

Social WELLNESS

LiveWELL
March 2022



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

Social health starts with self-love. Once we love ourselves we set the expectation for how we'd like to be treated and thus form healthy relationships. We hope this newsletter inspires you to care for yourself while spreading kindness to those around you.

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Tips to build connections that promote wellbeing

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A healthy connection that promotes wellbeing makes you feel good about yourself, feel safe and seen. The key to establishing any healthy external relationship is to first build a healthy internal relationship with yourself. When you do this you create an expectation for how you allow others to treat you.

The National Institute of Health recommends the following tips to build a healthy relationship:

- Share your feelings honestly
- Ask for what you need from others
- Listen to others without judgment or blame
- Be caring and empathetic
- Disagree with others respectfully and avoid personal attacks
- Avoid being overly critical, angry outbursts, and violent behavior
- Expect others to treat you with respect and honesty in return

Information derived from *The National Institute of Health*



"We can't underestimate the power of a relationship in helping to promote well-being."
-NIH psychologist and relationship expert
Dr. Valerie Maholmes.



PlayWELL

3 benefits of having a workout buddy

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Find a workout buddy who and inspires you to stay consistent with your exercise regimen.

Having an exercise regimen requires motivation, discipline, and a deeper connection to a personal *why*. To see long-term success in your health journey and exercise regimen an exercise buddy can be of great help. Below, the CDC shares three reasons why you might want to consider finding a workout friend.

1. **Motivation:** A workout buddy can provide the right amount of motivation for you to attend that scheduled workout, but also, to perform at your maximum potential. Even when a workout seems difficult, having someone to encourage you might be the missing element to your regimen that will make all the difference. Plus, friendly competition is another way to make working out fun!
2. **Adventure:** When you find a type of exercise that you like, working out becomes something you enjoy rather than a chore. The CDC shares that it is easier to try new things when you have an exercise buddy. As a result, along the way, you may discover something you enjoy, and a bonus is that you get to do it with your friend!
3. **Consistency:** As previously mentioned, if you have a scheduled workout with someone you are less likely to skip the workout for several reasons- one of them being that you don't want to let them down. The goal of having a workout buddy is to make your exercise regimen fun and something that is long-lasting.

When looking for your workout buddy, look for someone with similar goals, schedules, and levels of commitment. Connect with your circles: coworkers, friends, neighbors, etc. to find someone who inspires you and uplifts you. Even your furry friends at home make for great workout partners on long walks, runs, or a game of fetch. Get creative with your movement, make it your own and have fun!

Information adapted from [cdc.gov](https://www.cdc.gov)



EatWELL

The perfect, healthy charcuterie board for a social gathering

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A HEALTHY CHARCUTERIE BOARD

Recipe and photo adapted from the recipe blog at simpleandsavory.com

Charcuterie boards are all the rage right now when it comes to any social gathering. Charcuterie boards offer the opportunity to be creative with food assembling and pairing. Today, we are focusing on building a healthy board. Check out some key ingredients below!

INGREDIENTS:

- Uncured Pepperoni
- Uncured Salami
- Uncured Prosciutto
- Celery and Carrot sticks
- Homemade Hummus
- Assorted Greek Olives
- Baby Dill Pickles
- Dried Apricots
- Grapes
- 2 ounces Goat Cheese
- Fig Salami
- Cheese Sticks
- Crostini
- Assorted Nuts

DIRECTIONS:

1. For any charcuterie board, you can choose a wooden, marble, or ceramic plate to lay your food items on.
2. Use a variety of meats, cheeses, fruits, veggies, and grains to provide an array of flavors and colors.
3. Lay them on the board of choice. The number of food items will vary on the size of the group.
4. Serve & enjoy!





WorkWELL

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Wellness **AtoZ**

The Role of Diversity & Inclusion in Wellness

Zoom Webinar
Thursday, March 24, 2022
11 a.m. – 12 p.m.

[Register Today!](#)



This Spring we are kicking off our first WorkWell Webinar Series with a conversation around the role that diversity and inclusion play in our workplace wellness programs and overall wellness. Wellbeing.Lifeworks.com shares, "Employee mental health is closely linked to experiences of inclusion and diversity in the workplace". We will talk about the importance and the how-tos of creating an inclusive wellness program for individuals of all physical and psychological abilities.

We invite you to join us to hear from Dr. Wilson, MD, the Arizona, and Colorado Market Medical Executive/Senior Medical Director for Cigna to dive into this topic. Register for the virtual event to learn about how to create an inclusive workplace wellness program.

[Sign up here!](#)

WELL Community Arizona Gives Day

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Remember the Wellness AtoZ and Greater Phoenix Chamber Foundation this Arizona Gives Day

Get ready to GIVE!

This Arizona Gives Day we ask you to remember the Greater Phoenix Chamber Foundation. The Foundation, a 501c3 nonprofit organization, impacts more than 500,000 Arizonans each year through its efforts to convene and catalyze business, education, and community to enhance college and career readiness, develop a stronger workforce, and build healthier communities throughout Arizona.

Mark your calendar! The 24-hour virtual giving event starts April 5th.



Save the date!

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Stay tuned for more details on our Spring Wellness Activities and Save the Date for Wellness AtoZ Day on Sunday, May 15th, 2022.

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[LIVEWELL NEWSLETTER EN ESPAÑOL](#)
CLICK HERE!



www.WellnessAtoZ.org
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