

JULY
2025

Spice up your health

Herbs and spices do more than just tantalize taste buds. They also offer many health benefits. Incorporating them into your daily meals can be a simple way to boost your well-being.

FLAVOR & FUNCTION

- **Turmeric:** This golden spice contains curcumin, known for its anti-inflammatory properties. Studies suggest it may help with arthritis and heart health. Curcumin's potential extends to cognitive function, with ongoing research exploring its role in brain health.
- **Cumin:** Rich in iron and antioxidants, cumin can aid digestion and may help regulate blood sugar. Its unique flavor profile also adds depth to dishes, making it a versatile kitchen staple.
- **Cayenne:** This fiery spice contains capsaicin, which can boost metabolism and reduce pain. It may also support cardiovascular health. Start with small amounts, as its heat can be intense.
- **Ginger:** Known for its soothing effect on the stomach, ginger can ease nausea and reduce inflammation. Fresh ginger root, powdered ginger, and ginger tea offer various ways to enjoy its benefits.

Rewrite your inner script

Our inner voice can be our harshest critic. Journaling offers a powerful tool to rewrite that script by fostering more positive self-talk. Consistently engaging in these journaling prompts can cultivate a more positive inner dialogue, improving self-esteem, resilience, and overall well-being.



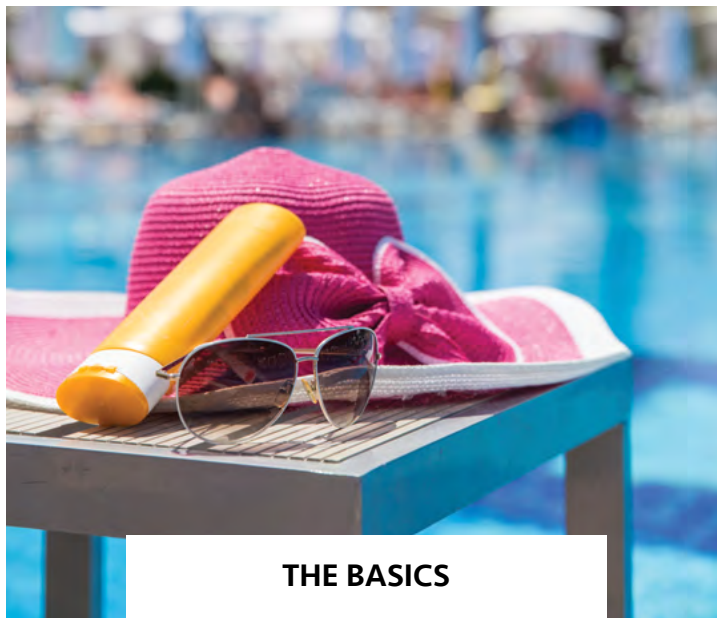
PROMPT SUGGESTIONS

- **Celebrate small wins.** Reflect on three small victories from your day. It could be finishing a task, having a good conversation, or simply taking a moment for yourself. Writing these down shifts focus from what went wrong to what went right.
- **Identify your strengths.** List five qualities you admire about yourself. Consider your skills, personality traits, and past accomplishments. Acknowledging your strengths builds self-esteem and resilience.
- **Practice gratitude.** List three things you are grateful for. This could include people, experiences, or even simple pleasures. Gratitude cultivates a positive outlook and increases overall happiness.
- **Reframe negative thoughts.** When a negative thought arises, write it down. Then, challenge it. Ask yourself: Is this thought accurate? What evidence supports it? What is a more balanced or positive way to view this situation? This process helps you recognize and dismantle harmful thought patterns.
- **Visualize your ideal self.** Describe your ideal self in detail. What are you doing? How are you feeling? What are your strengths? This exercise helps clarify your goals and aspirations, providing a roadmap for personal growth.
- **Write a letter of self-compassion.** Imagine you are writing a letter to a dear friend who is struggling. Offer yourself the same kindness and understanding you would offer them. This practice cultivates self-compassion.
- **Affirm your worth.** Write down affirmations that resonate with you, such as “I am capable,” “I am worthy of love,” or “I am resilient.” Repeat these affirmations daily to reinforce positive beliefs about yourself.
- **Reflect on positive feedback.** Write down compliments you have received from others. Reflecting on positive feedback helps you internalize positive perceptions and counteract negative self-talk.



Skin armor

Protecting your skin from the sun's harmful ultraviolet (UV) rays prevents skin cancer and premature aging. Understanding the differences among sunscreens and practicing proper application can help you to enjoy the outdoors safely and protect your skin from the sun's harmful effects.



