

HEALTHIER LIVING

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



Get your ZZZs!



Are you having trouble falling asleep, staying asleep, or feeling tired throughout the day? This could be a sign of poor sleep hygiene. **Sleep hygiene** encompasses the habits, behaviors, and environmental factors that play a role in your **quality of sleep**. The quality of sleep you get each night plays a big role in your physical and mental health. Getting quality sleep can improve your productivity and overall quality of life. By creating a good sleeping environment and daily wind down routines, you can set yourself up for better quality sleep.

Follow these steps to create better sleep hygiene:

- **Set a sleep schedule.** Wake up and go to sleep at the same time every day, don't overdo naps, prioritize sleep, and don't hit snooze.
- **Follow a night routine.** Schedule 30 minutes for winding down before sleep, dim your lights, and put away your electronics.
- **Create daily healthy habits.** Live a physically active life, get sun exposure, reduce alcohol and caffeine consumption, and limit non-sleep time in bed.
- **Create a great sleep environment.** Set a cool temperature, have a comfortable mattress and pillows, diffuse calming scents, and limit outside noise and light. Make sure you create a relaxing environment for yourself to fall and stay asleep.

If you find yourself having a hard time falling asleep after 20 minutes, get out of bed and engage in a quiet, relaxing activity. Try reading or doing a meditation before going to sleep to help relax your body. By following some of these tips, you should find yourself getting better rest at night, and feeling more alert and more energized throughout the day. You deserve a good night's rest! ♦

SWWC
LIVE WELL



QUICK CLICK

Grid Diary

griddiaryapp.com/



This app combines a powerful diary and planner templates with reflective prompts to help you focus on holistic personal growth. A library of inspirational questions will help you start journaling. Journal directly in the app or write in your own journal. ♦



FEATURED RECIPE

SUPER FUDGY HEALTHY BROWNIES

INGREDIENTS:

- ½ cup 80% dark chocolate, melted
- ¼ cup cocoa powder
- ¼ cup softened coconut oil
- 3 medium eggs
- ¾ - 1 ¼ cups coconut sugar
- 1 cup almond flour
- ¼ cup dark chocolate chips
- Pinch of salt

INSTRUCTIONS

In a large bowl whisk eggs and coconut sugar until fluffy and tripled in volume. Add the remaining ingredients and mix well. Place batter in a greased 8x8 pan. Bake at 355 °F for 18 minutes.



FOOD FOR THOUGHT

HOW TO INDULGE WITHOUT OVERINDULGING

Everyone loves to indulge every now and then, especially with food! Indulging isn't something to feel guilty about — it's learning about **moderation**. Here are some tips to help you indulge without overindulging:

- **Use a smaller plate or bowl.** *This is a simple way to reduce your portion sizes.*
- **Drink water.** *Staying hydrated throughout the day can help your brain differentiate between hunger and dehydration.*
- **Put down the utensil.** *Instead of one bite after the other, put down your spoon or fork between bites. Eating slower helps you listen to hunger cues and avoid overeating.*
- **Indulgence is part of a healthy lifestyle.** *Restrictions can lead to overindulgence. Satisfying your sweet craving a little every so often will lead to moderation in your diet.*
- **Be mindful of what you're eating.** *Become aware of the foods you're choosing to fuel your body. Offset an indulgence with some healthier choices. Incorporate a balance in your diet to decrease overindulging in foods you try to avoid, and increase healthy foods you might be lacking. ♦*



Exercise Anywhere!

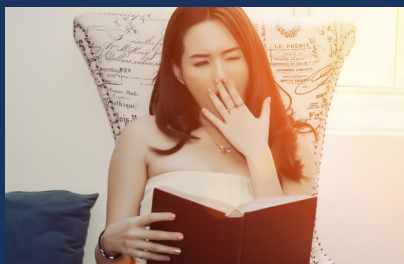


Hip Flexor Stretch

Extend one leg back and keep heel off floor. Tuck your pelvis under. Drop back knee until stretch is felt in hip.

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

Challenge of the Month:



Lights Out!

Create a nighttime routine that doesn't include using electronics. Find something that helps you wind down and prepare for a good night's sleep. Set a goal for 2 to 5 days in a row and work your way up to a full week.

MIND MATTERS

The Write Stuff

When you think about journaling, the first thing that comes to mind is most likely keeping a diary. However, a diary is meant to be used as a record of events, whereas a journal is used for self-reflection and self-awareness. Journaling positively affects your emotional wellbeing by helping you prioritize your problems and concerns, and by providing a place for positive self-talk. It can also help you recognize your negative thoughts and behaviors to learn better ways to control them. Journaling is a calming activity that elicits many health benefits, such as stress reduction and improved immune function, memory, comprehension, and mood.



Stuck on where to start?

If you feel intimidated as you begin journaling, start with these four tips:

1. **Find what works for you.** Keep a physical journal, use a computer, or your phone's notepad.
2. **Create a routine.** Put it on your calendar and set an alert. Journal first thing in the morning, before bed, or in the middle of the day, even if it's just for five or ten minutes.
3. **Journal about anything.** Write down your thoughts, aspirations, goals, emotions, frustrations, or gratitudes. Be creative by writing a story or poem.
4. **Create a prompt list.** Create a list of journaling prompts and writing ideas. Include questions to answer, inspiring quotes, or emotions you want to unpack. ♦