

Well~Connected

FRAMING YOUR INTENTION

A picture, a memory encapsulated in a photograph, lies in a drawer unappreciated and forgotten—until it is framed and put on display. A frame protects and presents something of value. By framing a piece of art or photograph, it is given significance. When a house is framed at the beginning of construction, the frame outlines and establishes boundaries. It provides structure upon which the building takes form. Our life, lived one day at a time, requires a frame to become something worthy of the time spent. A goal or destination is not arrived at by accident, but rather, it is an intentional pursuit. What does your physical, mental, emotional and financial health look like today? Do each of these categories in your life have established boundaries upon which your goals are being built? Is your goal on display in the forefront of your mind, providing motivation, or is it tucked away in a forgotten drawer?



A few key points to keep in mind while framing your intentions are:

- **Take time to plan and be specific about what the objective or goal of your day is, as well as what specifically you will do to achieve that objective.**
For example, a goal of healthier eating would be, "I will make healthier choices for my meals and snacks today by avoiding sugary food and beverages." This practice clarifies the purpose of the day's objective or goal as well as how it will be achieved. For additional motivation, it is important to also include the "why" or need.
- **Set your intention at the start of each day.**
Whether it is during your morning shower or while sipping your first cup of coffee, give thought to what you want to accomplish today. Too often we start our day on autopilot, without preparing our mind for what the day will bring. Remember that only *you* have the ability to direct your thoughts and actions.
- **Reflect on the previous day's success and continue to evolve.**
Congratulate yourself. Cheer yourself on when you are tackling a difficult task. In Tom Evans' book, *The Authority Guide to Practical Mindfulness*, he states:
"Learn a new fact, pick up a new skill, take the newness out into the world and notice how in return that opens new doors and new opportunities. Be aware that the only constant is change, so do something new, meet someone new, think something new, and allow your world to change as a result."

As you go about your day, make an effort to be proactive rather than reactive. Mentally establish the framework upon which you build your interactions, choices and ultimately your goals. Take advantage of the ability to set your intentions and frame your day, month, and year.

Fit Tip: WORK OUT TO WAKE UP



Revitalize and de-stress throughout your workday with these quick and easy exercises.

AEROBIC

Try these one-minute wonders to get your heart pumping

- Jumping Jack, Run in place, Fake jumping rope, Shadow box, Climb stairs, and Walk as fast as you can

STRENGTH

15 reps to a stronger body

- Stand with one leg straight and try to kick your buttocks with the other. Then switch legs.
- Sitting in a chair, lift one leg and extend it straight out; hold for 2 seconds. Then lower your foot, stopping short of the floor, and hold for several seconds. Switch legs.
- Put your hands on your desk in front of you and hang on. Slowly push your chair back until your head is between your arms and you're looking at the floor. Slowly pull yourself back in. (Stretches your back and strengthens your biceps)

STRETCH

Release muscle tension and de-stress

- Sit tall, stretch both arms over your head and reach for the sky. After 10 seconds, extend the right hand higher, and then extend the left.



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Q: I'm trying to eat healthier. I do really well during the day, but the moment I get home I find myself in front of the refrigerator. What can I do?

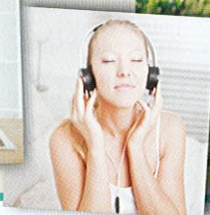
Ask the
Health
Coach

It sounds like what you need when you get home is some time to decompress (relax and wind down) from your workday.

Here are some suggestions:

Before going into the kitchen, take a few minutes to review your day and mentally plan for tomorrow. Read a magazine or listen to your favorite music. Better yet, go outside and take a walk. Find a quiet place in the house where you can do something special by yourself and for yourself. If you have time, take a brief nap, a shower or a bath. Meditating is another good way to make a smooth transition from work to home. Once you have decompressed, check in. If you are *really* hungry, ask yourself what you are hungry for and choose that food. Sit quietly and savor every bite.

Find a way to decompress when you get home from work, and you will not only be able to enjoy every moment of your evening, but you will be making wiser and healthier choices from the refrigerator!



Fitbit® Challenge

MAY

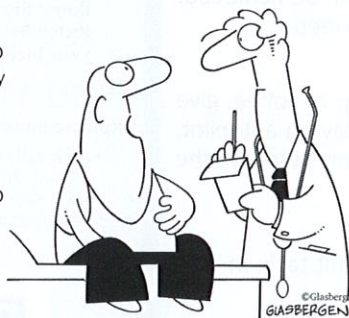
Luisa Gonzales, La Vernia ISD
Holly Latimer, Randall County
Carissa Autry, Seminole ISD

JUNE

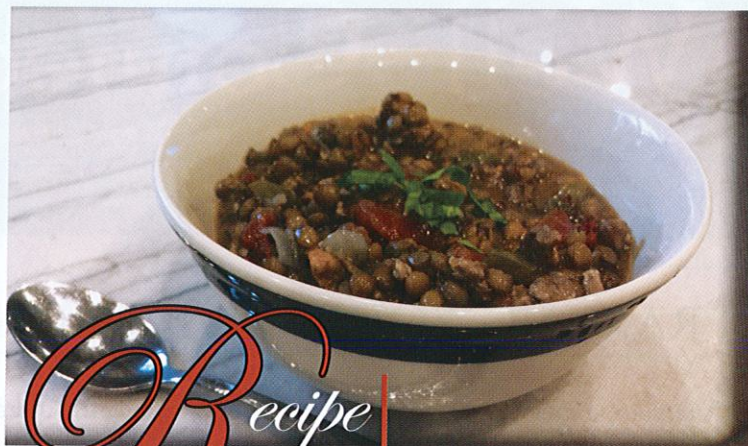
Nayeli Wauson, Floresville ISD
Loree Ellis, Millsap ISD
Joey Chancey, Morton ISD

JULY

Candace Miller, Birdville ISD
Monica Reyes, Canutillo ISD
Olimpica Reyes, Muleshoe ISD



"Healthy food is expensive. Can you write a prescription for groceries?"



Recipe | Savory Sausage and Lentil Stew

INGREDIENTS

- | | |
|--------------------------------|-------------------------|
| 8 oz ground Italian sausage | 1 tsp mustard powder |
| 1 onion (chopped) | 1 tsp Italian seasoning |
| 1 green bell pepper | 1 Tbsp minced garlic |
| 1 red bell pepper | 6 Cups chicken broth |
| 8 oz tomato sauce | 2 Cups water |
| 1 1/2 cups dried brown lentils | |

INSTRUCTIONS

- 1) Brown sausage in large pot, crumbling while stirring
- 2) Add vegetables (onion and bell peppers) and cook until softened
- 3) Add garlic and cook for 1 minute
- 4) Add remaining ingredients and bring to a boil
- 5) Once boiling, reduce heat and simmer for 30 minutes, or until lentils are soft



**FALL
2019**
WELLNESS CAMPAIGN

SIGN UP TODAY!

All participants will receive a water-tracking bottle



Contact your
Wellness Coordinator
for more information