

**July**  
**2015**

# Wellness

## Quick Read

*From The Solutions Group Wellness Team*

### Just Breathe

When stress, to do lists, deadlines, and demands start to overwhelm you, slow down and *breathe*. Deep breathing slows the heart rate and lowers blood pressure. It also helps you feel refreshed and recharged. Try these deep-breathing tips the next time stress sets in:

- Breathe in and out slowly, with a regular rhythm.
- Count to five as you breathe in and out.
- Imagine that you're filling up a bottle so that your lungs fill from the bottom up.

### Quote of the Month:

“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.”

## How Resilient Are You?

The only constant in life is change. And life's inevitable stressors is resilience, when that change is hard or stressful – the ability to adapt in the face of illness, the death of a loved one, adversity. Learn more about resilience financial problems, or a traumatic event and self care in this [article](#) from the – it takes a physical and emotional toll. American Psychological Association. The key to moving through change and

### Recipe for Building and Maintaining Resilience

Mix the following ingredients well and season to taste!

from [www.resiliency.com](http://www.resiliency.com)

**Relationships** – Sociability. Be a good friend and form positive relationships.

**Humor** – A good sense of humor can be a handy tool in times of stress.

**Inner Direction** – Base choices & decision on internal evaluation (internal locus of control).

**Perceptiveness** – Work on gaining insight into people and situations.

**Independence** – “Adaptive” distancing from unhealthy people and situations/autonomy.

**Optimism** – Take a positive view of your personal future.

**Flexibility** – Do your best to adjust to change; bend as necessary to positively cope with situations.

**Love of Learning** – Develop the capacity for and connection to learning.

**Self-Motivation** – Internal initiative and positive motivation from within.

**Competence** – Focus on what you enjoy and appreciate being “good at something”.

**Self-worth** – Feelings of self-worth and self-confidence can give you personal strength.

**Spirituality** – Personal faith in something greater can give life new dimension.

**Perseverance** – Have strength in the face of difficulty; don't give up.

**Creativity** – Expressing yourself through artistic endeavors can be a wonderful outlet.

How many of these ingredients are already in your personal pantry? What do you need to add?

# Sun Dried Tomato Dip

*This flavorful, protein-packed dip with vegetables makes a satisfying snack.*

## Ingredients

- 1 3-oz. package sun-dried tomatoes, packed without oil
- 1/3 cup fresh basil
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. tomato paste
- 1 Tbsp. olive oil
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1 15-oz. can white beans, drained and rinsed
- 1 clove garlic, chopped coarsely



## Instructions

Combine tomatoes and 1 cup boiling water in small bowl. Let stand for 15 minutes or until soft. Drain tomatoes, reserving  $\frac{1}{2}$  cup of soaking liquid. Place tomatoes, reserved liquid and remaining ingredients in food processor. Process until smooth. Serve with sliced jicama, bell pepper strips, crackers or chips, or use as a sandwich spread.



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# Picnic Perfect

This summer, take extra precautions to prevent the “summer bug” caused by food-borne illnesses. Follow these food safety tips to help stop the bacteria that cause vomiting, diarrhea, and other intestinal symptoms associated with food-borne illnesses:

- **Discard any food that has been left out longer than two hours.** Bacteria begin to grow quickly after two hours.
- **Take just enough food** so you don't have to worry about leftovers.
- **Thoroughly chill any precooked foods** before you put them in a cooler.
- **Be extra careful with salads that use mayonnaise.** Cool cooked ingredients (like chicken, eggs, or potatoes) to 40° F before mixing with mayonnaise.
- **Eat take-out foods like fried chicken within two hours,** or buy them ahead of time and chill before putting in coolers.
- **Put the cooler inside your air-conditioned car, not the trunk.** Keep it in the shade at the picnic site. Pack the foods you plan to eat first on top to cut down on openings and closings. Use a separate cooler for drinks.
- **Never put cooked meat on a surface that held raw meat** unless the surface has been thoroughly washed with soap and hot water.
- **Cook meats to the proper temperature:** burgers (well-done), ribs, and hot dogs to 160° F; whole chicken to 180° F; ground poultry or chicken breasts to 170° F.