



# Wellbeing Insights

*Living a Better, More Vibrant Life*



## Reset, Refresh, Recharge

Mid-year check in on your personal goals

Whether your current goal dates back to January as a New Year's Resolution or has manifested more recently as the result of a warm-weather ambition boost, it's a great time to check in and refocus on what's important to you. Here are some tips to help you add new momentum to an existing goal or get started on a new one:

**Conduct a personal mid-year review.** If you're working on a long-standing goal, celebrate your progress and give some thought to

what's currently holding you back from reaching your next milestone or distracting you from what you want to accomplish. Perhaps the goal is no longer meaningful to you, and that's ok, too. Take time to reflect on what is the most important to you right now and prioritize accordingly.

**Reconnect to your "why."** An important part of your review will be connecting to your why. Why do you want to be more physically

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# Reset, Refresh, Recharge

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active, take up a new hobby or reconnect with old friends? What emotions, recognition or outcome is it that you are really seeking, and is your goal going to get you there? Reconnecting with why should help renew motivation or evolve your goal to suit your desired outcome.

**Audit your environment.** Summer is a great time to clean house, reorganize or redecorate. We're not talking a major makeover, just a simple audit of your spaces to assess where you might be able to bring a little more joy. Perhaps it's tossing out a stack of irrelevant paperwork. Or, print a calendar with steps toward clearing the clutter to work on your goal of becoming more organized. Maybe you update your space to support your goal of being more mindful by writing out a few practices you'd like to try. Identify both barriers and opportunities in your spaces to better support your goals.

## Prioritize for your own self-interest.

Summertime is notorious for full calendars of barbecues, pool parties and camping trips. Remember that it's ok to say no. If you don't really want to do it, politely decline. Block off time on your calendar, be it five minutes or a full weekend, to make meaningful progress toward your own personal goals.

**Take a baby step.** Change doesn't have to be all or nothing. In fact, it shouldn't be. If you find your goals are feeling too large or daunting, ask yourself "What's the smallest possible step I can take today that would be consistent with my goal?" This might be a meager five minutes of physical activity, cleaning or meditation. As long as you took any step toward your goal, you will likely feel some sense of accomplishment and renewed motivation.



Don't **let life** discourage you; everyone who got where he is had to **begin** where he was.

- RICHARD L. EVANS



## Mindful Minute

How often do you give yourself permission to take a break from your busy day by going for a quick walk to clear your mind? While we may feel too busy (or too tired) to even think about doing so, a little time outside of the office or house can give us a moment to reenergize, take in some fresh air, feel the sunshine, move and get outside of our element, literally and figuratively. While walking outdoors in and of itself places us in an environment conducive for practicing mindfulness, to help ensure you remain truly present, consider these **tips for mindful walking.**

■ **Strut your stuff.** Don't rush your walk; keep it at a natural pace. Take your time and watch your mind follow suit, slowing down to a manageable pace.

■ **Soak it all in.** While you're strolling along, take in the sights, sounds and smells all around you. Become part of the environment you are in and become fully aware of your surroundings.

■ **Bring it back.** As you are becoming one with all that's around you, take a moment to become aware of the physical sensations within you. For example, what sensations are you feeling as your feet touch the ground or how is the temperature making your skin feel?

By being present in the moment while on your walks, you get a real opportunity to relax your mind and take a necessary mental break. So, mark your calendars, set your alarms and get outdoors today – rain or shine.





## On the Menu

# Getting Spicy with Ginger

Ginger is one of the oldest and most commonly used spices/herbal supplements. It is thought to have originated in China before spreading to India, the rest of Asia and West Africa. Ginger made its way to Europe during the first century through ancient Roman trading. For centuries it was considered a luxury spice, costing one sheep for half a kilogram. Ginger is a warming spice and comes from the same family as cardamom and turmeric. It is only in recent years that ginger has become more valued as a spice than for its medicinal purpose.

### Potential Health/Medicinal Benefits of Ginger:

- High levels of antioxidants, specifically polyphenol, are present in ginger. Polyphenol is known to play a role in preventing degenerative diseases such as cancer and cardiovascular disease.
- One of the biggest reported health benefits is its ability to help with inflammation, swelling and pain. Studies show that ginger does indeed exhibit anti-inflammatory benefits, especially against inflammation associated with osteoporosis.
- Arguably the most well-known benefit of ginger is to reduce nausea and vomiting, hence why ginger ale is a common go-to solution for upset stomachs.

