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SWWC
LIVE WELL

CRAFTING YOUR BRAIN TO WELLNESS

By: Hayley Jones



When you think about mental health you might think about the negative words: anxiety, depression and maybe even mental illness. One way to manifest positivity around mental health is to find hobbies you enjoy that benefit your mental health. Activities that benefit your mental health and exercise your brain are simultaneously satisfying.

Crafting can be a great way to get your mojo back. Try sewing, knitting, candle making, woodworking or even pottery.

Photography can be a great way to lift your mood as you see the beauty in everything you choose to photograph. A study reported that 76% of people had improved wellbeing while actively taking photographs.

Gardening can be a relaxing hobby that involves the added benefits of fresh air and exercise. Gardening does not have to mean a huge commitment; it could mean herbs on your windowsill or houseplants around your home.

Playing music can reduce muscle tension, increase self-esteem, decrease anxiety, assist in successful and safe emotional release and increase motivation.

Exercising outdoors can be great for the body and mind. Stanford University found that people who walk for 90 minutes in nature were less likely to worry. With increased levels of serotonin and higher levels of vitamin D, the rest of the day may feel like a breeze after your walk, jog or hike.

Volunteering can help reduce stress, keep you mentally stimulated, and provide a sense of purpose. Use the skills you already have to help others or learn new skills by volunteering outside your comfort zone.

Hobbies come in all forms, they might be creative, physical or relaxing. They may involve others or be something you do alone. When choosing a new hobby, pick one that you can get so wrapped-up into that you forget about your stress.

Need a new hobby? Ask yourself these questions to help you decide.

- What skill would you like to have?
- What social groups would you like to be involved with?
- What health needs could your hobby help with?
- What is one interest you would like to further explore?

By: Morgan Goldammer



DID YOU KNOW?

While they fit snug in the chest cavity, your lungs actually take up a surprising amount of space. The total surface area of both lungs is about the same size as a tennis court. The total length of the airways that run through your lungs is about 1,500 miles. That is about the same distance from Chicago to Las Vegas.

Q: HOW CAN I BE PROACTIVE IN CARING FOR MY LUNGS?

A: The ample education of the dangers of smoking and the role that smoking plays in causing lung cancer has caused the percentage of U.S. adults that smoke to decline over the past few decades. However, lung cancer remains the most common cancer, claiming more lives each year than colon, prostate, ovarian and breast cancers combined. Besides not smoking, you may be wondering what else you can do to protect your lung health.

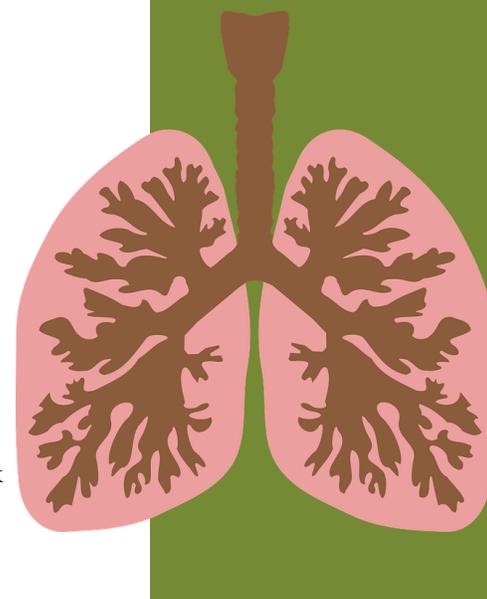
Avoid secondhand smoke: Encourage friends or family around you to quit smoking, or at least ask them to smoke outside, away from you. Seek smoke-free options and areas when in public.

Test your home for radon: Radon gas is a natural product of the breakdown of uranium and may be more present in some areas than others. You can get this professionally tested or purchase a kit to do it yourself.

Limit exposure to outdoor air pollution: Make it a habit to check the air quality report when you check the weather. Avoid exercising outdoors on bad air quality days.

Avoid asbestos and other carcinogens: If you are doing home improvements or work somewhere where you may be exposed to toxic chemicals, be cautious. Always wear a facemask or respirator for protection.

Prevent infections: Seemingly simple colds or respiratory infections can turn serious. Wash your hands often and take extra precautions during cold and flu season. If you get sick, stay home until you are feeling better to prevent spreading it to others.



TARGET TRAINING

CHEST EXPANSION

TARGETED MUSCLES: Rhomboids and Posterior Deltoids

START

1. Stand with your feet hip width apart, knees slightly bent.
2. Hold the middle of the band with both hands at shoulder level.
3. Separate your hands away from the middle evenly so they are shoulder width apart. The band should be taut, palms facing down, elbows slightly bent.
4. Keep your core engaged by drawing the navel in toward the spine to

MOVEMENT

- Keeping your arms extended, slowly pull your hands horizontally out and away from each other at shoulder level by squeezing your shoulder blades together.
- Slowly return to the starting position.

VARIATIONS

- Beginner: In the start position, bring your left hand to your shoulder, palm facing toward the shoulder and your elbow next to your side, leaving the right arm extended. Perform the exercise as described above for the right arm.



