

TUESDAY, APRIL 2 | MIND-BODY CONNECTION TO SELF-CARE**“DIY Daily Wellness Toolkit”
to Grow Your Wellness**

Supporting individual and local participation. Participation information available via the intranet and ManageWell®.

- ✓ POSITIVE AFFIRMATION
- ✓ MANAGEWELL MINI CHALLENGE
- ✓ BREATHING EXERCISE
- ✓ RECIPE
- ✓ MOVEMENT
- ✓ COLORING PAGE

**DIY Positive Affirmation: → [Allowing Self-Awareness](#)**

Allowing self-awareness helps you to become more aware of yourself. The way of self-awareness allows you to see yourself in the light of truth. Allowing self-awareness will help you discover more about yourself. Allowing self-awareness helps you become more aware of your flaws, so that you can release them. Allowing self-awareness generates the circumstances surrounding being in alignment with your true self.

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I am the founder of Life-Changing Meditations. I created Life-Changing Meditations to allow others to learn how to change their lives through Higher Self meditation.

**Key Employee Wellness Week Links**

[2024 Virtual Employee Wellness Week \(hitchcock.org\)](https://hitchcock.org)

[2024 Employee Wellness Week Program Booklet](#)

[Welcome Packet for Wellness Leaders](#)

[Local Engagement Challenge Sharing Form](#)

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Daily DIY Toolkit

DIY ManageWell Mini Challenge: Protect Your Time

Your Challenge: Protect Your Time by Saying No

Sometimes the best way to deal with stress is to avoid it altogether. Using avoidance to manage stress doesn't mean escaping responsibilities or feelings by putting your head in the sand. Instead, the avoidance tactic helps you reduce stress by not taking on more than you can handle. If you have too much on your plate, you may be saying "yes" too often. Protect your time and practice saying "no" once a week to avoid overcommitting yourself. Then stick to it. This can help lower your stress by reducing the demands on your time and energy.

Will you say no to at least one request?

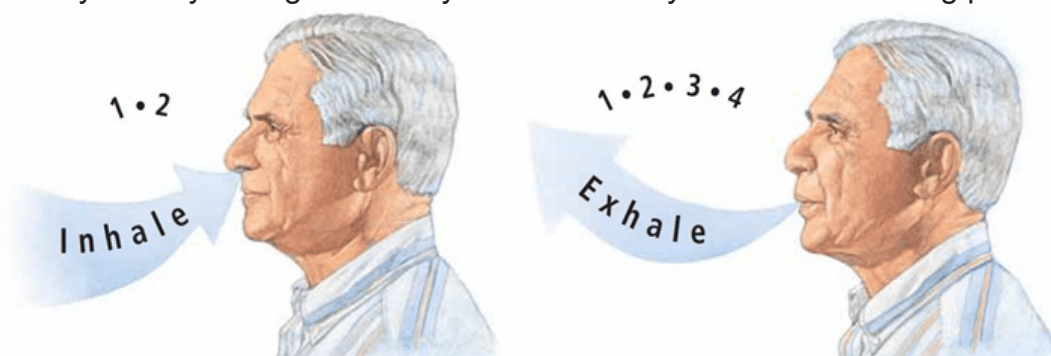


Log into [ManageWell](#) to register and start the mini challenge.

DIY Breathing Exercise: Pursed Lip Breathing

This simple breathing technique makes you slow down your breathing pace by having you apply deliberate effort in each breath.

You can practice pursed lip breathing at any time. It may be especially useful during activities such as bending, lifting, or stair climbing. Practice using this breath 4 to 5 times a day when you begin so that you can correctly learn the breathing pattern.

