



MINDSET FOR SUCCESS .

BY JENNA BAMMANN

Mind over matter. It's all in your head. If you think you can or can't, you're probably right. These are all sayings that remind us our mind is a powerful tool! The way you think can impact your decisions, your motivation, and your attitude. Many of us tell ourselves it's too late to learn something new, or we simply don't have enough time. This way of thinking leads us to live a life with limits. If you instead lived in terms of I can or I will, can you imagine what you could achieve? Changing your mindset really could change your life. Here are a few tips you can practice to change your mindset from limitations to happiness and success:

1. Leave your fixed mindset behind and go for growth. Don't take things as they are, or they will never change. Ask tough questions and work on a growth mindset. A growth mindset leads to change and positive adaptations to feedback.

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2. Stop fearing failure. Be willing to fail. The number one reason people don't succeed is because they are afraid to fail. Fear can also keep you from taking the first step. The reality is no one ever succeeded without making a few mistakes along the way.
3. Create a long-term vision, not just short-term goals. You can't reach your destination without knowing where you are going, and the same is true for any task you want to take on. Before you set short-term goals, you need to know your big picture.

Sources: <https://www.forbes.com/sites/brianscudamore/2017/08/23/7-mindsets-of-highly-successful-and-happy-people/#20cde35523ed>. Accessed 28 March 2019.

Smart Facts

92%

of New Years goals fail by January 15th.

ONLY 3 OUT OF 100

adults write down their goals.

YOU ARE 50%

more likely to achieve goals if you write them down.

Source: <http://www.goalband.co.uk/goal-achievement-facts.html>. Accessed 28 March 2019.



TAKE A SOUL-CATION.

BY RACHEL SAVIEO

Have you ever come back from a vacation feeling like you need a week to recover from it? It can be easy to pack so many activities in your getaway that you end up feeling frazzled and stressed from trying to do it all. This leaves you exhausted right when you need to be getting back to your normal routine.

If that is the case with you, consider taking soul-cation. A soul-cation is just what it sounds like – a retreat for your mind, body, and soul to allow you to refresh and rejuvenate. And it doesn't have to be very long to be impactful. Even if it's just a few days or a weekend, taking time to disconnect can go a long way in improving your overall well-being.

- **Set time aside on your calendar to prepare before leaving and to catch up when you return.** Meet with those who will be covering for you to discuss any open items. Ensure you give them resources if questions arise while you are out.
- **Be clear about your intent to completely disconnect from work while you are away.** Set an automatic email response stating that you will not be checking emails or voicemails, and list appropriate contacts for any issues that may arise.
- **Don't take it with you.** If your company provides you with a laptop, leave it at home.
- **Turn off your work email and calendar reminders on your phone.** Taking a break from those notifications is key to being present in the moment while you are away.
- **Have family and friends hold you accountable for being present during your time off.** Tell those you are traveling with that you intend to disconnect from work while you are away and let them pull you away if you do happen to glance at work emails.



A soul-cation is just what it sounds like – a retreat for your mind, body, and soul to allow you to refresh and rejuvenate.

It is often helpful to plan your vacation activities, but while you are planning, consider how you want to feel when you return. Build in time with no structured activities, or schedule time to be pampered at a local spa. Give yourself permission to really take time off. You may find that you are a better version of yourself when you get home.

Sources: US Travel. <https://www.ustravel.org/toolkit/time-and-vacation-usage>. Accessed 26 March 2019.

BENEFITS THAT DELIVER DISCOUNTS.

BY JOHN THOMAS

Looking for a deal on a gym membership? Maybe a price break on some glasses, or discounted teeth whitening? Perhaps you'd like to save a few bucks on athletic apparel or even on races and events? Look no further than your health benefits.

It's true: Many benefit plans come packaged with discounts from a wide range of health-related products and services. The problem is, many of them are overlooked by plan participants. Why? Providers usually don't make a big deal about them and employers are usually more concerned about whether you're getting your annual physical than whether you're getting discounted yoga pants.

Still, you can get great deals on a wide range of goods and services. The following is a sampling of discounts available through benefit providers:

- Nutrition and diet programs
- Glasses
- Hearing aids
- Teeth whitening, sonic toothbrushes, and water jet flossers
- Home blood pressure monitors
- Gyms, fitness coaches, and exercise classes
- Athletic apparel and equipment
- Athletic races and events
- Spas, acupuncture, and massage therapy
- Hair restoration
- LASIK
- Weight loss programs and surgery
- Breast pumps
- Durable medical equipment

Discounts vary between benefit plans, and some might depend on the exact type of coverage you have. However, you likely have access to discounts you don't even know about.