Ginger is noted for having a rather strong taste that is sweet, peppery and spicy. There are many ways that ginger is consumed and used in recipes. It can be eaten fresh, dried, pickled, preserved, crystallized, candied, powdered, ground or juiced. Common recipes that use ginger include drinks, smoothies, cookies, cakes, sauces, marinades and dressings. Ginger can also be consumed in a supplement form, such as a capsule or powder. A physician should be consulted prior to adding dietary supplements.

### Keep It Fresh

Fresh ginger root is able to stay in the refrigerator for up to one month. Ground or powdered ginger has a much longer pantry shelflife.

## Simple Ginger Dressing

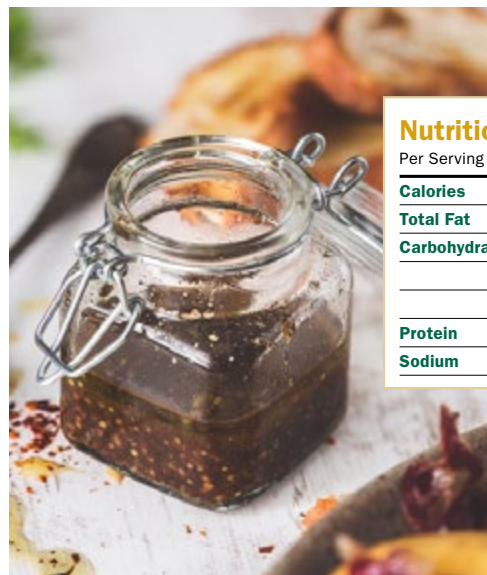
This is a healthier version of a Japanese steakhouse favorite. Made with just a few ingredients, you're sure to love the dressing's simplicity and flavor.

### Ingredients:

- ¾ cup sesame oil
- ½ cup soy sauce or coconut aminos
- ⅓ cup rice vinegar
- ¼ cup water
- 3 cloves garlic, minced
- 2 Tbsp. fresh ginger root, minced
- 3 Tbsp. honey
- Salt and pepper to taste

### Directions:

Whisk together all ingredients in a small bowl and season with salt and pepper to taste. Drizzle over salad greens or use as a marinade or finishing sauce for your favorite meat. Store covered in the refrigerator.



### Nutrition Info

Per Serving (2 Tbsp.)

<b>Calories</b>	86
<b>Total Fat</b>	8.1g
<b>Carbohydrates</b>	3.3g
Sugar	3g
Fiber	0.1g
<b>Protein</b>	0.5g
<b>Sodium</b>	361mg

# Ask the Experts

Get to know the CBIZ Wellbeing Solutions team as we ask our experts about their own personal journey to live a vibrant life.



**Anna Panzarella,**  
Wellbeing Consultant

Known on our team as  
The Royal Guard:  
Elegant, Astute, Discreet



**Angie Kennedy,**  
Senior Wellbeing Consultant

Known on our team as  
The Editor-In-Chief:  
Productive, Skilled, Detailed



**Joe Oberoi,**  
Wellbeing Coordinator/  
Account Manager

Known on our team as The People's  
Champion: Dynamic, Inclusive, Engaging

## Q: Research suggests we are happy and fulfilled when we are able to apply our strengths to our work to find purpose and meaning. How do you bring your unique strengths to work each day?

**Anna:** I am fortunate to be in a role that I am passionate about and that continually challenges me to be creative and adaptable. Helping my clients reach their goals and exceeding their expectations is what drives me to do my best at work each day.

**Angie:** I try to be as organized and prepared for each day as possible. I'm proactive and make sure agendas, presentations and all other meeting materials are printed and ready at least a day or so prior to meetings. I'm always early and prepared. I come ready to rock each day!

**Joe:** I like to stay proactive in my work and am very passionate about it. Being able to track and see results with clients and their organization's wellbeing keeps me invested in my work.

## Q: It often seems there is no clear consensus on what is truly "healthy," and we receive lots of conflicting messages related to wellness. Are there any particular thought leaders or organizations you would recommend to follow on social media for quality information and guidance?

