

WELCOA* | NOVEMBER 2022

WELL BALANCED^o

*Growing in
Gratitude*
FOR MIND,
BODY & SOUL

WHAT AN
**ATTITUDE OF
GRATITUDE**
CAN DO FOR YOUR HEALTH

COLD, DARK MORNINGS
MAKING IT TOUGH TO
GET UP?
HOW TO GET OVER IT

**FEELING
UNSTEADY?**
EASY MOVES TO REGAIN
YOUR BALANCE



OVEN ROASTED *Breakfast Potatoes*

This colorful breakfast hash requires just a few ingredients and some easy chopping. It's cozy enough for weekends, but hands-off enough for weekday mornings. Enjoy it as a brunch side dish, or add it to a breakfast burrito.

1 small bell pepper, chopped medium

 1 small yellow onion, chopped medium

 2 medium-sized Russet potatoes, chopped medium

 2 teaspoons canola oil

 Pinch of salt

 Dash of pepper

 Handful of chives, chopped small (optional garnish)

NUTRITION INFO:

Calories 99, Fat 2g, Carbs 17g, Protein 3g, Sodium 12mg

SERVINGS:

4 people.

PREFER TO USE THE AIR FRYER INSTEAD?

Put chopped potatoes into the air fryer basket alone. Spritz with oil and air fry at 400 degrees for 10 minutes. Stop once to shake the basket, then add the chopped onions and bell peppers. Add another spritz of oil, salt, and pepper. Continue air frying at 400 degrees for 15 more minutes.

DIRECTIONS:

Preheat oven to 400 degrees. Line a large baking sheet with parchment paper.

Put chopped bell pepper, onion, and potatoes on the baking sheet. Toss with canola oil. Top with a pinch of salt and a dash of pepper.

Spread the mixture evenly across the baking sheet, being careful that the vegetables don't overlap. (If it's too crowded, use two baking sheets.) Bake for 20 minutes.

Remove the baking sheet from the oven. Use a spatula to toss the vegetables. Spread them across the baking sheet again. Cook for 10 more minutes.

Remove from oven. If you like, garnish with chopped chives.



From the Kitchen of **CADRY NELSON** // Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food and lifestyle blog. She shares plant-based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit cadryskitchen.com.



ADD *Color* TO YOUR THANKSGIVING DINNER

When it comes to Thanksgiving, we all have our favorites that we look forward to year after year. Creamy mashed potatoes with gravy, homemade stuffing, Grandma's dinner rolls, pie for dessert, etc.

But with all of those classic foods, there's also a glaring lack of color. Without much effort at all, Thanksgiving dinner can quickly become a sea of beige.

It's ironic, really. At a time when we're giving thanks for a season of harvest, colorful fruits and vegetables are often nowhere to be found. It doesn't have to be that way! By ensuring that your plate includes a bright array of produce, you can walk away from your holiday meal feeling energized.

Here are a few simple ways to add a dose of color to your Thanksgiving dinner.

Snack on a veggie platter

When putting the finishing touches on a full holiday spread, things often take more time than you expect. All of those wonderful smells are filling the kitchen, but mealtime is still painfully far away. So plan a veggie platter ahead of time. Have it prepped in the fridge, and ready to pull out when hunger pangs hit.

Pack it with cleaned and cut carrots, celery, broccoli, cauliflower, radishes, and olives. For a bump of protein, add a bowl of hummus for dipping.

Think of it as pre-gaming with healthy options.

Start the meal with soup

I like to say that soup is winter's salad. You can easily pack loads of vegetables into soup in a way that feels comforting and delicious.

Warm soup cuts the edge off of a cool autumn day. It's also a great starter for a meal. You can't help but eat it slowly. Plus, it includes a lot of liquid, which makes it filling without being high in calories.

Butternut squash or sweet potato soups are especially festive. Go with a vegetable broth base to keep it light.

Don't forget a leafy green salad

A vibrant green salad adds freshness to what can be a heavy affair. For some seasonal flourish, throw in roasted delicata squash, slices of persimmon, or pomegranate seeds.

Most salads can be prepped a day or two ahead, as long as you leave off the dressing.

On the actual holiday, toss with a nice balsamic vinaigrette and serve.

Make room for nutrient powerhouses

Aim to load up half of your dinner plate with green foods. Think salad, roasted Brussels sprouts, green beans, garlicky collard greens, sautéed kale, or steamed broccoli.

It feels good knowing your plate includes nutrient-dense, fiber-rich produce. You get all of those antioxidants and vitamins to keep your energy high while socializing with family and friends.



Volunteer to bring a healthy option

If you're attending a holiday potluck, make your dish a veggie-packed one. In a sea of indulgent casseroles and high-calorie desserts, you'll know there will be at least one nutritious option. Scoop yourself a large serving first before moving on to the more calorie-dense choices.



