



CHANGE YOUR PERSPECTIVE

With the start of a new year, many of us want to take new control of our world. Unfortunately, the world doesn't always cooperate. If we change our perspective, we can feel like we've changed the world. Here are five ways to get started.

Change your inputs. If the information, entertainment and conversation in your life is negative, you'll feel negative. Focus on positive "inputs" and you'll have a more positive life.

Speak positive self-talk. Encourage yourself. Applaud yourself. Some people even suggest speaking to yourself in third-person: "You did a great job on that project." "You can run that extra mile." "You've got this." It might feel silly at first, but it will feel great after a while.

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Don't let momentary challenges have long-term impact. Make "This too shall pass" your mantra for the bad times.

Manage expectations. We often become disappointed because we hoped for things that weren't realistic. Set attainable expectations ... and aim to surpass them.

Look for the benefit. Author Napoleon Hill said every catastrophe includes "the seed of an equal or greater benefit." Look for the benefit in even the toughest situations. Or, to put it more familiarly, find the silver lining in every cloud.

Smart Facts

23%

of American describe the nation's mood as "frustrated".

14%

of Americans describe their own mood as "frustrated".

15%

of Americans describe their own mood as "hopeful".



REAL - LIFE MAKEOVER: YOU EDITION

In recent years, it has seemed like you can't turn on the TV without seeing some kind of makeover show. Series like "Extreme Makeover," "Fixer Upper," "What Not to Wear" and countless others feature people dramatically rebooting their lives ... with the help of telegenic experts and bottomless budgets. Most of us don't have those resources.

But Lifehack founder and CEO Leon Ho says the key to a real-life makeover isn't outside resources. "It's about you, and your ability to accept challenges and having the determination to break free from your existing situation," he says. Following are some tips on getting that process started, without gorgeous gurus or network-sized wallets.

Start with your health. There's a reason so many makeover shows focus on bodies. Our physical well-being has a big influence on our overall well-being. But it's not about how we look; it's about health. So, talk to your doctor and get healthier – eat better, get active, address health problems. Both the process and the results will have a big impact on your life.

Love your work. Studies suggest that we spend one-third of our lives working. So, being unhappy at work means being unhappy in life. If your work life disappoints you, start a process toward changing it. Whether that means looking for a new job, getting trained for a different career or discovering what it will take to be happy where you are, make it your mission to get happy at work.

Create a positive community. Are you surrounded by people who bring good things into your life? Do they support and encourage you in your dreams and aspirations? Do they hold you accountable for pursuing your goals? Do they comfort you in bad times? Do they engage in activities that make life better? Do they challenge you to be a better person? If not, find a new crowd.

Make it about others. Doing good for others does good for you. Focus on how you can be helpful to people in need and your life will get better.

Be a kid again. Make a point of shrugging off your grown-up attitudes every once in a while and recapture your childlike joy. Try a new adventure. Revive an old favorite hobby. Watch goofy movies. Make sure every day includes laughter.

Be here, now. Some people roll their eyes at the advice to "Just be," but there's life-changing wisdom in focusing on what you're doing right now rather than worrying about what you have to do tomorrow, what you should have done yesterday or 10,000 other things. Push that other stuff away and absorb the moment you're in and you'll enjoy it more ... and be better equipped to deal with those 10,000 other things.



"It's about you, and your ability to accept challenges and having the determination to break free from your existing situation."

CHANGE YOUR HABITS, CHANGE YOUR LIFE

We all know that cultivating healthy habits can add years to our lives and may protect us from health problems as we age. We also know it's in our best interest to kick out bad habits and replace them with good ones. Research shows that replacing a bad behavior with a good one is more effective than stopping the bad behavior alone. Sounds easy, right?

Well, it can be if you understand the three Rs.

According to Harvard Medical School, the three Rs – reminder, routine and reward – can help you break unhealthy habits and create healthy ones. Because all habits tend to follow this basic three-step pattern, if you can break down a bad habit into these components, you can identify what triggers that habit and, by proxy, what really needs to change.

The Three Rs

- **Reminder:** A trigger initiating the behavior.
- **Routine:** The behavior or action you take.
- **Reward:** The benefit from the behavior or action.

To put this in context, picture the three Rs flowing in a continuous circle.