**Anna:** As a Registered Dietitian I'm a huge fan of the author [Michael Pollan](#). His grounded perspective on nutrition and the larger wellbeing industry are both eye-opening and practical. He also coined my favorite nutrition motto, "Eat food. Not too much. Mostly plants."

**Angie:** [Brené Brown](#). She's author of five #1 New York Times bestsellers and has spent decades studying courage, vulnerability, shame and empathy. I'm currently reading her book "Dare to Lead," a manual on leadership and management. I'm learning to be a brave leader!

**Joe:** [Harvard Health Publications](#) provides a stream of quality research on all things wellbeing. They are constantly coming out with new information, so I use it keep up with what's new or changing in health and wellness. I would also recommend [Mindful.org](#). They're a great resource for brain health and have an endless number of exercises and tips on how to practice mindfulness. When I'm looking for new mindfulness practices I check their posts first.

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# Ask the Experts

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## Q: When it comes to tending to your own wellbeing, what area proves to be the most difficult for you and why?

**Anna:** It can be very challenging for me to stay present because my mind is usually running a million miles a minute. This has often led me to feel stressed, overwhelmed or disconnected from my family when I'm home. To help avoid this, each day I aim to set an intention for myself that gives me a clear goal of what I want to accomplish. If I'm feeling scatterbrained, I'll step away from what I'm doing to get some fresh air and reset. Exercise has also been my biggest ally in stress relief, especially yoga where I can leave my thoughts on my mat.



**Angie:** Sleep is always a challenge for me; I typically get 5 to 6 hours a night. One thing I've learned is to listen to my body and let it rest when it needs to; a 20-minute nap can do wonders for me. Also, I've learned the impact of good nutrition on my sleeping patterns. Less sugar and more protein throughout the day makes for a much better night's sleep for me.

**Joe:** Mental wellbeing, particularly stress management, is the most difficult for me. I struggle to keep my mind and thoughts calm and collected when daily stressors start building up. Sometimes I feel like I won't get ahead of everything. I've found that focusing on my breath and practicing certain breathing techniques in those moments when I'm overwhelmed is very useful.

## Q: Finding time for yourself while juggling a career and family can be difficult. How do you guard your time for your own self-care?



**Anna:** I have the tendency to push self-care to the wayside or suffer from the ubiquitous "mom guilt." I try to schedule self-care into my day as I would any other meeting or appointment. Some days this means getting up extra early to squeeze in a workout or to meditate; other days it means incorporating some self-care into my lunch hour.

**Angie:** I'm lucky to be a morning person. I wake up before the sun and am able to enjoy a nice walk around my neighborhood ponds with my dog, Rolo. His unconditional love and happiness make my cup overflow. I've always been a dog person and couldn't imagine my life without one. On my sleepless nights he comforts me, and before too long I'm curled up next to him sound asleep.

**Joe:** It's hard between work and family to get some quality me time. I've made it a point to get away and decompress in my own way for a couple of hours each day. This keeps me in a better mood, helps relieve some stress and allows me to be more present with my family when we're home together. I also spend a couple of nights a month with friends to relax and soak in some social wellbeing.



