



## WHAT'S INSIDE

### QUESTION & ANSWER

Contagious Energy

### EXERCISE ANYWHERE

Chest Expansion

### MIND MATTERS

Daily Gratitude

### CHALLENGE OF THE MONTH

Being Present

### FOOD FOR THOUGHT

Artificial Sweeteners

### RECIPE

Peanut Butter Cookies

## FEBRUARY 2020

## IN THIS ISSUE

- This February, boost your happiness by trying one of the gratitude practices found in the Mind Matters section. Want to help others around you be happier too? Check out the Question and Answer for information on how to give off contagious energy!

**SWWC**  
LIVE WELL

## LOVE LANGUAGES

By: Stephanie Higley

Do you know what types of words or actions make you feel most loved? Have you ever wondered what the best ways to show affection to others are? You may or may not be surprised to know that each person prefers to give and receive affection differently. But how do you know what those ways are?

Dr. Gary Chapman, marriage counselor and author, found that the ways people like to receive and give affection can be categorized into 5 Love Languages:

**Physical touch:** People with physical touch as their primary love language rely heavily on the physical presence of others. A pat on the back or soft arm touches are great ways to show care because it communicates love, warmth and safety. Since no two people are alike, each person will have a different level of how much physical touch they like.

**Words of affirmation:** If your love language is words of affirmation, surprise compliments mean everything. People with this love language appreciate being told, "I love you." They find it important to hear what they mean to someone. On the flip side, insults can leave them feeling empty and are easily remembered. They thrive on hearing kind, motivating and encouraging words.

**Acts of service:** For these people, actions speak louder than words. Anything you can do to release the stress of responsibilities will speak volumes. They crave to hear, "let me do that for you" or "let me help you with that." When someone they love adds more work

on to their load, it portrays that their feelings do not matter. Acts of service out of love versus obligation, makes this person feel loved and valued.

**Receiving gifts:** For some people, receiving gifts are what makes them feel the most loved. They most appreciate the thought and effort that goes into the gift. The gesture of a gift shows that they are known, cared for and valued.

**Quality time:** This person thrives off one-on-one attention with the person they love. To them, nothing says, "I love you" more than the undivided attention of their loved one. If the person they love is distracted or not listening, it is very hurtful to them. Quality time spent talking or taking part in activities together deepens this love language.

Are you ready to discover what your love language is? Visit [5lovelanguages.com](http://5lovelanguages.com) to take the free quiz. The results rank the love language from most to least prominent in your life. This unique concept improves all forms of relationships from romantic to family ties, and friendships to work relationships.



By: Kim Aanestad



## DID YOU KNOW?

75% of Americans eat three times the suggested amount of sugar per day. When you consume sugar, a hormone called dopamine is released. Dopamine is a "feel good" hormone. Your body craves more of the substance that makes you feel good, which can lead to a sugar addiction. Consume no more than 6 teaspoons of added sugar per day for women and 9 teaspoons per day for men. The best way to gauge your added sugar intake is to check your food labels.

# QUESTION & ANSWER

## Q: CAN YOU “CATCH” SOMEONE’S ENERGY?

**A:** Simply put, yes! A person’s attitude, positive or negative, can influence others. Sensing someone’s energy happens daily. It can come from family, friends, coworkers or strangers. You may have started work one day feeling great, but your coworkers were fretting about a difficult project or customer and all of a sudden you felt anxious. Maybe you have had a bad day but then chatted with your hilarious friend and instantly felt energized!

We cannot always control how other people act, but we CAN control our own actions and attitude. So, if energy is contagious, why not infect those around you with positivity? Try these tips to spread positivity:



### Focus your mind:

Each morning, take a moment to set your intentions for the day. What sorts of feelings or actions do you want to cultivate today? Remind yourself of these intentions throughout the day.

### Acknowledge the positive:

Identifying the positives in your life can improve your outlook on life and spread positivity to others. Also try giving yourself a pep talk with positive affirmations.

### Accomplish your goals:

Setting and working towards your goals can be inspiring to others and encourage them to set their own.

### Dish out the compliments:

Showing others your admiration and appreciation makes them feel good boosting their mood and energy.

### Hum a tune:

Singing or humming a song brings you feelings of joy and projects your happiness onto others who are listening.

# EXERCISE ANYWHERE

**Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended. Exercise Anywhere provides you with basic stretching and strengthening exercises to incorporate throughout your day.**

## CHEST EXPANSION

1. Maintain a neutral spine seated or standing.
2. Bring arms toward each other behind body.
3. Squeeze shoulder blades together.
4. Hold for a count of 10.

