

Celebrating WELLNESS

LiveWELL
December 2022



As 2022 comes to a close, we reflect on our accomplishments of the past year and gear up to tackle new goals in the year ahead.



LiveWELL

How to promote a healthy circadian rhythm during wintertime.

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Circadian rhythms are 24-hour internal cycles that regulate the sleep-wake cycle, body-temperature cycle, and hormone cycles. During winter, there is a shorter period of sunlight and a longer period of darkness in each 24-hour period. As days shorten, seek out sunlight in the morning, follow a consistent sleep schedule, get daily exercise, avoid caffeine, limit electronics before bed, and keep naps short to maintain a healthy circadian rhythm.

Article derived from sleepfoundation.org and hhmi.org

PlayWELL

Maintaining physical wellness during the winter months.

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As days get darker and colder, it can be hard to motivate yourself to exercise. If you are feeling unmotivated, try walking outside during lunchtime to take in a bit of fresh air and to connect with nature. Exercising during peak light hours in the middle of the day will promote Vitamin D absorption, which can be harder to obtain during this time of year. Find more tips to help you stay motivated [here](#).

Article adapted from today.com





EatWELL

Warm up on a chilly winter night with this warm hearty soup recipe

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WINTER VEGETABLE AND LENTIL SOUP

Recipe and photo from www.bbcgoodfood.com

INGREDIENTS

- 85g red lentils
- 2 carrots, quartered lengthways and diced
- 3 sticks of celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato puree
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

DIRECTIONS:

1. Tip all the ingredients into a large pan. Pour over 1½ liters of boiling water, then stir well.
2. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
3. Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.



NUTRITION

Calories: 264
Carbohydrates: 37g
Protein: 16g
Fat: 3g
Saturated Fat: 1g
Fiber: 13g
Sugar: 11g



WorkWELL

The power of work friends.

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Having a best friend at work can have significant impacts on work outcomes. When forming a friendship at work, employees are more likely to recommend their workplace, less likely to leave, and are more satisfied than those who don't have a best friend at their workplace. So how can managers create and maintain a friendship-friendly workplace? "The Power of Work Friends" by Harvard Business Review suggests four ways: establish a buddy system, increase face time, work collaboratively, and let relationships form naturally.

Article derived from hbr.org

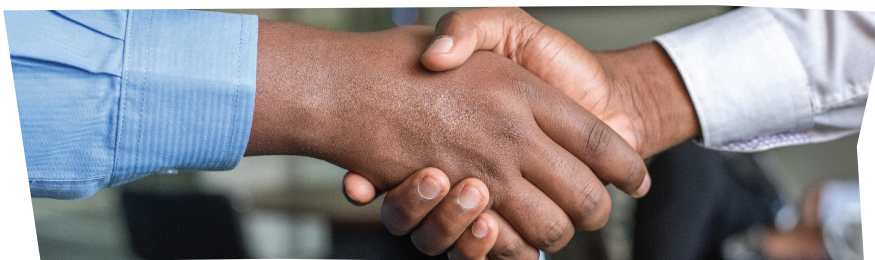
WELL Community

Make a difference during year-end giving.

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As we move into the final month of 2022, we ask you to support The Greater Phoenix Chamber Foundation and help make a difference in the lives of Arizonans. Your donation will help prepare students for college and career, support and grow Arizona's skilled trades, provide individuals with unparalleled career exposure, strengthen our future workforce, provide impactful research, and create healthy workplaces. Donate today!



www.WellnessAtoZ.org
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