

WELL SAID.



March, 2014

This month learn how to let some stress go with a little planning and become mindful of your food and actions when eating. Also be sure to check the side panel for a great breakfast recipe and information about an upcoming bike tour. Enjoy!

Un-Stress Yourself at Work

Quick Tips

We are at work for a large percentage of our day. Why not make the best of it? Below are a few tips that can help with some of the unnecessary stresses we generally encounter daily:

Get a Head Start. Leave home 30 minutes earlier than normal. Studies find that the less rushed you feel in the morning, the less stressed you'll be for the rest of the day.

Bring Snacks. Keep water and a bag of nonperishable snacks on hand (protein bars, dried fruit and nuts, or pretzels). This way, even if you have to work through back-to-back meetings, you'll be able to grab some fuel.

Give Yourself Some Credit. Most of us don't take enough time to praise ourselves for doing things well. When you've completed a task or goal, tell yourself what a good job you've done. You'll get a boost of confidence that will help you deal with the workplace madness.

Stretch. This is especially important if you have a sedentary job. Be sure to stand up and move around a few times each day which will help to keep your blood circulating. Stretch your arms, wrists, and neck often to reduce tightness and stay refreshed.

Plan Ahead. When work is challenging, devote some of your down time to making a to-do list for the week. You'll avoid forgetting anything, you'll stay focused on the job, and it's very satisfying to cross items off the list.



Reader's Digest

For more motivation:

<http://www.pinterest.com/cgibenefits/stress-less/>

Mindful Eating

How to Master the Art of Mindful Eating

The fundamental reason for our imbalance with food and eating is that we've forgotten how to be present as we eat. We eat mindlessly. Use these tips to bring balance back: food is not the enemy, food is energy.

Make time to prepare your own meals, preferably from fresh ingredients. The cooking process can be as relaxing and enjoyable as eating if you let it.

Go for quality not quantity. By choosing smaller amounts of the best food you can afford, you will not only enjoy it more, you're far more likely to be satisfied without having to over eat.

Stop multitasking at meal times. It's really difficult to focus on eating if you're doing other things. Set aside time for eating without other entertainment.

Only eat at the table. Another way to minimize mindless munching is to get into the habit of only eating when you are sitting down (not at your desk, if possible) and able to give the food your full attention. No more snacking on the run.

Appreciate the appearance. Sometimes we forget about the beauty of the food we are about to eat. Taking the time to notice sets the scene for mindful eating.

Focus on each mouthful. Think about the flavor, texture, and even the sound of the food in your mouth. Focus on how much you like, or dislike these sensations.

Chew. While it can be overkill to go to the monastic extreme of 100 bites per mouthful, make sure you chew your food enough so that it is well broken down before you swallow.

Use cutlery and put it down between mouthfuls. It's much easier to take smaller bites when using a knife and fork. Maybe not when eating a sandwich, instead put the sandwich down between bites.

Start small. Like all new habits, it's best to set realistic expectations. Choose one meal or snack each day and commit to focusing on mindful eating at that time.

<http://zenhabits.net>



Breakfast is Served

Stuffed Breakfast Peppers

Sautee 1 small diced onion, 1 cup chopped mushrooms, 1/2 red pepper diced and 3 cups spinach with olive oil season with some salt. Distribute mixture into 9 pepper halves. Add 2 tbsp egg whites into each. Bake at 375 deg. F for approx. 45 minutes or until eggs are set. Viola!

<http://www.rippedrecipes.com>

For more great breakfast ideas:

<http://www.pinterest.com/cjibenefits/breakfast-club/>





Seacoast Bike Tour

Join Breathe New Hampshire's 29th Annual Seacoast Bike Tour on May 17 & 18, 2014 from Portsmouth, NH to Ogunquit, ME. One day and two day route options available. Individuals of all abilities are encouraged to cycle and raise funds for lung health programs and initiatives in New Hampshire. Whether you are a casual bike rider or an experienced cyclist, there's a scenic route for you. Challenge yourself and try something new! Ride solo or form a team with your co-workers, friends or family and have more fun riding together. Teams are eligible to compete for special prizes. For more info, visit www.breathenh.org/bike.

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