

Words of Wellness



January 2018

WINTER WELLNESS

by ASD-S Wellness Facilitators

11 Commandments to a Healthy Life

0. Hours of television
1. Hour of exercise
2. Liters of water
3. Cups of hot green tea
4. Short mental breaks
5. Small meals
6. A.M wake up time
7. Minutes of laughter
8. Hours of sleep (at least)
9. Prayers of gratitude
10. P.M end of the day and off to bed



Beat the Winter Blues Smoothie

A fresh and delicious smoothie that is packed with antioxidants.

Dairy Free, gluten free, Grain Free, vegan.

Prep Time: 10 minutes

Total Time: 10 minutes

Servings: 1

Calories: 333 kcal

Author: Kelly Roenicke

Ingredients:

- 3/4 cup frozen raspberries
- 3/4 cup frozen mango
- 1/2 cup frozen pineapple
- 3/4 cup calcium fortified orange juice
- 1 1/2 Tablespoons chia seeds



Instructions:

1. Place the frozen fruits in the blender and let them thaw for about 10 min.
2. Add the juice and chia seeds and blend on high until smooth.
3. Enjoy!

Nutrition Facts

Amount Per Serving

Calories 333

Calories from Fat 63

% Daily Value - Percent Daily Values are based on a 2000 calorie diet.

Total Fat 7g 11%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 7mg 0%

Potassium 878mg 25%

Total Carbohydrates 67g 22%

Dietary Fiber 15g 60%

Sugars 44g

Protein 6g 12%

Vitamin A 34.2%

Vitamin C 243.7%

Calcium 18.1%

Iron 15.7%

Seasonal Affective Disorder

Weather often affects people's moods. Sunlight breaking through clouds can lift our spirits, while a dull, rainy day may make us feel a little gloomy. While noticeable, these shifts in mood generally do not affect our ability to cope with daily life. Some people, however, are vulnerable to a type of depression that follows a seasonal pattern. For them, the shortening days of late autumn are the beginning of a type of clinical depression that can last until spring. This condition is called "Seasonal Affective Disorder," or SAD. Canadian Mental Health Association

*Johnson Insurance covers Seasonal Affective disorder lights at 80% to a max of \$300. A prescription is needed.

Sunrise Sunset (Free) - Android

Sometimes, it seems like winter will never end — so let the Sunrise Sunset app serve as a daily reminder that spring is coming. The app's basic function is to show you the sunrise and sunset times for your location. In other words, it lets you see the days are getting longer as warm weather approaches. Hard evidence of spring's arrival could provide a daily boost to help you push through the last few weeks of cold weather. Sunrise Sunset is available for Android only; iOS users can check out Rise, which offers similar functionality.

Inspirational & Motivational Quotes (Free) - iOS

If winter has you feeling down, lean on some of history's greatest thinkers to help you feel happier, more inspired and more productive. Inspirational and Motivational Quotes for iOS delivers a daily dose of inspiration on topics such as success, perseverance, courage and hope. It also lets you share your favorite quotes via text message, email or Facebook, in case you know someone else who needs a boost. Android users can check out the Inspirational Quotes app instead.

Mindfulness (\$1.99) – iOS & Android

Extreme winter weather can lead to delays and dangerous driving conditions — and that can really stress you out. Mindfulness is a concept derived from Buddhist meditation that's been shown to reduce anxiety, depression and stress. Practicing mindfulness is simple, and the Mindfulness app can help you do it. You can have it walk you through guided meditation sessions, prompting you to focus on your breath and reflect on your current thoughts, feelings and sensations. Or, simply let the app remind you to pause for a few minutes throughout your day to meditate silently.

SOURCE:

<https://www.businessnewsdaily.com/6033-apps-cure-winter-blues.html>

“Snow falling
soundlessly in
the middle of the
night will always
fill my heart with
sweet clarity”

-NOVALA TAKEMOTO