Don’t forget to Love Yourself

We are bombarded daily with images of what we “should” look like. Social media displays the accomplishments of others, which reminds us of our own inadequacies. Constantly we struggle to determine our worth and value. Love is poured out to those around us, but not to our own body and mind.

This reservation of love for others is harmful. The most dangerous way we can direct our negativity is towards ourselves. It stunts our growth. It prevents us from being the best version of ourselves. Learn to cherish the body, talents, strengths, and personality you were given. You may find that the person that knows how to love you best is actually yourself.

Tips for Self Care

1. Forgive yourself - When we forgive ourselves for our shortcomings we can redirect our attention to new efforts that produce new results.
2. Put yourself first - Reevaluate what it means to put yourself first engaging in your interests, pursuing your ambitions, and ensuring your well-being.
3. Recognize your strengths – Recognizing your strongest traits endows you with deep knowledge of the self, a precious tool you can use to cultivate your best assets.
4. Celebrate your worth - Celebrate your personal triumphs, both big and small, and let every former victory be a fervent reminder that future wins await, too.

Workday Wellness Tip

Change the route you take to work every couple of days. Changing your routine makes new neural pathways to help keep your brain and yourself healthy.

Home Wellness Tip

Need help finding positives in your life? Write down positive affirmations or happy things that happen each day. Keep them in a jar to look back on.
Employee Spotlight
Kirk Neubauer
Senior Assoc. Director of Admissions

What helps you stay accountable for your health?
The scale in our bathroom, blood test analysis, and an annual physical.

Have you ever dealt with negative self-thoughts? How did you manage them?
I really don’t deal with negative self-thoughts so much, but I do have a tendency to worry, usually about things over which I have no control. Sometimes I will wake up in the night and have irrational thoughts about all kinds of topics such as finances, aging, family concerns, etc. Once I get up, shower, and start my day, all of the negative thinking dissipates. If I’m in a bad mood for whatever reason, our pets, two Golden Retrievers, can bring me back into a positive frame of mind.

milk and honey
-Rupi Kaur
Check out this book
milk and honey is a collection of poetry and prose about survival. It is about the experience of violence, abuse, love, loss, and femininity.

It is split into four chapters, and each chapter serves a different purpose, deals with a different pain, heals a different heartache. milk and honey takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

Eat Well Be Well Printable Recipe Card
Just print this page, cut, and fold for a 3x5 recipe card

• 1 Red Delicious Apple
• 1-2 Tablespoons Chopped Walnut Pieces
• ½ Cup Peanut Butter
• 1-2 Tablespoons Unsweetened Coconut Flakes
• 1-2 Tablespoons Mini Chocolate Chips
• Lemon Juice (Optional)

Directions
1. Cut the core from the apple (or cut out the cores from each piece after slicing).
2. Slice the apple into ¼ inch slices using a large knife.
3. Optional - If you’re worried about the apples turning brown, place the slices in a zip lock bag and toss with a squirt of lemon juice.
4. Set each of the apple slices onto a sheet of paper towel and blot the tops dry with another paper towel.
5. Spread a layer of peanut butter on each apple slice.
6. Then top with a generous amount of coconut flakes, and some walnuts and mini chocolate chips. Enjoy!

Lunge Front Kick
Check out this Exercise

Step back with one leg and lunge down. Stand back up into an upright position and kick the same leg up and forward. Alternate this exercise between legs. Perform the exercise for 60 seconds for three sets.