About CADRY NELSON // Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food and lifestyle blog. She shares plant-based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit cadryskitchen.com.

THE POWER OF Gratitude



Believe it or not, you can improve your health and increase your happiness simply by showing some gratitude. Several scientific studies have found that making a habit out of giving thanks has been linked to reduced risk of heart disease,^[1] improved mood,^[2] higher long-term life satisfaction, and kinder behavior toward others.^[3]

How does gratitude do so much good? Gratitude essentially forces you to acknowledge all the positive people and things in your life—being grateful enables you to pause and reflect on your blessings. Scientists point out that practicing gratitude also helps you:

Be more positive. When you take time to think about what you're grateful for, it changes your focus from the bad things in your life to the good things. Take time to be grateful, and just see how quickly your negative thoughts dissipate.

Strengthen and improve important relationships. Expressing gratitude helps others understand how much you appreciate

and value them, which in turn helps to strengthen your bond with that person.

Improve your outlook on life. Grateful people don't tend to focus their time and attention on pain and problems. Instead of complaining, they are more apt to just ask friends and family for advice or help when they need it.

Make Gratitude a Part of Your Daily Routine

To reap the benefits of gratitude you need to make it a habit. Fortunately, there are small and simple ways to incorporate gratitude into your daily routine. Here are some ideas to get you started:

Keep a gratitude journal on your nightstand. Write one to three things that went well that day or that you're grateful for.

Aim for one act of kindness every day. Show appreciation for the people who make a difference in your life. Buy a coffee for a co-worker, call a loved one to say hello and express your love for them, or do a task for your partner, roommate, or coworker that you know they dread.

Smile. Try to smile as much as you can. It lifts your spirits as well as those around you. Smile at strangers you see on the street or at the market. Smile and say good morning to co-workers. It's a simple act of kindness that shows you're grateful to be alive and surrounded by people. It doesn't get any easier than that!

Surround yourself with inspiration. Google "acts of kindness videos" and watch inspiring clips that will remind you of the good in the world. You can also post quotes and images that remind you to be grateful around your office and house.

Say thank you for the little things. Make sure your family and friends know how much you appreciate them—even for the small things. "Thank you for being you" or "Thanks for taking the trash out" are just a few examples.

Try to go complaint-free for one day a week. It's hard to practice gratitude with a negative mindset. So, make a conscious effort not to complain, gossip, or speak badly about anyone. Once you've mastered one day, aim for two days a week!

Focus on your strengths when things get tough. If you're dealing with a problem or challenge, take some time to focus on your strengths and how you've successfully dealt with challenges before. Be grateful that you have the power and skills to navigate through change and tough times.

Practice gratitude at the same time every day to make it a habit.

Perhaps as soon as you get up you think of two things you're grateful for. This is a wonderful way to start the day and it can help you make gratitude a habit.

Remember, your life is full of reasons to feel thankful. Sometimes you just need a little push to remember and acknowledge them. Use these strategies to gain a better perspective and even improved health and well-being.



Jot it down!

A study published in the *Journal of Personality and Social Psychology* revealed there is a multitude of benefits to keeping a gratitude journal. The study showed that the people who kept a gratitude journal exercised more regularly, felt better about their lives, and were more optimistic.^[3]



Ask the Expert...

Should I feel guilty for all I have?

When you regularly practice gratitude, you may start to feel a sense of guilt for all you have. But there's no need to feel guilty for having a blessed life. If these feelings creep up, think about how you can give back and help others who may not have as much. Check out the last page of this month's newsletter for some simple ways you can give back to your community.

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Master YOUR Mornings

As we head into winter, getting out of bed in the morning can prove extra challenging. Cold, dark, and dreary mornings can tempt you to hit your snooze button. Luckily, there are several simple tricks and tips you can add to your morning routine to ensure you set the tone for a healthy and productive day. Here's how you can start mastering your mornings:

Eliminate stressors with simple planning. To make your mornings easier, limit the number of decisions you need to make before you leave for the day. Laying out your work and workout clothes the night before is a good place to start. Prepping your breakfast and lunch can also help eliminate stress and rushing in the morning. Ideally, you want to simply wake up, get ready, and head out without having to scramble, thinking of things like what to wear and eat.

Practice gratitude before you even get out of bed. Give yourself a few minutes to practice gratitude before your feet even hit the floor. Acknowledging the good things in your life is a simple act that can help you start the day off with a smile.

Put the tech in time out. You're causing yourself a lot of undue stress if you're checking your smartphone for messages or work email as soon as you wake up. So, put your phone aside and focus your mornings on yourself.

Reach for the sky. Stretching gets your blood flowing and can help you feel limber and energetic as you start the day. Take a few minutes to stretch shortly after waking up. Raise your arms over your head and reach towards the ceiling and/or slowly bend down and try to touch your toes.

Drink up. Drinking a glass of water in the morning after going hours without a sip is a great way to rehydrate. In the colder months, a warm glass of water with some lemon can prove to be comforting and refreshing.

