



# Wellbeing Insights

*Living a Better, More Vibrant Life*



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## Coping with Global Tragedies

Hearing about violent events in the news is often disturbing. Reports of mass shootings, terrorist attacks and other violent incidents may leave you feeling sad, angry or afraid. You might:

- **Feel vulnerable and insecure.** Violent incidents may affect your sense of personal safety and security. You may find yourself worrying more about family members — especially children — when they're not with you.

- **Fear of the unknown.** Violence is a reminder that you can't control the behavior of others. You may feel uncomfortable attending public events or traveling. You may also worry about family members when they engage in these activities.

- **Feel confused by many emotions.** You may feel a wide range of emotions, including sadness, anger, guilt, frustration and dread. Some



# Coping with Global Tragedies

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people may need to talk about the event, while others may want to avoid discussing it at all.

- **Repress your feelings.** To ward off anxiety people sometimes repress their feelings, only to have them emerge in other ways, such as physical symptoms, hyperactivity, working too much, etc.
- **Have a delayed reaction.** If you have suffered trauma in the past, you may re-experience your emotional responses from that event.
- **Identify with those involved.** You may find that you are more affected by an incident if you identify with the individuals who were injured or killed.

If you or someone you know is struggling with news of a violent incident, these steps may help:

- **Be accepting.** Don't judge emotional reactions or strong feelings as right or wrong. News of violence or death can trigger complex emotions, and everyone will react differently.
- **Connect with others.** Talking with friends and family is often comforting. When others come to you, listen to their concerns and provide reassurance. This is especially important for children.

- **Limit media exposure.** If the news is getting to be too much, take a time out. Turn off the TV or computer and silence your phone alerts. Take a walk or engage in a relaxing activity instead.

In addition, these tips may help reduce your personal risk of being affected by a violent event when out in public:

- **Have exit plans.** When in a movie theater, stadium or other venue with a large crowd, check to see where the nearest exits are. Determine your first and second choice for a speedy departure. In past disasters, people who escaped serious harm typically had a predetermined mental picture of how to get out.
- **Be aware of your surroundings.** Can you see exits? Are there barriers to an evacuation? If an elevator is out of order, where are the stairs? Can you avoid a "crowd crush" in an emergency?
- **Don't be a hero.** Unless you have military or police training, it's unlikely you can effectively intervene in a violent scenario. Focus your energy on evacuating the venue as quickly as possible.
- **When the alarm sounds, drop everything and go.** Crisis response research has shown that a majority of people will not immediately take protective actions in a crisis. Wasting precious seconds may make the difference between life and death.

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## Mindful Minute

Though classic holiday songs deem this season as the most wonderful time of the year, it can also be one the most stressful when we let expectations get the best of us. From traveling to hosting guests, shopping, social events and the seemingly endless list of to-dos, the holidays can be an overwhelming time for many of us. Add on the challenge of managing unrealistic expectations to make the holidays perfect, and we may find ourselves wishing them away.

As you consider all of the things you have on your holiday list, filter them in order to help you prioritize.

**What can I say no to or delegate to someone else?** Saying no in a polite way (no excuse or explanation needed) is not a bad thing, and your true friends and family will understand.

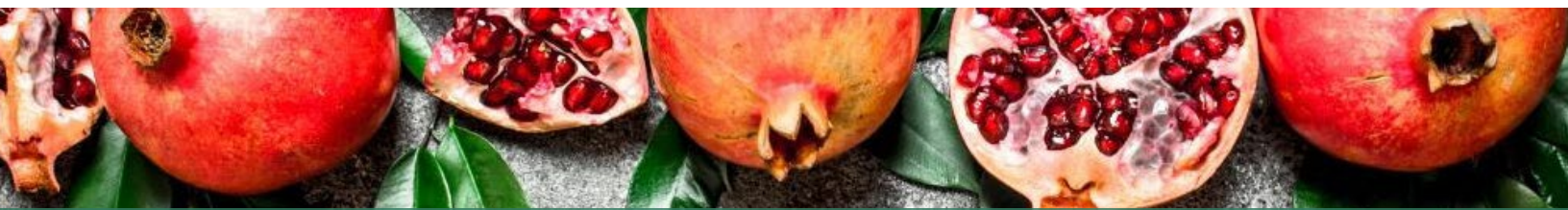
**Where could a small change in my plan have a big impact on my stress level?** For example, do you need to make something homemade, or could you just buy something at the bakery or at least look for a simpler recipe? Do you need to decorate the whole house, or would some simple decorations do? Do you need to stretch your gift budget, or would your loved ones know you care about them

just as much by including a thoughtful note with a sensibly priced gift?

