

WHOLE HEALTH Newsletter

Whole Food • Fitness • Self-Care • Life Balance • Stress Mastery



A Holistic Approach To Making Healthy Lifestyle Changes & Creating Life Balance

March 2007 Issue

FEATURE: What's Your Vision Of Wellness?

STRESS MASTERY: Give Yourself A Mini Self-Massage

SELF-CARE: Mind

FOOD: Spinach

UPCOMING EVENTS: Sunday, 3/25/07: Hands-On Healthy Cooking Class!

Welcome to the March 2007 WHOLE HEALTH Newsletter!

WHOLE HEALTH Newsletter is brought to you by Anne Trauben, RN, RYT, Lifestyle Wellness Educator & Coach of **WHOLE HEALTH**, inspiring you to put yourself first and fall in love with the art of self-care, eat healthfully, lose weight, master stress and create life balance.

Feature: WHAT'S YOUR VISION OF WELLNESS?

In the previous issue, we discussed the most common resolutions people make are changes to their health - most often losing weight and/or exercising. And while many of us set grand goals and have good intentions, we quickly find ourselves off track, frustrated, and giving up because we have not developed a real plan get there.

While taking action is very important, considering one's vision of wellness, a vision that involves their whole life, speaks to who they really are and how they want to live their life is one of the keys to being motivated to take action. One may have a goal to lose weight or to exercise, but they may find that they eat to ease the stress of a troubled relationship or challenging career, or don't exercise because they feel they don't have the time because of other commitments, or they don't have the energy.

A well and balanced life involves taking into account all aspects of one's life - the physical, emotional, spiritual, intellectual, social, occupational and environmental aspects, because all areas of one's life affect one another. One can still focus on one area, (ie. weight loss) but they will be the most successful at achieving their goals if they are open to seeing their bigger picture. **What would YOUR well and balanced life look like?** When you take the time to really consider your vision and you focus on it, you'll find yourself acting in a way that supports who you want to be and how you want to live. One way to see your big picture is by creating your wellness & balance vision board.

Create Your Wellness & Balance Vision Board

A wellness & balance vision board is a visual representation of those things you want in your well and balanced life - the physical, emotional, spiritual, intellectual, social, occupational and environmental things - people, opportunities, how you look, feel, take care of yourself, what you are doing, where you are, etc. The images can also represent values important to you, such as beauty, or reflect qualities you want to develop, like patience and calmness.

Creating your wellness & balance vision board will challenge you to think

Self-Care: MIND

The way you think, day in and day out, affects all aspects of your life including your health. Your thoughts are very powerful; Your mind can't discern what is truth and what is perception. Negative thoughts create stress. Consider how much negativity you want to expose yourself. Change your mind, and you'll change your life.

Food: SPINACH

Spinach is exceptionally rich in beta-carotene and also contains quercetin, a phytochemical with antioxidant properties. Spinach is rich in vitamins and minerals, particularly folate (folic acid), vitamin K, magnesium, and manganese. Although not a complete protein, spinach contains more protein than most vegetables. (Spinach is low in the amino acid methionine. Eat spinach with rice and/or other grains to make it complete.) Spinach is a spring vegetable.

Hot Spinach w Ginger, Soy and Sesame

Adapted from a recipe found in Fresh Choices Cookbook
Serving Size: 4 Small Servings

1 pound spinach

seriously about what your well and balanced life looks like. It will give you the opportunity to speak through images, without any judgements getting in the way. It will get you connected to what matters most to you.

Supplies Needed

- Scissors or exacto knife
- Poster board, a notebook or some other surface
- A big stack of magazines, catalogues or books
- Glue (best is rubber cement or a glue stick)

1. What Do You Desire?

Gather your favorite books, magazines, or catalogues and look for the pictures, phrases, titles, headlines or single words that resonate with you. The images or words don't have to make sense to you. If you feel drawn to them, cut them out. Let go of judgement and have fun.