So, how do you get in on these deals? For starters, take a look at the benefits information you got when you first signed up. You might have overlooked coupons, links, or even lists of deals. If you can't find that information, log in to your benefits website and look for a page that might be labeled "Discounts" or "Member Benefits." (These pages are sometimes hard to find; they might be included under another heading, like "Plan Details" or a general "Health" headline.)

Still can't track them down? Touch base with your HR team, or contact your benefits provider by calling the number on the back of your membership card. For some discounts, you'll need to download a coupon or form, but you probably can access some of them simply by showing your membership card. Then you can start getting in on savings opportunities you didn't even know you had.



Employee Health and Fitness Month

May is Global Employee Health and Fitness Month. This is an international observance of health and fitness in the workplace. A healthy lifestyle increases employee morale, productivity, and happiness. To learn more please visit www.healthandfitnessmonth.org.

Global Employee Health & Fitness Month. <http://www.healthandfitnessmonth.org>. Accessed 27 March 2019.

HARVEST OF THE MONTH: CARROTS

BY RACHEL SAVIEO

Carrots may be one of the first foods to come to mind when we think of healthy foods, and for good reason. For years we've been told carrots are good for our eyesight and our overall health. And it's true! The vitamin A in carrots help prevent vision loss, and they are rich in other vitamins, minerals, and fiber. Studies show that eating more antioxidant-rich foods, such as carrots, can reduce the risk of cancer and cardiovascular disease. Carrots can also help regulate blood sugar. The high potassium and low sodium content in carrots means they will also help protect against high blood pressure. Here are some fun facts about carrots:

- Carrots are the second most popular type of vegetable after potatoes.
- The heaviest carrot ever recorded was more than 19 pounds and the largest was over 19 feet!
- The average American eats about 12 pounds of carrots per year, which is about one cup per week.

How to Select

Choose well-shaped, smooth, firm, and crisp carrots with deep color and fresh, green tops. Avoid soft, wilted, or split carrots.

How to Store

Refrigerate carrots in a plastic bag with tops removed for up to two weeks.



How to Prepare

Wash carrots and peel with a vegetable peeler. Cut the stem end evenly. Carrots may be eaten raw, boiled for 10 minutes, or steamed in a steaming rack over boiling water and covered for 12 minutes until crisp-tender. They may also be shredded for use in a variety of recipes.

Sources: Healthline. <https://www.healthline.com/nutrition/foods/carrots>. Accessed 22 March 2019.
Care2. <https://www.care2.com/greenliving/10-benefits-of-carrots.html>. Accessed 22 March 2019.
Medical News Today. <https://www.medicalnewstoday.com/articles/270191.php>. Accessed 22 March 2019.
Fruits & Veggies: More Matters. <https://www.fruitsandveggiesmorematters.org/carrots>. Accessed 22 March 2019.



Recipe: Healthy Cole Slaw

Ingredients:

¼ small sweet onion
½ cup plain Greek yogurt, fat free if desired
¼ cup mayonnaise
1 tablespoon white vinegar
2 teaspoons sugar
1 teaspoon Dijon mustard
½ teaspoon salt
¼ teaspoon celery seed
¼ teaspoon black pepper
8 cups finely shredded green and purple cabbage
1 cup shredded carrots
¼ cup minced celery hearts
2 tablespoons parsley, optional

Directions:

Grate onion with a box grater. Scrape grated onion into a large bowl. Add greek yogurt and mayonnaise and whisk to combine. Add vinegar, sugar, mustard, salt, celery seed and pepper and whisk to combine. Add cabbage, carrots, celery hearts and parsley (if using) and toss to coat.

Nutrition Information:

SERVING SIZE: 1 cup; **CALORIES:** 71; **SUGAR:** 3g; **SODIUM:** 77mg; **FAT:** 5g;
SATURATED FAT: 0g; **CARBOHYDRATES:** 6g; **FIBER:** 1g; **PROTEIN:** 2g

Source: <https://www.healthyseasonalrecipes.com/skinny-classic-coleslaw/>. Accessed 22 March 2019.