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## Spread kindness

Kindness is a powerful tool that benefits both the giver and receiver. Acts of kindness can boost happiness, reduce stress, and even strengthen your physical health. Here are four simple ways to incorporate kindness into your daily life:

1. **Surprise someone with a small gesture.** Leave a kind note for a coworker, hold the door for a stranger, or donate to a worthy cause.
2. **Volunteer your time at a local organization or help someone who is struggling.** This could be anything from helping an elderly neighbor with groceries to mentoring a young person.
3. **Offer a sincere compliment.** Share a smile, or actively listen to someone who needs an ear. A little empathy goes a long way.
4. **Self-care is an act of kindness too!** Prioritize activities that promote your well-being, whether it's taking a relaxing bath, reading a good book, or spending time in nature.

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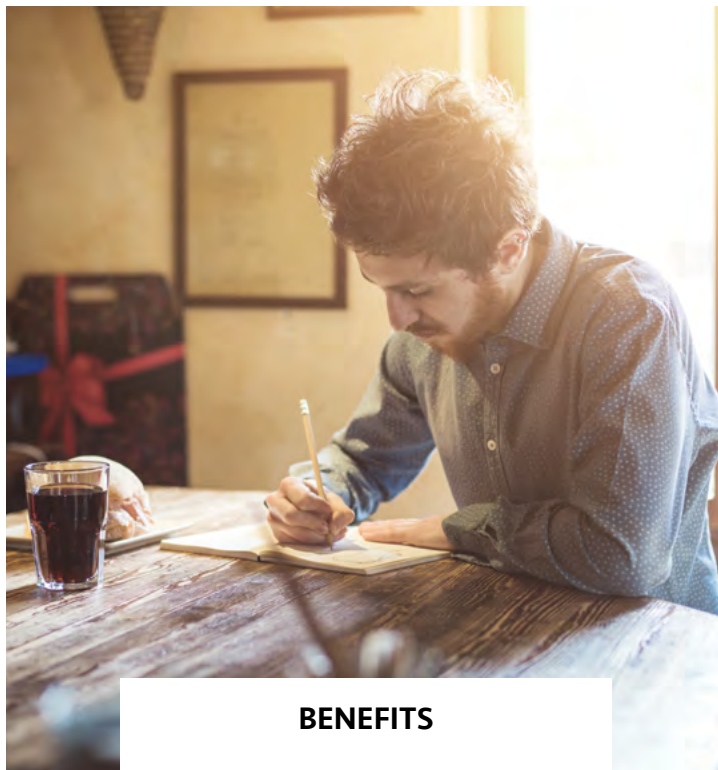
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# Journal your journey

Journaling is a simple, yet powerful tool readily available to help you process emotions, boost self-awareness, and enhance well-being. The act of writing down your thoughts and feelings in a dedicated space offers numerous benefits for both mental and emotional health.



## BENEFITS

- Putting pen to paper allows you to externalize worries and anxieties. The act of writing itself can be calming, offering a sense of control over your thoughts and emotions.
- Journaling provides a space for introspection. By reflecting on daily experiences and emotions, you can gain a deeper understanding of your triggers, values, and motivations.
- Writing down a challenging situation can help you see it from a different perspective. Journaling can spark creative solutions and lead to better decision-making.
- Journaling offers a safe space to express difficult emotions without judgment. Writing about anger, sadness, or frustration can help you work through the emotions in a healthy way.
- Focusing on what you're grateful for can significantly boost happiness. Regularly writing down things you're thankful for can cultivate a more positive outlook.
- Journaling can serve as a personal record of your life. Looking back on past entries can help you remember important events, track your growth, and appreciate how far you've come.



## GETTING STARTED

Journaling is a flexible and personalized practice. Here are some tips to get you started:

- Journaling can take many forms. Write in a traditional notebook, use a digital journaling app, or even experiment with voice recording. Choose a method that feels comfortable and accessible.
- Start with short journaling sessions, even just five minutes a day. Consistency is key, so aim for a routine that fits your schedule.
- Journaling is most effective when you're authentic. Don't worry about grammar or spelling. Simply let your thoughts flow freely.
- If you're feeling stuck, use prompts to guide your writing. Prompts can be anything from reflecting on a specific event to exploring a particular emotion.
- Personalize your journaling experience! Decorate your notebook, use colorful pens, or incorporate artwork along with your writing.

