

Spring Awakening WELLNESS

LiveWELL

April 2021



Take charge of your health and put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Spring is the perfect season to reboot your wellness goals and awaken new healthy habits. In this issue of Spring Awakening Wellness, you will learn simple ways to add refreshing health and wellness tips to your routines. If you haven't felt motivated to keep up with your health goals, the spring is a perfect season to try again!



LiveWELL
Blooming into wellness

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Spring into wellness with simple additions to your routines. The transition of seasons is a great motivator to try new health habits because of warmer weather, brighter skies, and blooming flowers. See the tips below for a few wellness suggestions you can add to your routine this spring.

Create a healthy morning routine.

The morning is one of the most important parts of the day because it sets the tone for how it will go. Incorporate healthy habits into your morning routine to begin your day with intention and productivity. Some healthy habits you can start your morning with are exercise, eating a nutritional breakfast, or a stress-relief activity like reading or spending time with your pet.

Practice mindfulness.

Mindfulness is a pivotal practice for a healthy lifestyle. It helps you manage stress, reduce anxiety, and experience more happiness in the present moment. Try practicing mindfulness in moments throughout your day. It can be as little as 10 minutes. Some activities to practice mindfulness include coloring, meditating, and yoga.

Engage in an outdoor activity.

Research has shown that spending time outdoors helps reduce stress and anxiety and can help manage symptoms of depression. This time can be as simple as taking your dog on a walk, hiking, taking pictures of nature or the city, or working in your garden. Make it a goal to spend at least 10 minutes in nature each day this spring.

Engage in self-care.

Self-care is not a luxury. It is necessary for a healthy lifestyle and wellbeing. Practicing self-care boosts emotional and mental wellbeing and self-worth. Make it a priority this spring to practice self-care for at least 15 minutes per day. Practicing self-care can include reading a book, getting a massage, doing an activity that you enjoy, or watching an episode of your favorite show.

Information compiled from totalwellnesshealth.com



EatWELL

Spring into salads this season

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Get creative with your salads this spring! There are so many ways you can mix ingredients to get a great salad. Enjoy a sweet, savory, and refreshing salad with this simple recipe in only 2 steps. Eat it as an appetizer or as a meal!

SPINACH STRAWBERRY SALAD

Recipe and photo from the recipe blog at eatingwell.com

INGREDIENTS:

- 1 ½ tablespoon extra-virgin olive oil
- 1 tablespoon best-quality balsamic vinegar
- 2 teaspoons finely chopped shallot
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 6 cups baby spinach
- 1 cup sliced strawberries
- ¼ cup crumbled feta cheese
- ¼ cup toasted chopped walnuts

DIRECTIONS:

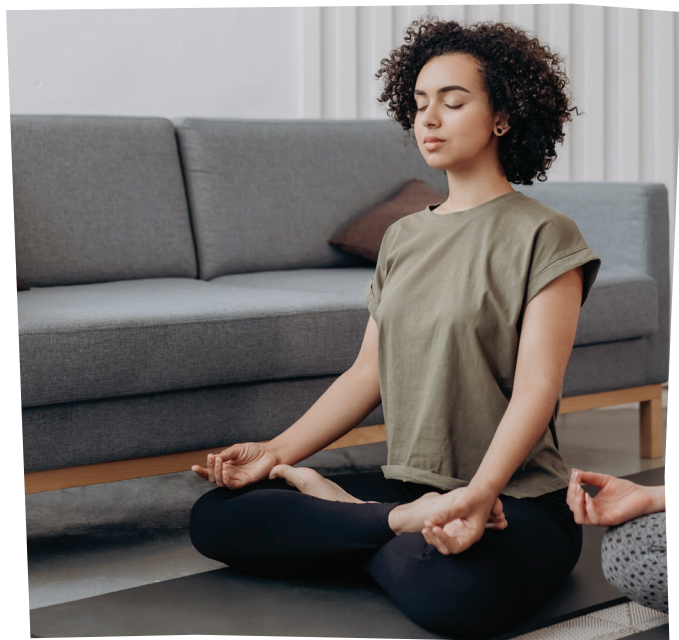
1. Mix oil, vinegar, shallot, salt, and pepper in a large bowl. Leave for 5 to 10 minutes to allow shallots to soften.
2. Add spinach, strawberries, feta, and walnuts to the bowl and toss. Then, coat with the dressing. Serve and enjoy!



