



## April 2016



### 2016 Spirituality and Health Conference

Presbyterian Chaplaincy Services is sponsoring a conference on the science of hope and sustaining a healthy mind, mood, and heart in times of loss. The conference features Henry Emmons, MD, a psychiatrist, author and educator. The event is Friday, June 10 from 8 a.m.-5 p.m. at the CNM Work Force Training Center. Registration is \$95. For information or to register, call (505) 841-1191.



### Talk Early, Talk Often about Alcohol Use

April is Alcohol Awareness Month. It's an excellent time to talk with your family – especially kids – about how alcohol can impact their lives.

- Studies show kids who learn about the dangers of drugs and alcohol from their parents are 50% less likely to use drugs and alcohol than those who don't.

- One national survey showed that about 35% of 15 year olds reported they'd had at least one drink in their lives. [Click here](#) for guidelines on talking to kids about alcohol use. For more information about alcoholism and drug dependence, visit the [National Council on Alcoholism and Drug Dependence](#) website.

### Cultivate Zest in Life

Zest is among the [24 character strengths](#) that positive psychologists have defined and studied as keys to living a happy and fulfilling life. Zest isn't just linked to an excessively joyful, Tigger-type of happiness; it's associated with several different forms. A 2007 study looked at three different ways to be happy: a life of pleasure, a life of engagement, and a life of meaning. Zest was linked to all three routes to happiness.



### 4 New Ways to Boost Flavor

Nutritious eating doesn't have to be bland and boring. Try these tips to boost the flavor of your food:

- Toasting nuts, spices and whole grains develops flavors and brings out natural oils

- Slow cook meats and vegetables to retain flavor and nutrients
- Marinate meat to impart flavor and keep it tender without ladling on calorie-packed sauce
- Season all foods with spices to create rich flavor layers



### 3 Fresh Exercise Tips

Spring has sprung! A new season is a great reason to try a few new approaches to exercise. How about these?

- Whether a beginner or very fit, you can get a good workout from walking. Taking a brisk walk can burn up to 500 calories per hour. Increase your intensity by going faster or add an incline to boost your caloric expenditure.
- With regular wear, gym and running shoes should be replaced about every six months. Check yours -- are you ready for a new pair?
- Been listening to your "Gym" playlist since January? Then it's time to mix it up with some new tunes or a favorite podcast!

### Work & Wellbeing

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