**What would truly bring me joy?** When you find yourself stuck with competing demands on your time, consider what YOU actually want. What would make you happy, whether it fits within your expectations and traditions or not.

Determining where you can give yourself a break from the "ideal" here and there can be really freeing any time of year but can be especially helpful in reclaiming joy in the holidays.





## On the Menu

# Pile on the Pomegranate!

One of the world's most ancient foods, pomegranates are a unique, vibrant fruit, rich with history and antioxidants. The name pomegranate is derived from Latin, meaning "seeded apple," although not a member of the apple family at all. In fact, the distinctive jewel-toned fruit belongs to the Punicaceae family, which includes only one genus and two species, making this gem in a class of its own.

The fruit has been mentioned in Egyptian mythology, as well as the Old Testament of the Bible, the Torah and the Quran. Throughout the course of time, pomegranates have served many purposes, including the fruit as food, the juice as a tonic to kill parasites and its blossoms and peels used to dye cloth and leather. Now, pomegranate morsels are still a popular superfood, chockful of health benefits, making them a perfect snack or addition to a meal. Eating pomegranates has been shown to:

- Decrease the risk of prostate cancer
- Reduce the risk of heart disease and stroke

- Act as a "microbicide," which helps to protect against viruses
- Improve blood lipid profiles in diabetics
- Prevent depression and bone loss in menopausal women

### Ways to Eat

Pomegranates are delicious on their own, but here are some other ways you can use pomegranate to liven up meals and snacks:

- Eat pomegranate seeds for breakfast as a topping to Greek yogurt, oatmeal or avocado toast
- Toss into salads
- Use to garnish meat dishes
- Add ¼ cup of pomegranate juice to seltzer water for a slightly sweet, bubbly refreshment

Choose a fruit that's slightly heavy, indicating it's juicy. Make sure the skin of the fruit is tight and doesn't ripple by rubbing your fingers lightly over its outer skin. The skin of the pomegranate should be a dark or bright red.

### How to Prep

1. Cut off the crown of the pomegranate. The crown can be recognized by its small, multi-pronged, crown-like top.
2. Score the outer rind such that you create 4 segments, or "wedges," without cutting all the way through so that the fruit is still in one piece.
3. Fill a bowl with water and soak the pomegranate upside down for 5 to 10 minutes. This will help loosen the seeds.
4. Break the pomegranate apart by squeezing along the score marks over the bowl of water. Break apart the rind (red outer shell) and remove the seeds from the membrane (the yellowish, bitter skin surrounding the red arils).
5. Remove the seeds from the bowl. Using a colander, drain the seeds and pat dry with a cloth or paper towel. Eat immediately or store in an airtight container in the fridge for up to two days.

## Pomegranate & Toasted Walnut Winter Salad

- 1 bunch kale, torn
- ½ cup pomegranate seeds
- ¼ cup chopped, toasted walnuts
- 2 Tbsp. chopped red onion
- 2 Tbsp. olive oil
- 1 Tbsp. fresh lemon juice
- ½ tsp freshly grated ginger
- Coarse salt and pepper

### Directions:

Rub kale with olive oil, lemon juice and ginger until well-coated. Add pomegranate seeds, red onion and walnuts. Toss with coarse salt and pepper to taste.