PlayWELL

Yoga poses for new beginnings

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"The physical body asks for renewal: to release and detoxify stored heaviness from winter through light movement, diet, and increased social interaction."
-Emily Shain, Yoga Journal

Ease into the spring with movement for your body. If you want to start an exercise regimen or incorporate movement into your morning routine, yoga is a great and subtle option to get you started. Yoga is not only beneficial for your physical well-being but also your emotional and mental well-being.

See below for a yoga pose sequence that you can incorporate into any part of your day.

Begin with **Seated Meditation**. This time will allow you to pay close attention to the sound and rhythm of your breath. Spend a few minutes here and focus on making your breaths deeper by creating a fluid flow of inhaling and exhaling.

Continue with **Marichi's Pose**. Ease out of your meditation by twisting your whole body to one side for a nice stretch. Do this by sitting up straight and hugging your knee into your chest as you root down through your sitting bones. Then, wrap your elbow around your knee (or bring your elbow on the outside of your knee for a deeper twist) and look past the opposite shoulder. Inhale as you lengthen your body for a deeper stretch, then exhale. Repeat on the other side.

Transition into **Head-to-Knee Forward Bend**. This exercise is a great tension reliever for the legs and a great stretch for the lower back and spine. Extend one of your legs out and keep it straight or with a slight bend, bend your opposite knee with the heel tucking in towards your thigh. Extend your arms and reach forward grabbing wherever you can on your legs, foot, or rest your arms on the floor. Inhale and exhale in this pose for 10 breaths or up to a minute and then repeat on the other leg.

Switch into **Revolved Head-To-Knee Pose**. This stretch is felt most in the side body (lower back and hips) and targets the liver and gall bladder. For this stretch, reach your bottom arm out towards your extended leg and let the other arm reach out up and over your head towards your foot. While you do this, aim to keep the opposite hip down to the floor so that you feel the side stretch in your lower back and hips.

For pictures of these poses and the full yoga sequence visit yogajournal.com



Wellness AtoZ

Wellness AtoZ Day



WorkWELL

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Wellness AtoZ has been hosting monthly webinars: WorkWELL Webinars, PlayWell Webinars, and Spanish TrabajarBien Webinars. Please feel free to revisit any of our previous webinars and share them with your team, your networks, and the community. If you share them on social media, don't forget to tag us @GoWellnessAtoZ!

Gestión de la gente y adaptabilidad en tiempos de COVID-19

Webinario via Zoom
Abril 15, 2021
11 a.m. – 12 p.m.

¡Regístrese hoy!

Healthy AZ Pledge

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The Healthy AZ Pledge encourages the community and businesses to follow local, state, and federal guidelines designed to slow and stop the spread of COVID-19, restoring the health and vitality of our community and our economy.

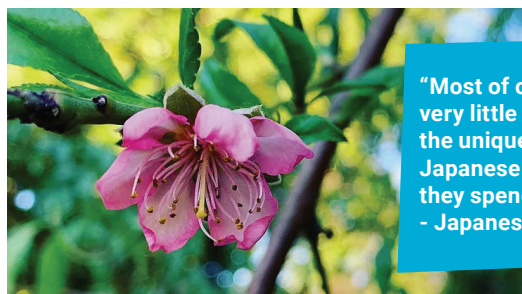
Take the #HealthyAZPledge today and get access to your free digital toolkit!

WELL Community
Volunteer at the Japanese Friendship Garden

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The spring is the perfect time to spend time outdoors before the summer heat begins. If you want to spend time outdoors and give back to your community, consider volunteering at the Japanese Friendship Garden in Downtown Phoenix. There are a variety of volunteer roles to choose from, including being a volunteer gardener. Regarding the safety of volunteer staff amidst the pandemic, all staff are taking precautions around COVID-19 safety. If you are interested in being a volunteer, visit their website for more information and submit an application online.



"Most of our gardening volunteers start with very little experience and grow to learn many of the unique aesthetics and principles that guide Japanese garden design and maintenance as they spend time in our community."
- Japanese Friendship Garden

VIVIR BIEN

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