

# Weekly Wellness

with Renee



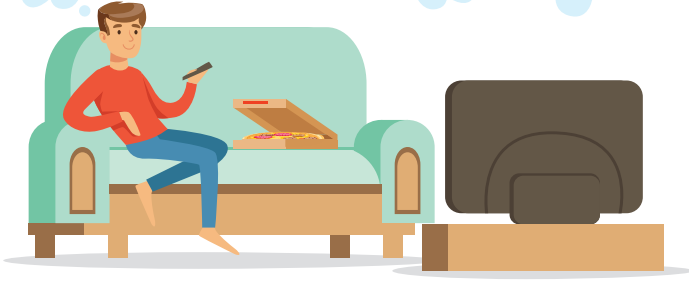
#4

Always be thankful...

Be kind to yourself...

Overcome challenges...

Have some fun!



## Focus on what you can control

### Focus on your wins

At the end of the day when you're thinking back to what you've accomplished, you might feel that you haven't achieved much. That's probably not the case, but it's a normal perception – especially now that we're all confined to our homes.

The reality is that you weren't able to be as productive as normal due to the kids jumping around you, being distracted with home duties, or having to cook meals that you normally wouldn't.

No matter the amount of distraction, it's easy to finish your day thinking more about what you didn't do instead of what you did. To get motivated, try to reverse that thinking. No matter how small, there's surely a win or two in there, so find them and stick with it. They don't have to be big wins – a 20 minute workout, a successful Zoom meeting, a good night sleep.

The way you think about life's inevitable obstacles affects your ability to cope with tough times. Developing a productive inner dialogue is one of the best ways to be mentally strong. Realistic affirmations can drown out negative thoughts that can hold you back.

While it's often easy to be mentally strong when life is going well, your true strength becomes apparent through adversity.

### Things to remember when you're going through tough times;

Everything can change – almost everything is changing!

You've overcome challenges before.

Allow yourself to have some fun.

Being kind to yourself is the best medicine, and you can always ask for help.

Other people's negativity isn't worth worrying about.

And there is always, always, always, something to be thankful for.

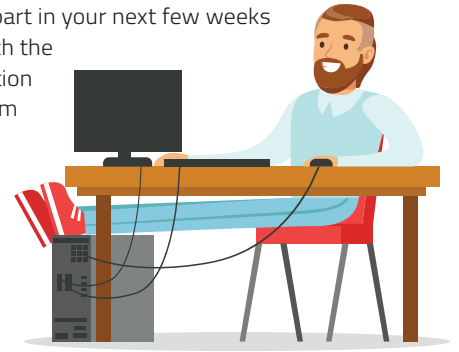


## Working from home

We have most likely become used to our new home set up, just in time for it to slowly start changing. You not only have your work schedule to think about but also family commitments. So when people say "communication is key" – this is the time.

When communicating in an office environment, communication is often two-way. Remote working can, at times, become one-way communication which is much less successful. Keep this in mind when making decisions.

Effective communication with everyone that will play an important part in your next few weeks will provide you with the necessary information to get the most from your working life.



## Exercising Enough

### What is Cognitive Health?

Cognitive health is the ability to clearly think, learn, and remember. Genetic, environmental, and lifestyle factors are all thought to influence cognition and health.

There are many ways exercise improves cognitive health.

Aerobic exercise (also known as cardio) raises your heart rate and increases blood flow to your brain. It can also decrease the risk of heart disease, lower blood pressure and assist in weight management.

I have participated in Les Mills classes since 2003 and they have always provided a great environment for testing your abilities, no matter what level you are at, and connecting with others. They have now replicated this online, with new ways you can connect, and keep your body moving at the same time.

Body Attack and Body Balance are my favourites, but a GRIT class is the toughest, most rewarding 30 mins.

[Les Mills Exercise Options](#)



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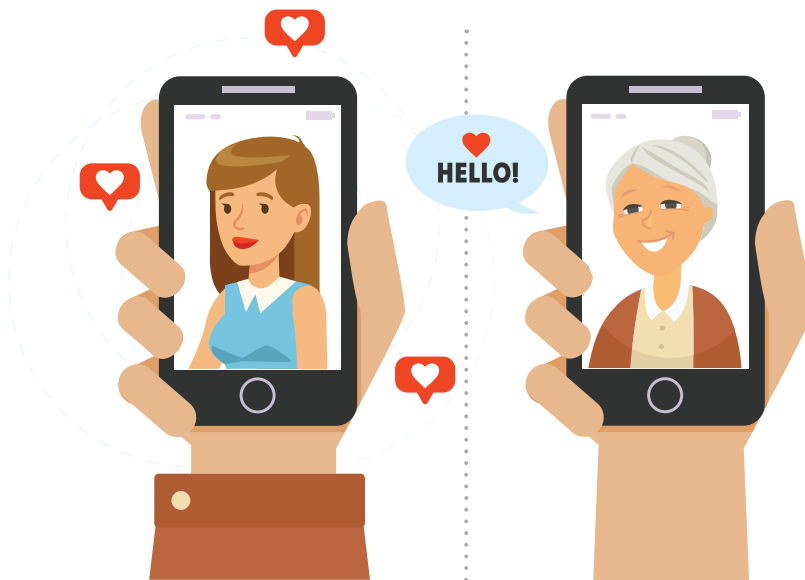
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#4



Eating Well



“Last year, more people were killed by automobile accidents, heart attacks, lung cancer, and natural causes combined than by any one tomato.” – Movie (Attack of the Killer Tomatoes) 1978

Sometimes, a recipe just calls for a little something extra to add a bit more flavour, spice, or kick. Whether you're looking for a quick and easy way to jazz up a salad, want to liven up your go-to pasta, or on top of bread, this recipe will become a new go-to. Not only does it taste great, but it's also good for you. Try adding this to a home cooked favourite.

## Fresh EASY tomato sauce



### Ingredients

- 450g ripe tomatoes, divided - Seeding half the tomatoes keeps the sauce from becoming watery
- 3 tablespoons chopped fresh basil
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon honey or molasses
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 garlic cloves, minced



### How to Make It

Remove and discard seeds from half of tomatoes; chop seeded tomatoes. Place seeded tomatoes in a bowl. Chop remaining tomatoes; add to bowl. Stir in remaining ingredients. Let stand at room temperature 1 hour. Refrigerate 1 to 2 days.



## Social Connection

During the immediate crisis, many of us are of course already acutely aware of the current risk of loneliness and disconnection and taking proactive steps to mitigate it by purposefully reaching out to others.

I've seen many people report that they are spending more time reaching out to friends and loved ones than ever before. While time-zones are still an issue, international borders feel less meaningful when we're all stuck at home, and people also seem to be making time to catch up with faraway friends and relatives. This time in enforced isolation has the potential to prompt many of us to consciously value our relationships and social interactions much more than we did before.

Let's keep some of this going, even when we don't have to, eh?

Stay safe team & keep yourselves well...

Please reach out if you need and remember we are in this together.