THE BASICS

- Look for sunscreens labeled “broad spectrum.” This means they protect against both UVA and UVB rays. UVA rays contribute to aging, while UVB rays cause sunburn. Both increase skin cancer risk.
- Sun Protection Factor (SPF) indicates how well a sunscreen protects against UVB rays. Dermatologists generally recommend a minimum of SPF 30. Higher SPFs offer slightly more protection, but no sunscreen blocks 100% of UV rays.
- Sunscreens fall into two main categories: mineral and chemical. Mineral sunscreens, containing zinc oxide or titanium dioxide, create a physical barrier on the skin. Chemical sunscreens absorb UV rays.
- Apply sunscreen generously and evenly to all exposed skin 15 minutes before sun exposure. Reapply every two hours, or more often if swimming or sweating. Most people do not apply enough sunscreen. A shot glass full is the recommended amount for an adult.
- If you are swimming or sweating, choose water-resistant sunscreen. These are effective for a specified time (e.g., 40 or 80 minutes). Reapply after swimming or sweating, as directed.
- If you have oily skin, look for a gel or lotion labeled non-comedogenic to help avoid clogged pores.



PRO ADVICE

- Dermatologists generally recommend broad-spectrum sunscreens with an SPF of 30 or higher. Mineral sunscreens are often preferred for sensitive skin and children. Consistent and proper application is vital for optimal protection.
- Seek shade and limit sun exposure during peak hours.
- Perform a patch test when trying a new sunscreen, particularly if you have sensitive skin or a history of allergic reactions. Apply a small amount to a discreet skin area, like the inner forearm, and wait 24–48 hours to check for any redness or irritation.
- Wear sun-protective clothing, such as long-sleeved shirts, wide-brimmed hats, and UV-blocking sunglasses. These items provide an additional layer of defense against harmful UV rays and are especially useful during prolonged outdoor activities.

Market fresh & flavorful

Discover the joy of fresh, vibrant eating! Visiting farmers' markets and enjoying local produce connects you to healthy, flavorful foods and to your community.



FRESH IDEAS

- **Local produce:** Visit your local farmers market or farm stand. Engage with farmers, learn about their crops, and discover unique varieties. This supports local agriculture and ensures peak freshness.
- **Kid-friendly gardening:** Get children involved in gardening! Even a small herb garden or container of tomatoes can spark their interest in healthy eating and connection to nature.
- **Community connections:** Join a community garden or subscribe to a CSA (Community Supported Agriculture) box. These options provide access to fresh produce while fostering connections with your community.
- **Nutrition focus:** Incorporate a variety of colorful fruits and vegetables into your meals and snacks to promote a healthy and balanced diet.

Recipe: Summer Burst Salad



INGREDIENTS

- 1 pint cherry tomatoes, halved
- 2 medium cucumbers, diced
- 1 red bell pepper, diced
- 1/2 red onion, thinly sliced
- 1/4 cup fresh basil leaves, chopped
- 1/4 cup fresh parsley, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

DIRECTIONS

1. In a large bowl, combine the cherry tomatoes, cucumbers, red bell pepper, and red onion.
2. Add the chopped basil and parsley to the bowl.
3. Drizzle the olive oil and lemon juice over the salad.
4. Gently toss all the ingredients until well combined.
5. Serve immediately or chill for a refreshing summer side dish.

NUTRITIONAL INFORMATION:

Serves 4. Per serving: 150 calories, 11 g total fat, 2 g saturated fat, 6 g carbohydrates, 4 g fiber, 3 g protein, and 0 mg sodium.



Mindful attention

In today's fast-paced world, our attention spans are constantly challenged. From endless notifications to information overload, staying focused can feel like an almost impossible task. Incorporate these strategies into your daily life to cultivate a stronger attention span and enhance your overall cognitive function.



PRACTICAL STRATEGIES

- **Foster mindfulness.** Practice mindfulness and meditation. Start by finding a quiet space, focusing on your breath, and gently redirecting your attention when your mind wanders. This strengthens your ability to stay present.
- **Create time blocks.** Break down tasks into focused intervals. For example, try working for 25 minutes, followed by a 5-minute break. This structure helps maintain concentration and prevent burnout.
- **Limit digital distractions.** Minimize interruptions by turning off notifications, closing unnecessary tabs, and setting specific times for checking emails and social media.
- **Prioritize sleep and exercise.** Adequate sleep and regular exercise are crucial for cognitive function. Sleep deprivation and a sedentary lifestyle can impair attention and concentration. Aim for 7-9 hours of quality sleep and incorporate regular physical activity into your routine.
- **Nourish your brain.** A healthy diet supports brain health and cognitive function. Include foods rich in omega-3 fatty acids, antioxidants, and vitamins, such as salmon, leafy greens, and berries. Stay hydrated, as dehydration can lead to fatigue and reduced focus.
- **Engage in cognitive training.** Brain-training exercises, such as memory games, doing math in your head, or learning a new skill, can help improve attention and memory.
- **Reduce multitasking.** While it may seem efficient, multitasking often leads to decreased productivity and increased errors. Focus on one task at a time, giving it your full attention before moving on to the next.
- **Take regular breaks.** Prolonged periods of concentration can lead to mental fatigue. Schedule regular breaks to rest your mind and recharge. Even short breaks can significantly improve focus and productivity.



