

Wellness Monthly News

*"If you change the way you look at things, the things you look at change."
Wayne Dyer*



MIND

Did you know?

The longer, less chaotic days of summer offer a great opportunity to boost your personal health. Here are three ideas to get started this July:

1. You are what you eat, literally! Did you know that the shape of some of the food that you eat corresponds with a similar looking body part? For example: Walnuts are great for brain function, grapefruit is good for the heart, mushrooms help with hearing, and kidney beans help with kidney functioning!
2. To reduce your stress level, engage in gardening. Just putting your hands in soil is mentally grounding and can help relieve physical and mental stress.
3. Pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule. Also disconnect from electronics at least one hour before bed.

For additional tools or guidance, please make an appointment with Veronica Alvarez, Wellness Educator 650-330-6461 valvarez@jobtrainworks.org

SPIRIT

Four great ways to feed your spirit!

1. **Helping others for greater happiness:** The reward center of your brain pumps out the mood-elevating neurotransmitter dopamine, creating what researchers call a helper's high
2. **Make a mood play list:** The body's internal rhythms entrain to, or match, the external rhythms of music. Soothing beats help to calm the body, slowing your breathing and heart rate. Upbeat music is proven to boost positive chemicals in the body and energize you
3. **Boost your brainpower!** Buy a pet plant for your desk. Researchers in Norway say that the presence of indoor plants could improve cognitive performance!
4. **Kind Words-** Even one word of kindness--in an email, a compliment in person or scrawled on the back of a crumpled receipt--has tremendous power. These words nestle down deep into the tender places of our hearts, bringing joy to ourselves and others!

BODY

Cool down with this one DIY hydrating beverage!

Sport drinks contain electrolytes that can hydrate, but they also contain artificial flavors, high fructose corn syrup and artificial colors. These ingredients can cause disruption in our gut microbiome.

Here is a simple way to make your own hydrating drink and replenish your fluids naturally!

- 1 full glass of cold drinking water

Options to add to water:

- 1/2 apple of your choice in slices
- 1/2 sliced cucumber
- Juice of 1/2 lemon
- 1 tsp of chia seeds

Combine option(s) of your choice with water.