2. Your Vision Board

Choose a notebook, poster board or some other surface and look through your clippings, cut them into the desired shapes and sizes that you want and position them on your canvas in a way that you like. Again, remember to have fun. This is your collage and you can do with it as you like! Play with the layout until you feel it works for you and then paste the images onto your canvas.

3. Review and Display

Once you've completed your vision board, consider the following questions: Do I notice any themes? Have I chosen items that surprise me? Is the placement of my images significant? When you are ready, put your vision board someplace where you'll see it every day.

Creating this vision board may take more time than you have in one sitting. That's ok, allow yourself the time you need to create the vision board that speaks strongly to you.

Stress Mastery: GIVE YOURSELF A MINI SELF-MASSAGE

Massage is comforting. A soothing massage can help you unwind, reduce stress, relax muscles and soreness, and promote healing of certain health conditions. It's great when you can get a professional massage. A massage involving direct contact with another person through touch can make you feel cared for, which can improve self-image. Really it's fantastic. However, in between massage appointments, during your work day while talking on the phone (with a headset on) or perhaps while taking the subway (not while driving!), when you want to relax, you can give yourself a simple mini self-massage by rubbing the palm of one hand by making a circular motion with the thumb of the other. Simple and nice.

Upcoming Events: HANDS-ON HEALTHY COOKING CLASS!

Group cooking classes/aka cooking parties will be starting back up. We will prepare and then eat :) a simple, healthy, vegetarian, quick-to-prepare, DELICIOUS meal together.

MENU:

- ENTRÉE: Lentil Stew with Beet Greens
- SIDE: Couscous with Almonds and Garlic
- VEGETABLE: Water Sautéed Spinach
- DESSERT: Rice Krispy Treat
- BEVERAGE: Herbal Tea

DATE: Sunday, March 25, 2007

TIME: 5:00 PM - 7:30 PM

Weehawken Location

Read more about the cooking classes and join us! To learn more, contact Anne: Call 917-523-5168 or Email anne@wholehealth.net

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 teaspoons minced fresh ginger root
- 1/4 teaspoon red pepper flakes
- 1 tablespoon tamari or soy sauce
- 1/2 teaspoon sesame oil
- 1 tablespoon sesame seeds, toasted extract

Cut the spinach crosswise into three-inch lengths.

Heat the oil in a deep, wide sauté pan over medium heat. When hot, add the stems and cook, stirring now and then, until they are just beginning to get tender yet still have good crunch, 2 to 3 minutes. Add the spinach, garlic, ginger, and red pepper flakes. Cook and stir until the greens just begin to wilt, about 1 minute. Remove from the heat and stir in the tamari or soy sauce and sesame oil. When thoroughly incorporated, top with the sesame seeds. Serve and enjoy!

About Anne

Anne Trauben, RN, RYT, is a Lifestyle Wellness Educator & Coach.



Her mission is to inspire, educate and empower busy professionals and fitness enthusiasts to put themselves first and fall in love with the art of self care, eat healthfully, lose weight, master stress and create life balance.

Anne works with clients both locally and nationwide, in-person and via telephone, coaching **individuals** and **groups**. Along with lifestyle wellness & life balance coaching, she offers a **Kitchen Quick Start program, health food store tours, Hands-on Healthy Cooking classes, workshops, teleclasses, and yoga instruction**. She also offers corporate wellness programs and writes this newsletter.

Visit her website, **WHOLE HEALTH**.

To learn more about Anne, **click here**.

To schedule an initial lifestyle wellness & life balance coaching consultation or to discuss anything else with Anne, call 917-523-5168 or **click here**.

Can't make this class? The next one will be offered on Saturday 4/7/07.

Inquire about details and future dates.

Thank You for reading **WHOLE HEALTH Newsletter!**

If you have any questions or comments, please **write to me!** I am interested in knowing what you'd like to learn more about, so if you let me know, I'll include it in an upcoming issue.

Please **forward** this newsletter to anyone and everyone, family, friends, coworkers, colleagues and neighbors, interested in living a healthy and balanced life.

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