Kids, apps & privacy

In today's digital world, monitoring children's online activity, conversations, and even physical movement via apps has become increasingly common. While such apps offer parents a sense of security, weighing the potential benefits against the drawbacks is crucial.



PROS

- Monitoring apps can protect against online predators, cyberbullying, and exposure to inappropriate content. Location tracking features can also offer peace of mind, especially for younger children or those with specific needs.
- By monitoring conversations and online activity, parents may detect early signs of mental health struggles, such as depression or anxiety, or identify potential risks like self-harm or suicidal thoughts.
- Apps can help enforce screen time limits and manage access to certain apps or websites, promoting healthier digital habits and preventing excessive usage.

CONS

- Constant monitoring can damage the parent-child relationship, leading to resentment and a lack of trust. Children may feel their privacy is being violated, leading to secretive behavior.
- Apps can only offer a snapshot of a child's life. They don't guarantee safety and may create a false sense of security, leading parents to overlook other important aspects of their child's well-being.
- Constant surveillance can increase a child's anxiety and stress levels. The feeling of being constantly watched can negatively impact their emotional well-being and sense of autonomy.



FINDING BALANCE

- The key to responsible monitoring lies in transparency and open communication. Instead of resorting to covert surveillance, parents should engage in honest conversations with their children about online safety and responsible digital citizenship. Setting clear boundaries and expectations together can foster a sense of mutual respect and trust.
- It is also important to consider the child's age and maturity level when determining the appropriate level of monitoring. Younger children may require more supervision, while older teenagers need greater autonomy.
- Parents should prioritize building a strong foundation of trust and open communication, which will ultimately be more effective in keeping their children safe than any monitoring app. The goal is to guide, not control, their digital experiences.



Community connection

JOINING A COMMUNITY GROUP CAN BE A FANTASTIC WAY TO BUILD CONNECTIONS, LEARN NEW THINGS, AND CONTRIBUTE TO YOUR LOCAL AREA. WHETHER IT'S A BOOK CLUB, VOLUNTEER ORGANIZATION, OR SPORTS TEAM, THERE'S LIKELY A GROUP FOR YOU.



BENEFITS OF JOINING

- Community groups provide opportunities to meet new people with shared interests, combating feelings of isolation and loneliness. This social interaction is vital for mental and emotional well-being.
- Many groups offer opportunities for learning new skills, pursuing hobbies, or contributing to meaningful causes. This can boost self-esteem and provide a sense of purpose.

THINGS TO CONSIDER

- Before joining, assess how much time you can dedicate to the group. Ensure it aligns with your schedule to avoid feeling overwhelmed.
- Each group has its own unique dynamic. Visit a few meetings or events to get a feel for the atmosphere and ensure it fits your personality well.
- Ask about membership fees or other costs that are associated with joining the group.

Eat healthy for less

FINANCIAL
HEALTH

Even with tight budgets, making small shifts in planning and savvy shopping can nourish your body without emptying your wallet.



HEALTHY BUDGET-FRIENDLY FOOD CHOICES

- Setting aside some time to create a weekly meal plan and grocery list will help avoid impulse buys and ensure you only purchase what you need.
- Whole grains, such as brown rice, oats, whole wheat, and quinoa are nutrient-rich and important sources of fiber. When you can, buy these items in bulk to store in your pantry or freezer.
- Frozen fruits and vegetables are often cheaper than fresh and retain nutritional value. Canned beans and tomatoes offer affordable, healthy options.
- Budget-friendly protein foods include dried beans and lentils, eggs, chicken thighs, omega-3 rich canned fish, nuts, seeds, tofu, and plain Greek yogurt.
- For hearty and nutritious veggies, choose root vegetables, such as sweet potatoes, carrots, parsnips, beets, and turnips.
- Cook from scratch when possible using whole ingredients. For example, make your own soups or pasta sauce.

