

WELL SAID.

 CGI Business Solutions
May 2014

It's May already!

This edition of our newsletter might just get you to straighten up, give back, and take a new look at an upcoming holiday. Lots of great stuff, including a springtime recipe to add to your BBQ.

Enjoy!

WOOHOO, BBQ!



Zesty Lime Shrimp and Avocado

Ingredients:

- 1 lb jumbo cooked shrimp, peeled and deveined, chopped*
- 1 medium tomato, diced
- 1 hass avocado, diced
- 1 jalapeno, seeds removed, diced fine
- 1/4 cup chopped red onion
- 2 limes, juice of
- 1 tsp olive oil
- 1 tbsp chopped cilantro
- salt and fresh pepper to taste

Method:

In a small bowl combine red onion, lime juice, olive oil, pinch of salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion. In a large bowl, combine chopped shrimp, avocado, tomato, jalapeño. Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste. Makes 3 1/2 cups.

For more great healthy BBQ ideas:

<http://www.pinterest.com/cqibenefits/healthy-bbq-ideas/>

Spinal Therapy

Get Healthy Back

Following any period of prolonged inactivity, begin a program of regular low-impact exercises. Speed walking, swimming, or stationary bike riding **30 minutes a day** can increase muscle strength and flexibility. **Yoga** can also help stretch and strengthen muscles and improve posture. Ask your physician or orthopedist for a list of low-impact exercises appropriate for your age and designed to strengthen lower back and abdominal muscles.

- Always **stretch** before exercise or other strenuous physical activity.
- Don't slouch when standing or sitting. When standing, keep your **weight balanced** on your feet. Your back supports weight most easily when curvature is reduced.
- At home or work, make sure your work surface is at a **comfortable height** for you.
- Sit in a chair with good lumbar support and proper position and height for the task. Keep your shoulders back. **Switch sitting positions often** and periodically walk around the office or gently stretch muscles to relieve tension. A pillow or rolled-up towel placed behind the small of your back can provide some lumbar support. If you must sit for a long period of time, rest your feet on a low stool or a stack of books.
- Wear comfortable, low-heeled **shoes**.
- Sleep on your side to reduce any curve in your spine. **Always sleep on a firm surface**.
- Don't try to lift objects too heavy for you. **Lift with your knees**, pull in your stomach muscles, and keep your head down and in line with your straight back. Keep the object close to your body. Do not twist when lifting.
- Maintain **proper nutrition** and diet to reduce and prevent excessive weight, especially weight around the waistline that taxes lower back muscles. A diet with sufficient daily intake of calcium, phosphorus, and vitamin D helps to promote new bone growth.
- **If you smoke, quit**. Smoking reduces blood flow.



Source: National Institute of Neurological Disorders
www.wellsource.com

For more information:
<http://www.pinterest.com/cqibenefits/powerful-posture/>

Volunteering linked to Happiness :)

Boost happiness, decrease depression, and live longer ...

Most of us know that if we eat our fruit and veggies, exercise often, and avoid smoking, we have a better chance of living longer and healthier lives. Your doctor may not have told you that **regularly giving to others should perhaps be added to that healthy checklist**. A paper that reviewed 40 studies from the past 20 years on the link between volunteering and health found that **volunteering is associated with lower depression, increased well-being, and a 22 percent reduction in the risk of dying prematurely**.

First, why should volunteering be good for people's health?

Any activity is good activity. Volunteering means getting off the couch and out of the house, so it makes us stronger and more physically fit. More physically fit people tend to deal with stress better, which can help them live longer lives.

Social connections can be good for us. We are hard-wired for face-to-face contact that includes lots of touch, eye contact, and smiles. Such interactions release a hormone called oxytocin, which helps us bond and care for others, and also helps us handle stress better. Volunteering is a good way to meet others, make friends, and bond over common beliefs and goals.

It just feels good. Volunteering can give us a deep sense of happiness, which is also associated with longer and healthier lives.

Next, who is most likely to benefit from volunteering?

Research finds that volunteering only has health benefits for people who **do it in order to help others**, rather than to help themselves. So please pick a cause you care about and do it with your heart.

New research is finding that **volunteering is better for religious people**, perhaps because by volunteering they are affirming their most cherished beliefs to help and serve others.

Past research finds that volunteering can actually be harmful for people who volunteer too much. **If your volunteering job is starting to become more of a burden than a blessing it's time to scale back**.

If you want to live forever, I can't help you with that. But if you want to live a longer, happier, and healthier life, take all the usual precautions that your doctor recommends, and then... get out there and share your time with those who need it. **That's the caring cure**.

Adapted from an article by Sara Konrath, Ph.D.

www.help.org

For inspiration, check out:

<http://www.pinterest.com/caibenefits/caj-gives-back/>

Mother's Day

When you're not looking forward to it ...

During the last weeks of April, ads started to pop up all over the Internet, TV and magazines encouraging daughters to take their mothers out and shower them with jewelry, purses, appliances and other gifts for **Mother's Day**.

But what if your mother has passed away, or what if you're not even on speaking terms with her? Mother's Day is not a celebration for all daughters, and experts have some suggestions for emotionally coping with some painful memories.

Here are a few coping tips from for daughters who have **strained relationships with their mothers**:

- **Talk** about it with trusted friends or with a therapist.
- Write in a **journal**.
- Allow yourself to mourn a loss or revisit it.
- Don't feel that Mother's Day has to force your hand to reconciliation. It can be a time of **reflection** (or perhaps distraction).
- **Celebrate** someone who may have stepped into the role of your mom. Don't feel like you have to stay boxed inside a Hallmark holiday.
- If you have **children**, you can focus Mother's Day more on your experience as a mother with them.

Here are a few suggestions from that may help you cope with the **death of your mother**:

- This can be a time to **celebrate good memories**, perhaps with siblings or your own children, by looking at photos, eating some of her favorite foods, and visiting places that were special to her. It can be a real time of tribute.
- If your mother passed away recently or the loss was unresolved, it can be helpful to **share feelings** with other people who knew her, as well as friends and a support network.

Although it's called Mother's Day, the whole day doesn't have to center around your mother. If it's a difficult task to think about or talk to your mother, there are plenty ways to **cope with your negative emotions or options for distraction**.

- Get out of the house, take a walk, and enjoy the great weather. Your mother, good or bad, had a part in making you into the person that you are today. **Focus on the present** and learning to be the best version of yourself that you can be.
- Remember that all humans are flawed and that your mother was probably doing the best that she could. Even if she didn't love you in exactly the way that you wanted her to, you have to **focus on the positive memories**. There were likely moments that were good and happy.
- **Reach out to other women**, friends who are mothers, the week before the holiday. Sit and write cards to them, maybe even funny ones with a note of just how special they are. There is nothing more soothing than reaching out to others when you're feeling an ache.
- Do something for yourself that day, whether it's taking time to curl up and read a good book or a long, hot bath or a sweet, soothing nap. Same in the kitchen: whip up something special for yourself. Maybe make a special tea blend for yourself, or a slice of cheesecake from your favorite bakery. **Pamper yourself**.

However you choose to observe this Mother's Day, remember it is **your choice**.

adapted from an article by Rheyenne Weaver
<http://www.health.yahoo.net>



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