### Nutrition Info

Per Serving (¼ of batch)

<b>Calories</b>	145
<b>Carbohydrates</b>	9.2g
Sugar	3.4g
Fiber	2.2g
<b>Protein</b>	2.7g
<b>Sodium</b>	47mg

Adapted from [marthastewart.com](http://marthastewart.com)

# Tea Time

The world's second most consumed beverage, tea is a great way to warm up on a cold day or help cut back on coffee while offering some sensational health benefits. Avoid the instant and sweetened tea (which rarely contain pure ingredients and comparable health benefits) and swap it out for the real deal. Any tea variety can be iced after brewing if you prefer. Here's a simple guide to what's what in the world of tea.

## White

### Health Benefits

- Anti-cancer
- Immune boost
- Dental health
- Heart health

### Fun Fact

The purest and rarest tea, it can only be picked for a few weeks out of the year.



15 mg caffeine

## Green

### Health Benefits

- Anti-cancer boost
- Immune boost
- Strong bones
- Metabolism boost
- Healthy skin
- Mental stamina

### Fun Fact

The world's most popular tea may help protect you against UV rays.



20 mg caffeine

## Oolong

### Health Benefits

- Anti-cancer boost
- Dental health
- Blood sugar regulation
- Healthy skin
- Metabolism boost

### Fun Fact

The tea typically served at Asian restaurants accounts for just 2% of the world's tea consumption.



30 mg caffeine

## Black

### Health Benefits

- Digestive support

### Fun Fact

It's the most popular variety in America and the most common type used for iced tea.



40 mg caffeine

Coffee Caffeine Content: 1 cup = 80 mg

# Give the Gift of Wellbeing

Take a healthy approach to your gift-giving this year with some of our favorite wellbeing-related ideas.

## Healthy Eating

- Meal delivery service subscriptions like HelloFresh or ones that encourage cooking like Blue Apron can help spark new found appreciation for healthy eating. Tea of the month or healthy snack subscriptions can do the same. For the culturally curious, check out "Try the World" subscription.
- For a more frugal and DIY approach to gift the loved one looking to get their feet wet with healthy eating, create a goodie box with some healthy staples such as coconut oil, quinoa, flaxseed, etc. and include recipes and a 'how-to-use' guide. You can compile these from reputable internet sources and add your personal touch by including a coupon for time to try some of the recipes together.
- High-quality bento boxes are a must for making healthy lunch packing a breeze. They not only help with portion control but also allow you to pack both hot and cold items.
- Tea/water infusers are a fun way to encourage hydration and allow the recipient to get creative.



## Relaxation & Stress Relief

- A massage or spa package is always a welcomed gift. You can also create the spa experience at home by gifting face, foot or lip masks, aromatherapy essential oil diffuser, foot spa or hand-held massager.
- For the reader in your life try a Kindle unlimited subscription (\$10/mo through Amazon).
- Guided meditation app subscriptions can help the phone-addicted use their device for good. (Try Headspace, Calm or EBT: The Emotional Brain Training App.)
- Look into local seminars on self-development, mindfulness, financial wellbeing or some other topic that may be of interest to your loved one.

## Happiness & Creativity

- There are some amazing gratitude journals available as our culture becomes more aware of the enormous impact of this simple emotion in everyday life. There are

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# Gift of Wellbeing

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also plenty of daily planners that incorporate gratitude, goals and happiness for the organized friend or family member.

- Subscription to a “Fresh Flowers of the Month” Club will be sure to brighten their day at least 12 times in 2018.
- Grown-up coloring books and colored pencils or a Buddha Board can spark creativity and help relieve stress. You could also try a Zentangles book for the more creative loved one.
- For the loved one who has it all, make a charitable donation in their name to a cause you know they care about.

## Quality Time

- Doing a charitable event together as a family, such as delivering healthy meals to the homeless or volunteering at an animal shelter, is a priceless bonding experience.
- Sign up for a holiday fun run/walk as a team to get the blood flowing together.
- Buy tickets to an enjoyable charitable fundraising event.