# Sleep better, feel better

Insomnia, the inability to fall asleep or stay asleep, is a common sleep disorder. While it can be frustrating, the good news is there are ways to manage it and reclaim those hours of rest. While occasional sleep disruption is normal, if you experience these issues for three or more nights a week for at least a month, it's recommended to talk to your doctor.



## SIGNS & SYMPTOMS

- Taking a long time to drift off after going to bed
- Waking up frequently during the night and having trouble falling back asleep
- Waking up too early and not getting back to sleep
- Feeling unrested even after a full night's sleep

## CAUSES

- Worrying about work, finances, or relationships can keep your mind racing at night.
- Pain, chronic illnesses, and medications can disrupt sleep.
- Poor sleep habits, irregular sleep schedules, caffeine and alcohol use close to bedtime, and screen time before bed can all contribute to insomnia.

## TREATMENT

- Go to bed and wake up at the same time each day, even on weekends.
- Wind down before bed with calming activities like taking a warm bath, reading a book, or practicing relaxation techniques.
- Make sure your bedroom is dark, quiet, cool, and clutter-free.
- Physical activity can improve sleep quality, but avoid strenuous workouts close to bedtime.
- Limit caffeine and alcohol. These substances can disrupt sleep patterns.
- Avoid screens as the blue light emitted from electronic devices can suppress melatonin, a hormone that regulates sleep.



## COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

For some people, lifestyle changes alone may not be enough. In such cases, Cognitive Behavioral Therapy for Insomnia (CBT-I) can be a very effective treatment. CBT-I is a collaborative process between you and a therapist. This type of therapy helps identify and change negative thoughts and behaviors that contribute to sleep problems. Techniques may include:

- Creating a sleep schedule and associating your bed only with sleep and sex
- Learning techniques like deep breathing and progressive muscle relaxation to manage stress and anxiety before bed
- Gradually limiting the amount of time you spend in bed if you're lying awake for long periods
- Challenging negative thoughts and beliefs that keep you awake at night



# Phyto power

Phytochemicals are natural compounds found in plants that help protect them from pests, diseases, and environmental damage. There are thousands of different types, each with its own unique properties.



## HEALTH BENEFITS

- Phytochemicals may play a role in preventing certain cancers, heart disease, and type 2 diabetes.
- Some phytochemicals may help strengthen your body's immune system to fight against illness.
- Certain phytochemicals may have anti-inflammatory properties, potentially aiding in conditions like arthritis and inflammatory bowel disease.
- The best way to get a variety of phytochemicals is to eat a rainbow! Aim for a mix of colorful fruits and vegetables every day.
- Don't forget about whole grains, legumes, nuts, and seeds! These plant-based powerhouses also contain beneficial phytochemicals.
- While supplements with isolated phytochemicals are available, it is suggested that consuming them in their natural state within whole foods is most beneficial.



## EAT YOUR RAINBOW

Here's a breakdown of some colorful and delicious options, categorized by the types of phytochemicals they're rich in.

### Carotenoids

- Found in: Orange and dark green vegetables (carrots, sweet potatoes, spinach, kale)
- Benefits: May help protect against certain cancers and promote eye health

### Flavonoids

- Found in: Fruits (berries, citrus fruits, apples), vegetables (onions, broccoli, peppers), tea, and dark chocolate
- Benefits: May reduce inflammation, improve heart health, and support cognitive function

### Anthocyanins

- Found in: Deeply colored fruits and vegetables like berries, red grapes, and red cabbage
- Benefits: May offer antioxidant properties and contribute to brain health

### Cruciferous Vegetables

- Found in: Broccoli, cauliflower, Brussels sprouts, and kale
- Benefits: Contain glucosinolates, which may help reduce inflammation and help in cancer prevention

### Resveratrol

- Found in: Red grapes, cranberries, and peanuts.
- Benefits: May offer heart-protective benefits and potential anti-aging effects (research ongoing).

# Move with zumba

Zumba, the exhilarating fusion of Latin and international rhythms, is a fun and effective way to incorporate exercise into your life. So, put on your dancing shoes, embrace the rhythm, and get ready to experience the magic of Zumba!



## BENEFITS

- The energy and lively music keep you motivated and engaged throughout the class.
- Zumba incorporates a variety of movements for a full-body workout.
- This is a great cardiovascular workout, helping you burn calories and improve heart health.
- Regardless of age, fitness level, or dance experience, there's a class for you. Many studios offer beginner-friendly classes.
- Zumba classes create a fun and supportive environment where you can meet new people and connect with others who share your passion for fitness and dance.