MODIFY YOUR MINDSET

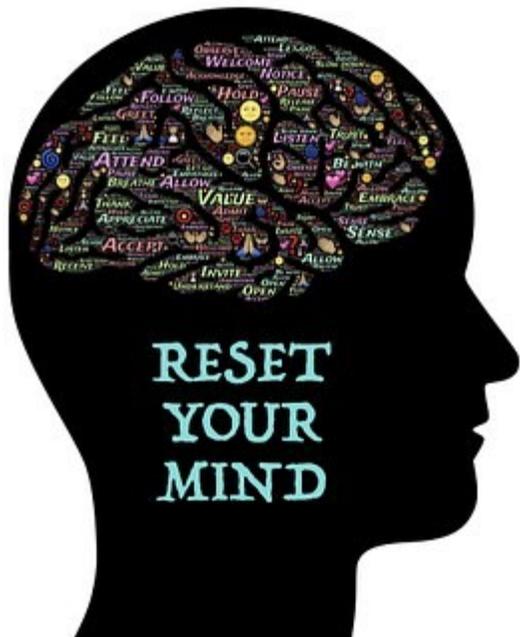
Have you ever obsessed over the number on the scale? The numbers go down and you are pumped, so you go for a jog! The numbers go up and your crushed, so you order pizza delivery! Or how about feeling deflated after scrolling through Instagram health and fitness influencer posts? A healthy lifestyle is not just about eating right and exercising, studies show that your mindset is very important to adhering to your goals. Luckily mindset is modifiable! Here are some ways to modify your mindset to support your health goals:

Put a positive spin on it: Diet and weight loss come with a lot of negative talk and feelings. Turn your attitude around, focus on the foods you get to eat instead of on what you cannot eat, or how being more active can help you sleep better or feel more productive. Make it fun and social by finding support with a workout buddy or joining a challenge group.

Break up with your scale: Having a scale at home has its pros and cons. It provides weight management feedback but often the number on the scale can negatively impact your mood. Since weight can fluctuate from day-to-day, instead allow your clothes to be an indicator of daily progress and use the scale no more than one time per week.

Focus on your strengths: It is easy to look at others and feel “less than.” However, constantly comparing yourself to others can reduce your self-esteem and self-confidence. If you know a marathon is not in the cards for you, but feel envious of your friends that do them, redirect that envy towards something you are good at. Maybe you like lifting weights, so join a strength class. If you love hiking, train to take on your favorite trail or mountain! If you love meat, do not compare yourself to a vegan. Follow a healthy recipe guru who creates delicious meat & veggie meals!

A healthy lifestyle is not a competition nor a destination, it is a journey. If you find yourself veering off course, check-in with your thoughts, you may need to modify your mindset to get back on course.



QUICK CLICK

EVERYDOLLAR

Holidays can be a stressful time. With the added socialization and events, you could blow your budget. Everydollar is a free app that will help you create a monthly budget to accomplish your financial goals. Using Everydollar gives you a clear look at where your money is going. Use this app over the holiday season to create less stress and enjoy your time with friends and family.

CHALLENGE OF THE MONTH

FINDING YOUR INNER PICASSO

Challenge yourself this month to get out and create something. Go to a class or set aside some time for yourself to get creative! Make something to use at your work, home or even in the car. Studies have shown that being creative connects different parts of the brain that typically do not work together, bringing you and the world a whole new set of ideas!

HOLIDAY ENTERTAINMENT ON A BUDGET

By: Julia Miller



Do you dread entertaining because of the financial burden? Do you get overwhelmed by cooking an entire holiday meal? Gatherings should be pleasant and delightful, not stressful. Here are a few tips to help you save time and money on food so you can fully enjoy time with family and friends.

Potluck

Spread the love and take a load off! Divvy up the holiday classics and have each family member or friend bring a dish. This will save you time and money by not having to buy every ingredient or prepare every dish. Spend that extra time with friends and family.

Grocery List

Make a list of the ingredients needed for the meal before going to the store. This will help you stay on track and will also save you time by not having to wander the aisles stressed and overwhelmed.

Plan Ahead

No one wants to get stuck shopping the week of a major holiday. Take your holiday grocery list along with you when doing your normal grocery shopping for the month of November. A lot of common ingredients go on sale a few weeks before the holiday.

Take a deep breath this holiday season and challenge yourself to be mindful about how you can save time and money on food!

FEATURED RECIPE

INGREDIENTS:

- 1 sweet potato, peeled and cubed
- 1 ½ cups halved brussels sprouts
- 2 medium carrots, chopped
- 2 celery ribs, chopped (3/4- 1 cup)
- 8 oz mushrooms, sliced
- 1/2 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1 medium apple, cored and diced
- 1 tsp. fresh thyme (1/2 tsp. dried)
- 1 tsp. fresh rosemary (1/2 tsp. dried)
- 1/2 tsp chili powder
- 3/4 tsp sea salt
- 3 Tbsp avocado oil or oil of choice
- 1/2 cup dried cherries or cranberries, unsweetened if possible
- 1/2 cup pecans, chopped

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Combine all of the ingredients except dried cherries and pecans in a large bowl. Toss with oil.
3. Transfer to bake dish, cover with foil.
4. Bake for 30 minutes. Remove from foil and mix dried cherries and pecans. Bake for an additional 10-20 minutes or until sweet potatoes are fully cooked.
5. Remove from oven and enjoy!

PREP TIME: 20 MINUTES

SERVES: 8

SWEET POTATO UNSTUFFING



Nutritional Info

Calories	144
Fat (g)	7
Carbohydrates (g)	21
Fiber (g)	4
Protein (g)	3