The **best and most beautiful things** in the world cannot be seen or even touched. They must be felt with the **heart.**

- HELEN KELLER



# Boost Your Energy in 5 Minutes or Less



- 1. Breathe.** A technique called alternate nostril breathing is said to have a similar effect to one cup of coffee when practiced for just a few short minutes. Here's how it works: Hold the right thumb over the right nostril and inhale deeply through the left nostril. At the peak of inhalation close off the left nostril with the ring, middle or index finger, then exhale through the right nostril. Continue by inhaling through the open right nostril, then close it with the right thumb and exhale through the left nostril. Continue, free of distraction, for 3 to 5 minutes with this technique, switching which nostril is closed on the exhale.
- 2. Exercise.** Any exercise that gets your blood moving will boost your energy, but the key is getting up out of your seat and changing your scenery. Cardio is good for this as is a quick yoga flow. (Fitness Blender and Yoga with Adrienne are great channels for quick routines.) For maximum energy include your whole body – anything that gets your arms above your head, stretches out your back or makes you take up more space (i.e., making yourself “big”) will energize you.
- 3. Tune in.** Take a moment to sit comfortably and close your eyes. Imagine with each inhalation you are breathing in energy. If you are visual, you might try imagining inhaling a stream of golden light. After several breath cycles of breathing in this light, imagine it moving through your body, energizing every cell. Now, imagine the light radiating out of your hands, feet and head, energizing your surroundings. Take this new energy with you into your next task.
- 4. Eat.** When you're running low on energy, it can be extremely difficult to pass by the office candy dish or the soda machine. Unfortunately, these quick fixes will actually end up zapping your energy. There are plenty of brain power boosting snack options that are easy to prep and eat and will have you back up and at 'em in under 5 minutes. Here are a few of our favorites:
  - **Pumpkin Seeds** (called pepitas out of the shell). They're full of magnesium, healthy fat and protein – all energy boosters. Mix them in with your favorite nuts if you prefer some variety.
  - **Green Apple with natural peanut or almond butter.** The scent of green apple is known to invigorate. The combination of carbohydrate from the apple and protein and healthy fat from the nut butter will provide energy until your next meal.
  - **Veggies with Hummus.** This is another great balanced carbohydrate, protein and healthy fat snack. Purchase and prep your veggies at the beginning of the week so they're ready in a snap when you need it.
  - **Water.** While not a food, water and staying hydrated is also essential for energy. Add lemon or cucumber for zing. Iced or hot tea is also a great choice.



## Parenting Corner

# Idealism as a Parent

As children age it is sometimes difficult for parents to move through the chapters of their child's life. Milestone moments can conjure all sorts of emotions from joy to relief to sadness. I remember when my daughter was potty-trained ... FINALLY, NO MORE DIAPERS! That was an amazing feeling. However, there was also a part of me that realized my little girl was growing up. I'm sure you have experienced similar feelings as you have watched your children grow.

As children approach certain milestones in life, we as parents tend to think they should fit a certain mold or act a certain way. It's difficult to step back from these situations and just let it unfold. Audrey Krisbergh, a certified parenting educator, recommends a process she refers to in a recent article as "Clarifying Your Values." In her article, Audrey describes the issue of letting go or holding on as existing on a continuum. At one end of this spectrum is over-involvement or being enmeshed with your children; the children are given no autonomy or latitude to go out into the world to the detriment of their development and future functioning. At the other end of the continuum is detachment and emotional distance where the letting go becomes more an act of abandonment than healthy separation.

Yet because parenting is such a personal journey, there is no one correct point on this scale. Rather, each family can find its comfortable place between these two extremes, working consciously to avoid the end points.



Another area of parenting that warrants flexibility is setting expectations and sharing values. Values play a vital role in parenting and vary from one person to another. As parents we have an internal drive to make sure our children accept our values and act appropriately based on those values. However, creating specific expectations can sometimes create tension among others involved in your child's life. For example, new parents are often sensitive to comments and suggestions made about their parenting style or choices, even if it comes from their own parents or loved ones whom they respect as parents. As the parent you do have the ultimate authority to decide what values you want to instill in your child, but it is important to remain respectful of others' opinions and parenting decisions, even if they differ from your own.

Also keep in mind that as time passes your values may change. Creating space for this flexibility and keeping an honest and ongoing dialogue with your children is key to these transitions.

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