

Spring Forward

April 2018

Emotional



The saying “laughter is the best medicine” is an accurate one. It reduces pain and allows us to tolerate discomfort. It reduces blood sugar levels. It improves your job performance. It really is the glue of good marriages.

Laughter establishes -- or restores -- a positive emotional climate and a sense of connection between two people. In fact, some researchers believe that the major function of laughter is to bring people together. And all the health benefits of laughter may simply result from the social support that laughter stimulates.

Have you laughed today?

Intellectual

Alzheimer’s disease and mild cognitive impairment (MCI) are on the rise. Recent studies published in the *Journal of American Medical Association and Archives of Neurology* have shown that people on a Mediterranean-type diet—high in antioxidant-rich fruits and vegetables, and fatty fish and low in refined carbohydrates and saturated fats—tend to fend off cognitive decline longer and be less prone to developing full-blown Alzheimer’s.

Here’s how to eat right to stay sharp:

1. Switch to slow-burning carbs such as vegetables
2. Choose fats wisely such as herring, halibut, and wild-caught salmon
3. Eat more berries and kale
4. Spice up with curcumin, cloves, oregano, thyme, rosemary, and cinnamon.



Occupational



Traveling a path toward your occupational wellness, you will contribute your unique gifts, skills, and talents to work that are both personally meaningful and rewarding. Here are three steps to creating your career path.

1. Self-Awareness - Knowing what you want begins with knowing yourself.

An honest appraisal is key to figuring out your ultimate goals

2. Create a plan - A properly prepared plan of action for your own future career will help you focus on where you are heading

3. Re-evaluating goals - Don't think of a career path as a one-way road from which you can never divert. Instead, plan on periodically looking at the map you've

devised to see if it is still your best route. Pay especially close attention any time there is a major life event (such as the birth of a baby) that may impact your priorities.

Physical



Everyone's vision changes as they age, but some changes could indicate a more serious problem such as macular degeneration or glaucoma.

Here are some best practices for healthy vision:

1. Eat right to protect your sight, especially fruits and vegetables and fish high in omega-3 fatty acids such as salmon, tuna, and halibut.
2. Quit smoking
3. Exercise daily to improve immune system and blood pressure.
4. Wear high-quality sunglasses with a rating of 99- or 100 per cent UV-A and UV-B protection. Also wear a wide-brimmed hat when outdoors.
5. Have a comprehensive dilated eye exam regularly from an eye doctor.

Social

The power of giving is said to be the highest form of manifestation of our truest nature. We are told to donate the first 10% of all we earn to charities and churches in our communities. Why? Because giving multiplies prosperity a thousand times. Look at some of the biggest givers—Oprah Winfrey, John D. Rockefeller, Andrew Carnegie and Bill Gates. They continue to be prosperous and in fact attain more prosperity each year.

Think about charities or foundations to which you can contribute or someone you may know that can use some financial help. Give to someone or something that needs your support. You'll be surprised at what you get back.



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Spiritual

There is healing in silence. In silence we open to life and life opens to us. Selfless silence knows only the present moment where time stops and we explore our thoughts about life and our world. We only have to be still until the silence comes forth from within to illuminate and embrace us. In silence, we are perfection itself, a treasure that the world needs now.

What questions are you asking yourself in your quest for spiritual wellness?



Words from the Wise

Here is a thought to accompany you on your journey.

- **James Baraz:** Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't).