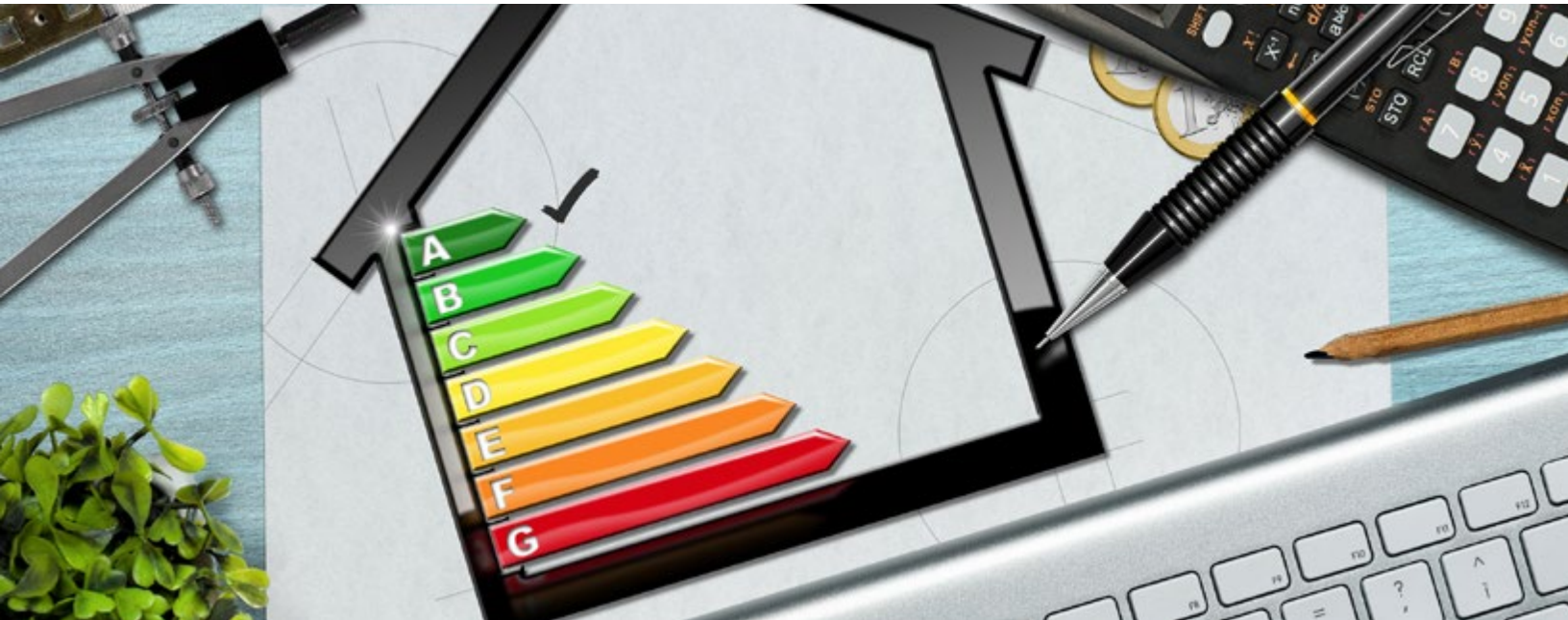
## Q: What is your #1 tip or piece of advice for optimal wellbeing?

**Anna:** Have fun! Practicing self-care should never feel like a chore or it will not be sustainable. Stop focusing on what the media says you should be doing. Instead, find a way to eat, move and unwind that brings you pleasure and also helps you thrive physically and emotionally.

**Angie:** Keep your inner circle healthy. Spend time with those who lift you up and make you smile; you know who they are. You also know the ones who always make you roll your eyes or block your sun. Keep those who believe in you, support you and make you laugh closest to you; you become who you hang with.

**Joe:** Work on what is best for you and your happiness and not what is expected of you by others. Whatever you want to accomplish or however you want to better yourself should be based on your internal thoughts and feelings – not others' opinions.

## Financial Focus



# Keeping an Energy-Efficient Home in the Heat

Summer has arrived, bringing hefty electric bills along. Homeowners spend \$11 billion each year to power their air conditioners! With a little planning you can shave dollars off your electricity bill with some simple changes around the house without sacrificing comfort.

■ Install and set a programmable thermostat. It could save you up to

10% on heating and cooling costs each year.

■ Ceiling fans allow you to raise the thermostat setting about four degrees with no reduction in comfort. Don't forget to turn them off when you leave the room as fans do not cool rooms but rather people by creating a wind-chill effect.

■ Don't heat your home with appliances and lighting. Avoid using the oven, purchase efficient lightbulbs (e.g., compact fluorescents), avoid leaving on hot appliances and consider air drying clothes and dishes.

■ Install window coverings to prevent heat gain through windows.

■ Insulate your attic and walls and seal cracks and openings to prevent warm air from leaking into your home.

■ Avoid placing lamps or TVs near the thermostat. It senses the heat they give off and causes your AC to run more than necessary.

■ Vacuum your air registers regularly and ensure they are not obstructed by furniture for the most efficient cooling.

■ Clean your AC filter monthly.

■ Insulate and seal all ducts. Air loss through ducts accounts for about 30% of a cooling system's energy consumption.

■ Unplug electronics when they are not in use or invest in a Smart Strip to cut power costs.

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