## GETTING STARTED

- **Find a class.** Search online or ask your local gym for Zumba classes. Many studios offer a free trial class, so you can experience it before committing.
- **Wear comfortable clothing and shoes.** Choose comfortable clothes that allow for free movement and supportive sneakers that provide good traction.
- **Stay hydrated.** Bring a water bottle to rehydrate throughout the class.
- **Don't worry about being perfect.** Focus on having fun and moving your body. Zumba is about enjoying the experience!

## VARIATIONS

- **Zumba Gold:** A gentler class designed for older adults or those with limited mobility.
- **Zumba Toning:** Incorporates light weights or resistance bands for added muscle toning.
- **Aqua Zumba:** A lower-impact option performed in the water, ideal for those with joint problems.





# Family wellness map

A family well-being plan is a roadmap to a healthier and happier family. It's a collaborative effort that considers the physical, emotional, and social well-being of each family member. The plan should be flexible and adaptable to your family's unique needs and goals.



## ADVANTAGES

- **Improves communication:** Discussing and creating a plan together strengthens communication within the family.
- **Promotes healthy habits:** A well-being plan can help families establish healthy habits and routines.
- **Reduces stress:** A plan can help identify and address stressors, promoting a more relaxed and positive home environment.
- **Boosts overall well-being:** By focusing on physical, emotional, and social well-being, families can create a more fulfilling and enriching life together.
- **Enhances family bonding:** A shared goal and collaborative effort can strengthen family bonds and create lasting memories.

## STEPS

1. Choose a time that works for everyone and schedule a family meeting to discuss well-being.
2. Discuss what "well-being" means to your family. Then, brainstorm a list of goals you want to achieve together as a family.
3. Break down your goals into smaller, actionable steps. Who will be responsible for what tasks?
4. Plan activities that will help you achieve your goals. This could include healthy meals together, family walks or bike rides, or a family game night.
5. Acknowledge and celebrate your achievements, big and small, along the way. This will help keep everyone motivated.

## TIPS

- Get everyone in the family involved in creating the plan, including children. This will give everyone a sense of ownership and make them more likely to participate.
- Focus on creating a positive and supportive environment.
- Life happens! Be prepared to adjust your plan as needed.
- If you need help creating a plan or if you are facing challenges, seek professional help. Here are some resources that can help:
  - U.S. Department of Health and Human Services: [hhs.gov](https://www.hhs.gov)
  - Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)
  - National Institutes of Health: [nih.gov](https://www.nih.gov)



# Yoga, your way

**ENTER THE WORLD OF  
ADAPTED YOGA – A  
PRACTICE THAT MODIFIES  
CLASSIC YOGA POSTURES  
USING CHAIRS, PROPS,  
AND BODYWEIGHT  
VARIATIONS TO CATER  
TO INDIVIDUAL  
NEEDS.**



## **YOUR ADAPTED YOGA JOURNEY**

- Look for a certified yoga teacher with experience in adapting poses for various abilities.
- Discuss any limitations or injuries with your instructor before starting a class.
- Adapted Yoga encourages modifications. Don't push yourself beyond your comfortable limits.
- Chairs, blocks, straps, and bolsters can be your allies in achieving proper alignment.
- Mindful breathing is an essential part of Adapted Yoga, which helps you stay present and connect with your body.
- Poses, even when gentler, can improve flexibility and build strength over time, to promote better posture and balance.
- The mindful breathing techniques used can significantly reduce stress and anxiety. This can help promote relaxation and inner peace.

# A glittering investment

Precious metals like gold, silver, and platinum have captivated investors for centuries. But are they right for you? Do your research and consult a financial advisor before making any investment decisions.



## PROS

- **Hedge against inflation:** Precious metals tend to hold their value when the cost of living rises.
- **Tangible asset:** Unlike stocks or bonds, you can physically hold precious metals.
- **Diversification:** Adding precious metals to your portfolio can spread risk and potentially improve returns.

## CONS

- **Volatile market:** Prices of precious metals can fluctuate significantly.
- **Storage costs:** Securely storing precious metals can incur additional fees.
- **Limited income:** Unlike stocks, precious metals don't typically pay dividends or interest.

## HOW TO BUY

- **Individual Retirement Accounts (IRAs):** Certain IRA custodians allow you to invest in physical precious metals.
- **Exchange-Traded Funds (ETFs):** These track the price of precious metals without requiring physical storage.
- **Bullion dealers:** Purchase physical precious metals from reputable dealers.

