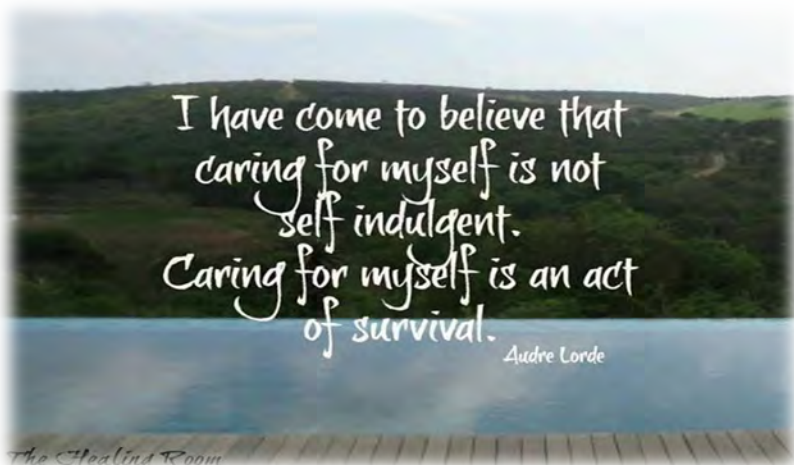


HEALTHY ON THE JOB

Self-Care is the Best Care!



Stress drains us of physical and emotional energy and contributes to anxiety, fear, anger, frustration and depression. If we don't put a check on our level of stress it can leave us more susceptible to illness and disease. We should make an effort to strive toward balance in our lives to counteract

daily stress. Taking a few minutes a day for 'you' can make a world of difference in your ability to remain centered and better able to deal with life's ups and downs. How can you bring better balance into your life? Do you have a hobby or perhaps a quiet place to sit to meditate for a few moments?

Longevity Tip

Take 3-5 minutes in the morning to sit quietly and meditate to start your day with a few calming thoughts. Setting an intention for your day, such as 'I am going to enjoy today', or remembering that 'I am a work in progress' allows us to feel more in control of everyday happenings. Also take 3-5 minutes at the end of the day to practice gratitude for making it through the day and calming yourself for a restful sleep.

MINDFULNESS SERIES

USEFUL RESOURCES



Rutgers Cooperative Extension
njaes.rutgers.edu



Get Moving - Get Healthy NJ
gmghnj.rutgers.edu



Get Moving - Get Healthy NJ Workforce
gmghnj.rutgers.edu/workforce



Family & Community Health Sciences Department
njaes.rutgers.edu/fchs



Healthy Recipe

Perfect Crockpot Beans

- 2 cups beans of your choice
- 1-2 teaspoons sea salt
- 1 Tablespoon whole peppercorns
- 3-4 garlic cloves
- 1/3 cup diced white or yellow onion
- 2 bay leaves (optional)
- 2 chipotle peppers (optional)
- a sprig of oregano (optional)

Turn crockpot on low to preheat. Meanwhile use a sieve to rinse beans in water, drain, then put into crockpot. Add salt, peppercorns, garlic cloves, & onion. If desired add bay leaves, chipotle peppers & oregano. Pour boiling water over bean mixture until water is 2 inches above the beans. Cover crockpot & cook on Low for 7-8 hours. The beans can be served with rice, on a salad, in tacos or any other way! Save cooked beans in the refrigerator for up to 1 week, or freeze some for your next soup recipe.



****Disclaimer****

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all work-place safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

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<https://www.bluezones.com/recipe/perfect-crockpot-beans/>

More Mindfulness Resources

[Staying Healthy- Mindful Eating.](#)

[Mindfulness Exercise, Mayo Clinic – how mindfulness can help you!](#)

[Everyday Mindfulness for Stress Relief – useful tips to use today.](#)





More Resources....

choosemyplate.gov

njaes.rutgers.edu/health

getmovinggethealthynj.rutgers.edu

Family & Community Health Sciences
Healthy Recipes

vimeo.com/getmovinggethealthynj/videos

Explore our healthy recipe videos!

EatingWell.com has lots of healthy recipes.

Mayo Clinic Healthy Recipes

mayoclinic.org/healthy-lifestyle/recipes

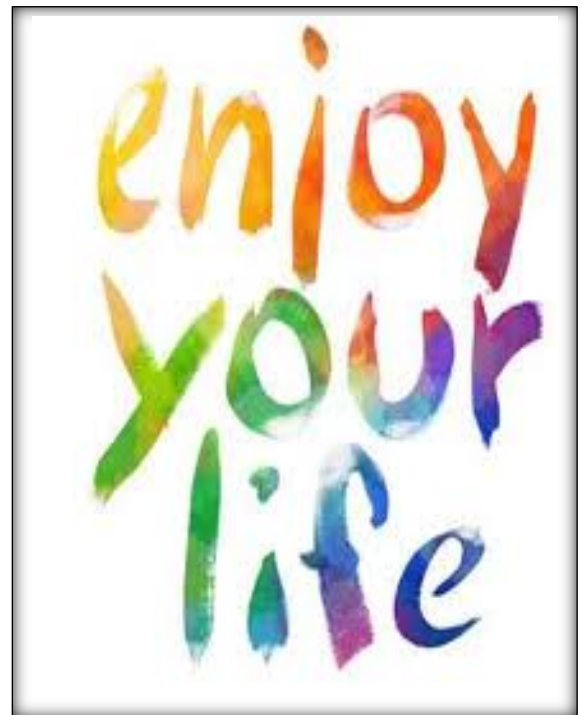
The Food Network's Healthy Dinners in 40 Minutes or Less

foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less

Practice This!

Today's to-do list:

- 1) Eat something healthy
- 2) Take a 5 minute walk alone
- 3) Find something beautiful outside to look at for a few minutes
- 4) Thank yourself for doing something for you!



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“By taking care of myself I have so much more to offer the world than I do when I’m running on empty.”

Ali Washington