Here's an example of someone with the unhealthy habit of spending too much time on their phone:

Floyd is spending time after work with his family. A notification on his phone goes off (reminder). After he checks it, he decides to take a look at something else and pretty soon begins scrolling (routine). He soon discovers a whole new world of information (reward) and, in the process, winds up ignoring his family.

What Floyd needs to do in this example is ask himself, after he checks the notification, why does he continue to mindlessly search for new information? Was it because he was bored? Was he looking for the hit of dopamine that scrolling provides? Floyd should take the time with questions like these and examine what triggers the behavior. He should also make a list, looking for patterns throughout this examination process and self-discovery. At the same time, he should make a list of things that make him feel better than scrolling. This could include reading a book, playing with his kids or conversing with his partner.

Once Floyd learns his routine, the trigger for the behavior, and the reward that accompanies the habit, he can figure out what things need to be shifted around so he can break the cycle.

Habits arise through repetition and, in many ways, are helpful. Most of us already have an established daily routine that we've built to structure our day. Over time, the components of such a routine become more or less automatic and free up head space. This allows us to deal more effectively with everything else we encounter throughout our day. When a routine switches into unconscious action, it becomes one of the many habits that run our lives. By cultivating the healthy ones and working to eliminate the bad ones, we allow ourselves to live our best and healthiest lives.



Healthy Weight Week

Contrary to what seems to be the overriding belief, maintaining a healthy weight doesn't mean maintaining the lowest weight possible. Instead, it means acknowledging that each person has a weight at which they will be healthiest, and then embracing a nutrition plan that supports that weight. The key? Developing lifelong nutrition habits rather than resorting to occasional diets. Learn more [here](#).

HARVEST OF THE MONTH: ORANGES

As a source of fragrant orbs that suggest sunshine on even the dreariest winter days, the orange tree is the most common fruit tree in the world, with most of them growing in the United States and, more precisely, in Florida.

There's good reason it's so popular: In addition to its aroma and flavor, the orange packs a powerful health punch: lots of vitamin C, antioxidants and other things that promote overall well-being. Plus, the orange is highly versatile, able to be eaten raw or used as an ingredient in a wide range of recipes.

Like most fruits, oranges are best when they're freshest. Selecting the best oranges comes down to three factors: look (bright color and mostly smooth skin), squeeze (they should feel firm, not squishy or bruised) and weight (if an orange feels too light for its size, it won't be very juicy).



Once you get oranges home, you can store them at room temperature for about a week, or for about two weeks in a refrigerator.



Recipe: Traditional Greek Orange Cake

Ingredients:

For the cake:

15 oz. phyllo dough
7 ounces 2% yogurt
1¼ cup vegetable oil
1¼ cup sugar
1¼ cup orange juice
4 tsp baking powder
Zest of 1½ oranges
1 tsp vanilla extract
4 medium eggs

For the syrup:

1 2/3 cup water
1 2/3 cup sugar
Zest of 1 orange
1 cinnamon stick (optional)

Directions:

Preheat oven to 350°. Unwrap phyllo dough from plastic sleeve; place the sheets on a large surface and leave at room temperature for at least 20 minutes. Pour into a pot the water, sugar, orange zest and a cinnamon stick; bring to a boil and then simmer for 5-10 minutes. Set aside to cool. Pour vegetable oil into a large bowl, add sugar and eggs and whisk well; then add yogurt, orange juice, orange zest and vanilla extract and whisk until ingredients combine into smooth mixture. Add baking powder and whisk lightly. Then crumble the phyllo into small pieces using your hands, and add pieces gradually into the mixture while whisking so they don't stick to each other. Oil the bottom and the sides of an 8×12 inch baking pan and pour in the mixture. Bake for 40-50 minutes until nicely colored and cooked through. Slowly ladle the cooled syrup over the hot cake, allowing each ladle of syrup to be absorbed before ladling again. Allow time for the syrup to be absorbed and put in the refrigerator. Serve cold.

Nutrition Information:

CALORIES: 644; SUGARS: 62.5G FAT: 32G; CARBOHYDRATES: 87.6G;
PROTEIN: 5.1G; FIBER: 1G; CHOLESTEROL: 2.6MG; SODIUM: 215.5MG

Sources: Accessed November 29, 2022

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