



# wellnews

July 2018

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## FROM THE EXPERT

# The Magic of Listening

As a wellness coach, my most important job is to actively listen, not only to my client’s words, but to the feeling of what is being conveyed, to the whole person. Psychologist, Carl R. Rogers said, “It is astonishing how elements that seem insoluble become soluble when someone listens, how confusions that seem irremediable turn into relatively clear flowing streams when one is heard.” In coaching, my clients experience this magic of listening and it is a sacred privilege to witness.



### What is active listening? It is:

- Giving your undivided attention to a person in the present moment
- Focusing on her words, tone, facial expressions, body language
- Asking open-ended questions, usually starting with “What” or “How”
- Allowing moments of silence
- Thoughtfully reflecting back what you are understanding

### What active listening is NOT:

- Giving advice to the person
- Persuading
- Judging
- Interpreting or analyzing
- Approving or praising

Active listening works in all life situations, with your partner, children, and colleagues. It enhances well-being by improving your sense of connection and belonging. Get more tips and see a Ted talk at <https://positivepsychologyprogram.com/active-listening/>.

Try it out today with those whom you feel most comfortable. You can also seek wellness coaching and experience the magic of listening for yourself.

**Kokomo School Corporation,  
Employee Health & Wellness Center**

**Clinic Hours**

Monday: 6:30a – 1:00p  
 Tuesday: 12noon – 6:00p  
 Wednesday: closed  
 Thursday: 12noon – 6:00p  
 Friday: 6:30a – 1:00p

3507 S. Reed Road,  
Kokomo, IN 46902

2nd Floor, Community Surgery Center

765.776.5300

## FITNESS

# Easy Restorative Yoga Poses

Yoga is about connecting breath with movement. Please repeat that to yourself. Many of the low-key poses, often found in restorative yoga, are incredibly beneficial and easily assessable to everyone.

Need a quick break? Find a quiet space, relax into each pose, take 5 deep breaths (or more), and restore balance in yourself.

**Legs-Up-the-Wall (Viparita Karani):**

This is a great, approachable inversion to help reverse the effects of living in gravity.

**Benefits:**

- Inversions help increase the return of blood to the heart
- Easy to stay in this pose for 5-10 minutes and really reap the restorative benefits
- Gently releases the hamstrings and low back
- Helps with headaches, hypertension, PMS, and jet lag

**Child's Pose (Balasana):**

This pose is regularly overlooked because it's a resting posture, but it has many benefits.

**Benefits:**

- Stretches and decompresses the spine
- Stimulates digestive organs
- Soothing posture when anxious or vulnerable feelings arise

**Corpse Pose (Savasana):**

This pose looks easy, but it's actually one of the hardest to master because it's so difficult for most of us to find and stay in stillness.

**Benefits:**

- Restoration
- Nurturing
- Deep relaxation
- Relaxes the body and nervous system
- Reduces stress
- Promotes restful sleep
- Helps to alleviate headaches and tiredness





## GAZPACHO SOUP

### INGREDIENTS:

- 6 Tomatoes, peeled, chopped (about 6 cups)
- 1 Red onion, finely chopped (about 1 ¼ cups)
- 1 Cucumber, seeded, chopped (about 1 cup)
- 1 Bell pepper, red or green, seeded and chopped (about 1 cup)
- 2 Celery stalks, chopped (about 1 cup)
- 2 Tbsp Parsley, fresh, chopped
- 2 Tbsp Chives, chopped
- 1 clove Garlic, fresh, minced
- ¼ cup Red wine vinegar
- ¼ cup Olive oil
- 1 Tbsp Lemon juice, freshly squeezed
- 2 tsp Sugar (more may be needed)
- To taste Salt and Pepper
- 6 drops Tabasco sauce
- 1 tsp Worcestershire sauce
- 2 cups Tomato juice (or 1 15 oz. can crushed tomatoes)

### DIRECTIONS:

1. Combine all ingredients. Blend slightly with immersion blender (or place in blender), to desired consistency. Place in a non-metal, non-reactive storage container, cover tightly and refrigerate overnight, allowing flavors to blend.

### Nutritional Information

Serving Size: 1/8 of recipe  
 Calories: 120  
 Carbohydrate: 12.5g  
 Protein: 2g  
 Fat: 7g  
 Sodium: 269mg  
 Fiber: 3g

## NUTRITION

# Fight with Phytos on Your Side

Ahhh, the glorious time of year when gardens are growing and farmers markets are in full swing. A perfect time to talk about the power of nutrient-rich plant foods. In what nutrients are plant foods rich? The full spectrum of vitamins and minerals, but also powerful disease-fighting phytochemicals. Phytochemicals are naturally-occurring plant chemicals, and scientists have identified thousands. Their primary function is to provide protection to the plants in which they are found. However, research demonstrates that we too benefit from protection when we consume phytochemical-rich foods: vegetables, fruits, legumes, whole grains, nuts, seeds, herbs, spices and many plant oils.



### *Phytochemicals provide benefits via numerous actions within our bodies.*

#### *These actions include:*

- **Antioxidant.** Oxidation is caused by molecules called free radicals, and occurs with aging and exposure to pollutants. Foods rich in antioxidants reduce oxidation – damage from free radicals.
- **Antimicrobial.** Phytochemicals boost the immune system offering us anti-viral and anti-bacterial protection.
- **Anti-inflammatory.**
- **Prevent DNA damage** and help with DNA repair.
- **Anti-cancer.** Phytochemicals exert anti-cancer benefits in numerous ways such as blocking cancer-causing substances from being formed in the body from what we eat, drink and absorb, to slowing/inhibiting the growth rate of cancer cells, to triggering death of damaged cells that could lead to cancer.

### *To best aid your body's defense:*

- Eat a mostly plant-based diet.
- Eat a wide variety of vegetables, fruits, legumes, whole grains, nuts and seeds. (Vegetables and fruits with the brightest colors or strongest flavors often contain the highest levels of phytochemicals).



## MINDFULNESS

# Say Yes to Self-Confidence by Saying "NO"

The ability to say "no" is crucial for mental health and self-confidence. However, we come up with plenty of reasons *not* to say no:

- we don't want to hurt anyone's feelings
- we don't like confrontation or conflict
- we've been raised to be polite and helpful

People who have a higher need to belong may have greater problems saying no because of concerns about rejection, fear of negative evaluations, or worry that others will view them unfavorably. They are concerned about the disappointment or inconvenience that their no might cause.



To say no without feeling guilty we need a clear sense of our priorities and tasks we want and need to accomplish. When we don't have these, it's easier for someone else to claim our time.

Practice being more aggressive when the stakes are low. For example, when a cashier asks you to sign up for a store credit card, say "I don't use store credit cards" instead of the passive "Not today, but thank you," which implies your decision is up for debate.

If you're still gun-shy about saying "No" lay those fears aside; most of us exaggerate how badly others will react when we say No. Many people asking for help expect a "no", so they may not be shocked to get that answer.

You can now get information from your health coach through social media!  
**Click the links below:**

