



Healthier Living

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE



Bring-Your-LOVE- LANGUAGE-to-Work-Day

THE 5 LOVE LANGUAGES, a book written by Gary Chapman, breaks down the different ways people like to give and receive affection. These five forms of lovin' are all ways you can strengthen relationships, both with a partner or even in the office. Here's how to make these languages both personal and professional.

1 ACTS OF SERVICE. For your significant other, this can look like making breakfast in bed or cleaning the house. At work, it can translate to easing workloads and stress levels for your coworkers. Offering a helping hand on a project or cleaning up a coworker's cubicle is a great way to strengthen work relationships.

2 PHYSICAL TOUCH. Kissing, hugging, and cuddling your partner is a great way to feel connected emotionally. Rather than cuddling your coworkers, try a friendly fist bump, high-five, or pat on the back. Touch isn't for everyone, but for some, it can make the difference between an intimidating or welcoming work environment.

3 GIFTS. It may seem materialistic, but there's no shame in wanting a tangible symbol of love. It shows you took the time to think about your partner and their wants and needs. The same can be done in the office. Getting your coworker's favorite snack or coffee order lets them feel seen and appreciated.

4 QUALITY TIME. Sometimes it doesn't matter what your partner does for you as long as you do it together. Activities as simple as grocery shopping together can do the trick. In the workplace, try having lunch with a coworker, going into the office (if you're working remotely), or setting up a brief meeting simply to socialize.

5 WORDS OF AFFIRMATION. You're not required to tell your coworkers you love them as you would a significant other, but hearing compliments, encouragement, and praise can create a very positive environment. They boost confidence and let people know their work or even just their presence is appreciated.



QUICK CLICK

5 Love Languages Quiz



<https://5lovelanguages.com/quizzes/love-language>

Take a free love language quiz to find out your primary love language. Learn how you like to be appreciated whether it may be through acts of service, physical touch, gift-giving, quality time, or words of affirmation. ♦



FEATURED RECIPE QUICK ENERGIZING OATMEAL

INGREDIENTS:

1 cup water
1/2 cup rolled oats
1 Tbsp. chia seeds
1 Tbsp. flax seeds
1 to 2 tsp. sweetener (brown sugar, honey)
Freeze-dried or fresh berries of choice

INSTRUCTIONS

Place water and oats in a microwave-safe bowl. Cook at 50% power, stirring half way through cooking, until oats are softened, 3 to 5 minutes. Add seeds and sweetener. Top with berries.



SWWC
LIVE WELL





Neck & shoulder stretch

Sitting tall, extend right (left) arm to side. Pressing palm toward the floor, slowly drop left (right) ear toward left (right) shoulder. Hold for 3 - 5 deep breaths. Repeat on other side.

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended.

FOOD FOR THOUGHT

BUILD A BETTER BREAKFAST

If you are looking to improve your diet, energy, and focus, it's time to make the most of the day's most important meal: **BREAKFAST.**

Eating in the morning kickstarts your **metabolism**, your body's process of turning calories into energy. The sooner you eat, the sooner your body begins giving you energy. It's good to start the process soon after you wake up. If you are not normally a breakfast person, ease into it with smaller portions like a protein bar, then gradually work towards making a larger meal like an omelet.

A well-rounded breakfast should include **high fiber complex carbohydrates**, **protein**, and **healthy fat** to start your day feeling satisfied and healthy. Swap your bagels for high-fiber grains like oatmeal, quinoa, or whole-wheat bread. Pair those with proteins like a hard-boiled egg, Greek yogurt, or peanut butter. Toss some low-carb high-fiber blackberries or raspberries on top of cereal or oatmeal, or blend them up for a refreshing smoothie. For healthy fats, avocados are a great choice. You can dice one up for a smoothie, or season it and spread it on toast.

Don't go into your day feeling hungry and fatigued. Eat a good breakfast and you'll find you have more mental and physical energy to take on the tasks of the day. ♦



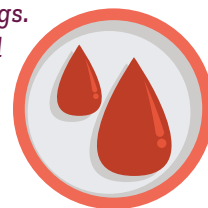
MIND MATTERS

B POSITIVE about blood donation

Needles and blood and fainting, oh my! Donating blood can be daunting, so here are a few tips and tricks to consider before donating:

Phone a friend.

Bring a trusted companion along to help take your mind off things. Chatting with a friend can ease the pressure — bonus points if they donate, too!



Crack a book.

Bring a novel, watch a movie on your phone, or play some music. Focusing on a plot or blasting tunes helps distract from any discomfort and the hard part will be over before you know it.

Eat plenty, drink plenty.

If passing out is your concern, just drink plenty of fluids and eat iron-rich foods, like spinach or red meat beforehand. The frequency of fainting has been somewhat exaggerated; it's estimated only 4% of donors faint.

Focus on the reward.

The blood you donate is saving lives and picturing the patients that will receive your donation can help boost your bravery.

The donating process takes a mere 8-10 minutes, and the benefits for others in need are enormous. You'll leave thinking "that was easier than expected" and feel great about giving back. If you suffer from a severe fear of needles, cognitive behavioral therapy may help. ♦

Challenge of the Month:



DONATE!

Each year millions of people will need blood transfusions. This month donate one pint of blood to help those individuals who will need your donation. Bring a trusted someone to the blood donation site to help take your mind off things. To find out where to donate go to **redcross.org**.