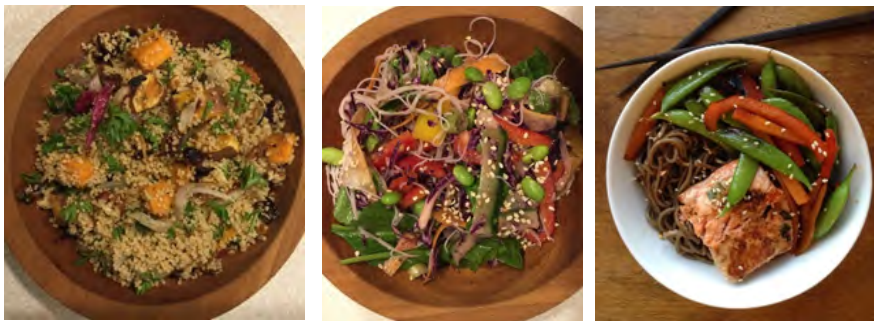
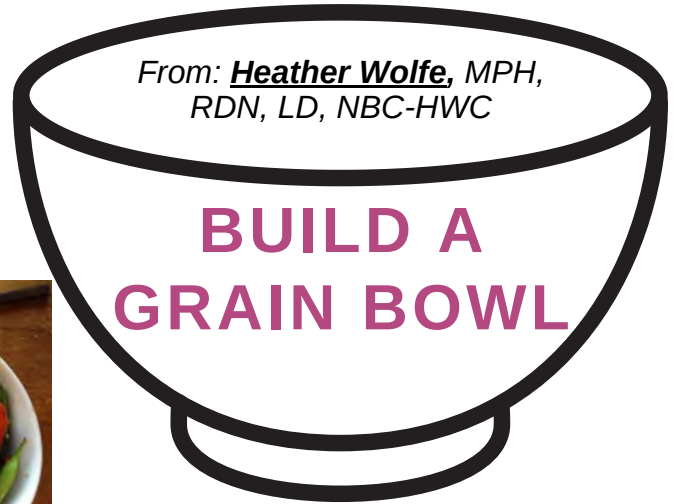


- Relax your neck and shoulders.
- Keeping your mouth closed, inhale slowly through your nose for 2 counts.
- Pucker or purse your lips as though you were going to whistle.
- Exhale slowly by blowing air through your pursed lips for a count of 4.



DIY Recipe: Build-a-Grain Bowl

Grain bowls go by many names- Buddha bowls, nourish bowls, macro bowls. They are usually vegetarian or vegan. With endless possibilities for flavor, texture and color combinations, you can create your unique bowl guided by 5 simple steps.



Here are some examples of how you might put together combinations to build a bowl:

Step 1: GRAIN (Aim for these grains to be whole)	Step 2: PROTEIN (Plant-based recommended)	Step 3: VEGGIES (Pile them on high!)	Step 4: SAUCE (Add in all the yummy flavor)	Step 5: EXTRA (Top the meal off with some crunch)
Quinoa	Black Bean	Canned Corn and Red Pepper	Salsa and Guacamole	Avocado, Cilantro and Lime
Brown Rice	Edamame	Raw Cabbage Slaw	Peanut Sauce	Basil and Sesame Seeds
Millet	Tofu	Roasted Sweet Potato, Cauliflower and Broccoli	Tahini Dressing	Sunflower Seeds
Rice or Soba Noodles	Tempeh or Salmon	Stir Fried Peas, Carrot, Red Pepper and Onion	Soy Sauce with Garlic and Ginger	Sesame Seeds and Lime
Wheat Berries	Walnuts	Raw Apple and Kale	Vinaigrette	Dried Cranberries
Whole Wheat Couscous	Cashews	Carrots and Dried Cranberries	Cook Couscous in Coconut Milk and Curry Powder	Cilantro



Nutrition: How best to balance your bowl?
Aim for ½ your bowl to be filled with vegetables and/or fruits, ¼ grain, and ¼ protein (per dietary guidelines).



When it comes to fitness, we seem to look for the best way to burn as many calories and break a sweat, but there is another major component to fitness - flexibility and stretching. Even just a few minutes of stretching a day has many benefits!

The butterfly stretch helps with inner thigh (adductor muscles) flexibility. These muscles are used to draw your legs together and help you maintain stability and balance. This stretch is also a great hip opener, as they can become tight from sitting for long periods.



THE BUTTERFLY STRETCH

From: Kara Maville,
M.Ed, AFAA, CHC

Execution:

- Begin sitting on the floor with the soles of your feet together and your knees bent out to either side (1).
- Hold your feet with your hands and begin to actively move your knees down toward the floor while lowering your upper body towards your feet (2).
- If it's comfortable for you, use your elbows to gently assist your knees closer to the floor and deepen the stretch (3).
- Hold the stretch for 10 to 20 seconds.
- Release and repeat.



Regression:

- Start with a half butterfly stretch. Keep one leg extended while drawing just one foot at a time towards your groin for the stretch (4).



Progression #1:

- Bring your feet closer in towards your groin and lean forward at the waist (5).

Progression #2:

- Place a yoga block, books or a pillow under your feet to lift them up and lean forward from the waist (6).



Coach K's Tip:

- Try not to round your back. Instead, lean forward from your hips.
- Do not bounce, this can tug on tendons and muscle insertion points instead of lengthening the muscle.

For questions or support around the Butterfly Stretch, contact [Kara Maville](#).

Muscles used: Adductor Magnus, Adductor Longus, Adductor Brevis, Pectineus, Gluteus medius and minimus, Gracilius.

