

# Words of Wellness

September 2014

## POSITIVITY

by Lisa Calhoun & Eileen Anderson

Welcome back to another great year! Remember to take care of yourselves over the coming months and stay well. One of the ways to contribute to your wellness is to focus on the positive. With positivity you see new possibilities, bounce back quicker from setbacks, sleep better, connect more with others, and become the best version of yourself that you can be. So here's to all of us practicing more positivity this year!

**definition** - the quality of being encouraging or promising of a successful outcome

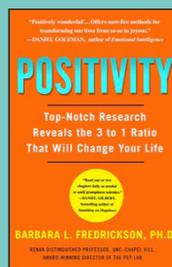
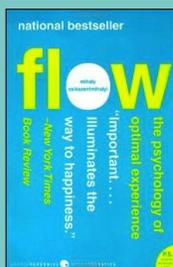
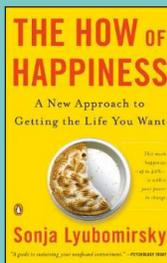
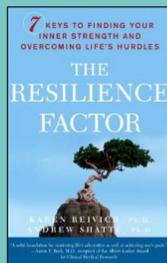
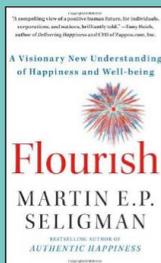
### Websites:

[positivityblog.com](http://positivityblog.com)  
[values.com](http://values.com)  
[positivelypositive.com](http://positivelypositive.com)

*"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny."*

- Mahatma Gandhi

### Books:



### Positivity Facts:

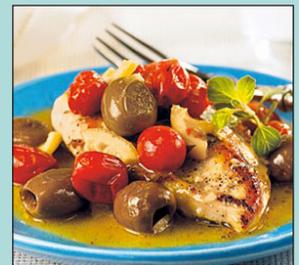
1. Positivity feels good.
2. Positivity changes how your mind works.
3. Positivity transforms your future.
4. Positivity puts the brakes on negativity.
5. Positivity obeys a tipping point.
6. You can increase your positivity.

(*"Positivity"*- Barbara Fredrickson)

### Greek Isle Chicken

#### Ingredients

- 1 lemon, halved
- 1 pint grape tomatoes
- 1 (6-ounce) jar Sicilian pitted green olives, drained
- 1 teaspoon chopped fresh oregano
- 1 garlic clove, minced
- 1 tablespoon plus 2 teaspoons olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 4 teaspoons salt-free Greek seasoning (such as Cavender's)
- Fresh oregano sprigs



#### Preparation

1. Preheat oven to 400°.
2. Squeeze 1 lemon half, and reserve juice. Thinly slice other lemon half crosswise, and quarter each slice. Combine quartered lemon slices, tomatoes, and next 3 ingredients in a medium bowl; add 2 teaspoons olive oil, and toss to combine.
3. Sprinkle both sides of chicken evenly with Greek seasoning. Heat remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add chicken, and cook 2 to 3 minutes on each side or until golden brown. Remove chicken from pan; keep warm.
4. Add reserved lemon juice to pan, scraping pan to loosen browned bits. Add tomato mixture to pan, stirring gently.
5. Place chicken on top of tomato mixture, and place pan in oven. Bake at 400° for 20 to 22 minutes or until chicken is done. Garnish with oregano sprigs, if desired.