Make your bed. Making your bed is a simple way to feel accomplished and organized as you start the day. Completing this simple task can set the tone and momentum for a productive day.

Aim to eat at least one nutritious food. When you eat a healthy breakfast, you'll have more energy throughout the day. Aim to eat at least one healthy component like a piece of fruit or some eggs. If you have time to eat a complete, healthy breakfast (one that has lean protein, healthy fats, fiber, and whole grains) all the better.

Remember, your morning routine sets the tone for the rest of the day. Use these strategies to help create a morning routine that sets you up for success.



Good sleep leads to good mornings

It's difficult to master your mornings if you're not getting enough shut-eye. The amount of sleep you need depends on numerous factors, like your age, but most experts recommend that adults aim for at least 7 hours of sleep a night. Adequate sleep is critical to your health—make it a priority!

Balancing ACT

The Importance of Balance and How to Improve It

It may not even cross your mind but maintaining and improving your balance is a crucial element to staying healthy and active. To be sure, simple everyday activities like walking, going up the stairs, and carrying groceries requires balance and stability. Balance is critical regardless of your age or activity level, but it becomes even more important as we age. The older we get, the more prone we are to slips and injuries. Increasing your stability means you're less likely to stumble and fall.

Fortunately, you can improve your balance with some simple moves that can be done at home or anywhere else that you have the time and space. Here are some simple, but highly effective balance exercises to get you started.

One-Legged Stand

Balancing on one leg increases ankle, knee, and hip stability:

Start by holding yourself steady on the back of a chair or other sturdy object. Lift one foot to about calf level and hold for 10 seconds. Repeat 10-15 times and then switch to the

other leg. Over time, as your balance gets better, try holding this position without holding on to the chair. Or you can try the move with your eyes closed.

Weight Shifts

Weight shift movements help you focus on your center of gravity. Weight-shifting exercise can also improve coordination, strengthen the muscles in the lower extremities, and teach slower and more precise movements:

Standing with your feet hip-width apart, lean slowly toward one leg until it's bearing all your weight while lifting your other leg off the ground. Hold for up to 30 seconds, then move to the other side. Focus your effort on your feet and legs and try to minimize movement in your torso. If you're doing this move correctly you should feel the heaviness in your legs and feet.

Lunges

Lunges not only build lower-body strength, but they're also one of the best core-strengthening exercises you can do to improve balance and stability. Working one leg at a time causes your body to be less stable, which forces

your spine and core to work harder to stay balanced:

Start in a standing position with your feet hip-width apart. Step forward longer than a walking stride so one leg is ahead of your torso and the other is behind. Your foot should land flat and remain flat while it's on the ground. Bend your knees to approximately 90 degrees as you lower yourself. Then, forcefully push off from your front leg to return to the starting position. That's one rep. Repeat for three sets of five reps on each side.



Significant Statistics

Each year, more than one in four older adults aged 65 and older will fall. Among older Americans, falls are the number one cause of injuries and death from injury.^[4]



^[4] <https://www.cdc.gov/features/older-adult-falls/index.html>

Giving Back WITHOUT GIVING AWAY Your Paycheck



Many people mistakenly believe that the only true way to give back to their community is through financial donations. Although cash donations are indeed a fantastic way to support your favorite charity or cause, it's certainly not the only way you can give back. There are several ways you can help your community that don't cost a single cent. Here are just a few examples:

Look next door. Helping your community can be as close as next door if you have neighbors in need. Mowing the lawn, babysitting, watering plants, or helping carry in groceries are just a few ways you can help your neighbors out.

Give your time. Volunteer at a food pantry, housing shelter, or anywhere else that you know needs help. Many non-profit organizations allow you to schedule volunteer hours on their website, or you can call them

directly to arrange. If you have children in school, you could also consider helping with field trips or other school activities—these are great ways to give back while also staying involved in your child's life.

Donate your stuff. If you have clothes, shoes, blankets, furniture, or books that you're not using anymore, donate them to a local charity. This is a terrific way to de-clutter your living space while also giving back to the community. Win-win!

Use your skills. Think about the unique skills and talents you have and how you can use them to help your community. Are you a gifted singer? Maybe you can join your church choir. Do you have graphic design skills? Maybe you can create brochures or flyers for a community fundraiser. Using your talents and skills is a fabulous way to give back.

Donate blood. The American Red Cross is always seeking blood donors. Visit www.redcrossblood.org to learn more about blood donation and to make an appointment.

Again, these are just a few ways you can make an impact without having to open up your wallet. There are many other creative ways you can give back to your community. At the end of the day, your good intentions and commitment will better the lives of others—regardless of your financial situation.



Volunteering is good for you!

When you volunteer not only are you helping those in need, but research shows you could also be strengthening your body, improving your mood, and reducing stress.^[5]