**Formerly known as ‘Target Training’, the new ‘Exercise Anywhere’ section provides you with stretches and exercises you can perform anywhere with little to no equipment!**

**These movements are perfect for at your desk, while traveling or any other time you feel you need to add movement into your day.**



## DAILY GRATITUDE

By: Julia Miller

How often do you reflect on the good things in your life? Practicing gratitude has been shown to reduce the risk for depression and anxiety. It can also leave you feeling more content, devoted and less stressed. Try one or more of these simple activities to incorporate gratitude into your daily life:

### **Keep a gratitude journal:**

Try writing down one to three things a day you are grateful for. No time to write? Discuss with a loved one.

### **Take a walk:**

Take in all of your surroundings. Notice how the air smells, the color of the sky, the people or nature around you and the quality time you are able to spend with your own thoughts.

### **Write a thank you note:**

Whether it be to someone who did something nice for you or someone you want to recognize, giving thanks makes both parties feel good. A small gesture of gratitude can go a long way.

### **Consider the everyday:**

How many people contributed to making the clothes on your back? Think about who is involved with getting water to your shower or the food in your fridge. Reflect on how many amazing people you have to thank for the small things you usually do not give a second thought to.

### **Reach out:**

Is there someone in your life who is struggling or in need of a friend? Give them a call, let them know you are there for them and thankful they are in your life.

Gratitude may not come naturally, but by actively practicing it and choosing to acknowledge the good you can improve your outlook on life. Whether it be giving yourself grace for making a mistake, thanking someone for holding the door for you, or being grateful for a warm sunny day – there is always something to appreciate.



**Meet the new 'Mind Matters' section, your go-to for all topics related to improving your mental, emotional and social wellbeing! Check out this section for tips and tricks on how to check in with yourself and others.**

## QUICK CLICK

### **GRATITUDE HAPPINESS JOURNAL**

Writing in a journal can be a hard task to conquer if you live a busy life. What if your journal was on your phone and it reminded you to use it every day? 'Gratitude Happiness Journal' is a free app that provides you with daily affirmations and a space to write something you are grateful for. The app allows you to set a reminder to stop what you are doing and reflect on what you are thankful for in that moment!

By: Julia Miller

# CHALLENGE OF THE MONTH

## **PRACTICE BEING PRESENT**

By: Leigh Pomnitz

Technology has changed and so has socialization. You may be guilty of spending many days glued to your smart phone or binge-watching Netflix. This month make an effort to put down the cell phone or tv remote and engage with friends and family. Try one of the examples below, or come up with your own!

- When eating out or at home, put your phone on 'do not disturb' for the whole meal and be engaged in conversation.
- Host a game night with family or friends.
- Take a walk around the neighborhood and say hi to your neighbors.



## A SPLENDID ALTERNATIVE?

Artificial sweeteners are low or no calorie sugar substitutes that provide little nutritional value. Popular brands of these sugar substitutes are Splenda, sweet n' low, Truvia and Stevia. There are both advantages and disadvantages to artificial sweeteners:

### Advantages:

- Artificial sweeteners can be made from naturally occurring substances from the environment.
- You can substitute artificial sweeteners in almost anything.
- Artificial sweeteners can eliminate unnecessary calories.
- These substitutes can help you control your weight.
- Artificial sweeteners are not carbs, therefore benefiting people with diabetes by not raising blood sugar levels.
- Artificial sweeteners do not contribute to plaque buildup and are better for your oral health.

### Disadvantages:

- Artificial sweeteners can often leave a sour aftertaste.
- Regular consumption of artificial sweeteners can increase your cravings for sweeter foods. This is because your body confuses sweetness with the number of calories consumed.
- Baking with artificial sweeteners can drastically change the appearance and texture of your baked goods.

- Artificial sweeteners can affect your gastrointestinal tract. Symptoms such as bloating, loose stools and gas related pain may occur.

### Sweet alternatives:

If you think artificial sweeteners are not the best choice for your health needs, there are natural substitution options. Molasses, maple syrup, honey, nectars and juices can all provide a naturally sweetening effect. Some of these products may have additional health benefits that lab-created products cannot offer.



## FEATURED RECIPE

### 3 INGREDIENT NUT BUTTER COOKIES

#### INGREDIENTS

- 1 cup smooth almond butter (can sub any nut or seed butter of your choice)
- 3/4 cup granulated sweetener of choice
- 1 large egg

#### DIRECTIONS:

1. Preheat the oven to 350 degrees Fahrenheit and line a baking tray with parchment paper or a cookie sheet.
2. In a large mixing bowl, combine all your ingredients and mix until well combined.
3. Using a cookie scoop or your clean hands, form small balls on the cookie sheet, spread 3-4 inches apart. Press each ball into a cookie shape and press down with a fork.
4. Bake for 8-10 minutes, or until cookies are 'just' golden brown but still soft. Remove from the oven and allow to cool until soft, firm and chewy.

Cookies can be kept in a sealed container for up to a week. They are fridge and freezer friendly too.



#### Nutritional Info

Calories	101
Fat (g)	9
Carbohydrates (g)	3
Protein (g)	5

**PREP TIME:** 30 MINS **SERVES:** 12