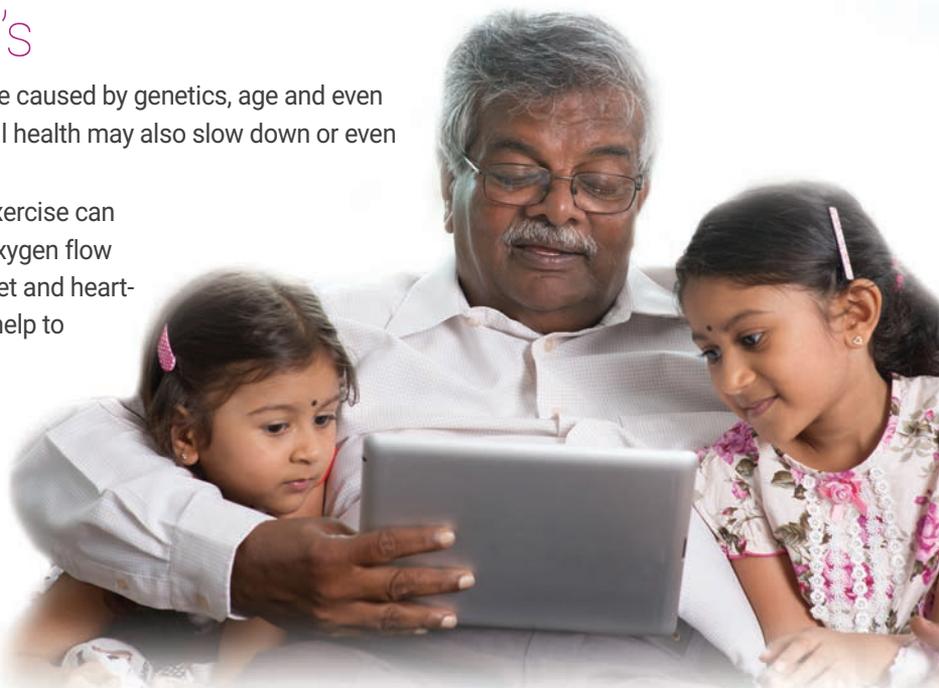
**Diet & Exercise.** As with most health issues, diet and exercise can lower the risk of Alzheimer's by increasing blood and oxygen flow to the brain. In addition, a low-sodium and low-sugar diet and heart-healthy foods, such as fruits and vegetables, can also help to keep the brain healthy.

**Stimulating activities.** Keeping the brain active by interacting in social situations, learning new things, and taking on new projects can also help to prevent Alzheimer's.

**Protect your head.** Head injuries can also lead to issues in the future. Wearing a helmet during sports and keeping your home safe from sharp edges and clutter, can also help to prevent injuries from occurring.

As you can see, both the heart and the head can affect Alzheimer's. Being aware of the connections between the two can lead to a healthier future. While some forms of Alzheimer's are not yet preventable, it is important to know the risk-factors and protect yourself against them.

Visit <http://ow.ly/fEGh306czhR> to download an Alzheimer's Disease Fact Sheet from the National Institute on Aging.



## Discover Your STRENGTHS

Admit it, you've already broken at least one New Year's resolution and maybe more. You are not alone! If very few folks are able to keep their resolutions for even a few days, how can you best make the self-improvement life changes you want?

Focus on your talents rather than dwell on areas you need to improve!

**Start with what's easy.** Look at what you already do best! Instead of attempting to change something you don't like about yourself, work on the good things you have going for you and improve them. If you are walking 3 days a week already, add in days of additional exercises like jogging, yoga, or weight training. If you have been sleeping 6-7 hours a night, look to get a full 7-8 with a few minor adjustments to your routine.

**Recognize what you're good at.** If you have excellent oral hygiene, use the same principals of habit towards exercise.

**Don't Target Weaknesses.** What if by building on strengths, you can create more positive change? For instance, if your realistic goal is to lose 10 pounds, don't plan to stop eating all the fattening foods you've been eating - very few people can do that and succeed. Add more fruits, vegetables and whole grains to your meals and snacks. Drink water, lots of water. There will be less room in your stomach for the "bad foods". You will see a gradual change, and so will everyone else.

Cultivate your kindness, engage your strengths and continue to shape belief in yourself to deal with all sorts of setbacks through self-growth by sharpening the skills you already have.

**"It's not KNOWING what to do; it's doing what you KNOW."**

*Tony Robbin*

ACCEPT  
YOURSELF

## 3 Ways To Figure Out What You're Good At

1. What makes you feel strong? Think of the moments you feel most invigorated.
2. What do people compliment you for most? When you reflexively do something well, it's easy to overlook it.
3. What was your favorite pastime as a child? Children do what they love to do.

# Decide Together

We go through life making decisions. From toddlers to seniors we decide on one thing or another every day. It's easy when it's just you making the decision, like what to have for lunch, but many decisions are made with others, from spouses to bosses, friends to doctors and children to parents. Here are a few guidelines to follow:

**Get Set** – Identify the problem and agree on what your common goal is. Don't bring up anything else, and don't drift off to other decisions.

**Seek Information** – Avoid being attached to one outcome and discuss options together.

**What to Say** – Have a discussion that encourages expressing thoughts, feelings and opinions. Review the pros and cons.

**What Not to Say** – Don't make demands. Don't dominate the discussion or criticize.

**Listen to Yourself** – Monitor your tone of voice.

**Collaborate to Make a Decision** – No two people see a situation the same way.

“You cannot make **PROGRESS** without making **DECISIONS.**” *Jim Rohn*



## QUIZ

- Which of the following is NOT a way that exercise increases emotional strength?**
  - Release of feel-good chemicals.
  - Oxygen flow.
  - Burns weakness like calories.
- Which is the best type of chocolate eaten in moderation for physical and emotional benefits?**
  - Dark chocolate with caramel.
  - Includes the highest percentage of dark chocolate.
  - Milk chocolate with nuts.
- According to the article on page 3, which is most TRUE?**
  - Self-improvement is more successful if you focus on building your strengths instead of trying to change weaknesses.
  - Targeting weaknesses is the key to behavior change.
  - If you aren't good at something, then put all your energy into getting better at it.

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. ©2017 Inspired Perspectives LLC. [www.IPWellBeing.com](http://www.IPWellBeing.com) • [info@IPWellBeing.com](mailto:info@IPWellBeing.com) • 904.641.1208