



CGI WELL SAID.

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Kindness: A Simple, But Powerful Act

The power of a simple act of kindness is already within you.

Over the last 20 years, researchers have been studying what has been termed “positive psychology,” an analysis of how uplifting emotions like gratitude, love, joy, and inspiration affect our wellbeing and literally improve our lives.

What’s incredible is these emotions are already within us; it’s just a matter of whether or not we take intentional action to express them. One of the easiest ways to do this is through performing acts of kindness.

So what is kindness anyway?

Kindness simply is a positive action that leaves someone in a better situation than before. It doesn’t have to be as extravagant as paying for someone’s surgery or spending hours and hours volunteering.

Literally, it can be anything. A smile. Hold the door open for another. Bring food to someone. Pay for the person in line behind you. Connect with a stranger. Say ‘I love you’ to someone close. Even treating yourself to a night out, getting a pedicure, or a massage are all acts of kindness. Yes, that’s right, you can, and should, be kind to yourself too!

So often we hold back from being kind because we don’t know what to do or we don’t think our actions will make an impact, but they do! The research proves this. What’s important is to just take action no matter how small.

Wow! Kindness is easier than I thought, but what’s the point?

I’m glad you asked, kindness not only benefits others, but it also improves your life as much or more! The science shows that some of the benefits of kindness are:

- Improved immune system functioning
- Decreased stress levels
- Feelings of meaning and purpose
- A sense of connectedness



Need Ideas? Check out these Random Acts of Kindness

For People You Know ...

- Send someone a handwritten letter or postcard.
- Cook someone a meal.
- Make someone a playlist.

- Write a list of things you love about someone.
- Leave a positive sticky note on someone’s desk.
- Lend out your umbrella when it’s pouring outside.
- Make two lunches for work and give one away.
- Teach someone a recipe.

For Strangers ...

- Give someone a compliment.
- Leave a larger than normal tip.
- Give up a good parking spot.
- Smile at someone... just because
- Help someone struggling with heavy bags.
- Give someone a flower or bouquet/ Bring flowers to a nursing home.
- Help someone take a photo.
- Take time to give someone who looks lost directions.

A FEW NOTES:

- Don’t overthink your random act of kindness! The simplest things can make a difference.
- If you’re intimidated about talking to a stranger, you can always spread kindness to someone you know. Eventually, it will get further from you and before you know it, the kindness will spread to strangers.

<https://localadventurer.com> <https://www.randomactsofkindness.org>

“You cannot do kindness too soon, for you never know how soon it will be too late.” - Ralph Waldo Emerson

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Fruit & Veggie POPSICLES

Strawberry Beet Popsicles

- 1 1/2 cups strawberries (fresh or frozen)
- 1/2 cup beets (cooked and cooled)
- 3/4 cup apple juice

1 tsp lemon juice or balsamic vinegar (trust me!)

Mango Carrot Orange Popsicles

- 1 1/2 cup diced mango (fresh or frozen)
- 1/2 cup orange juice
- 1/2 cup carrot juice

Creamy Lime Popsicles

- 1 1/2 cups pineapple (fresh or frozen)
- 1/2 banana
- 3/4 cup coconut milk
- 1/2-1 cup spinach
- Zest and juice of 1 lime

Directions: Puree all ingredients in a blender until completely smooth. Pour into your favorite popsicle mold and freeze 3-4 hours, or until completely solid. Makes 5-6 popsicles.

<https://www.superhealthykids.com>

Mealtime: It's a Family Thing



Plan your meals: Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.

Prep ahead: Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.



Make mealtime a priority: Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!

Think beyond dinner: If evenings are too hectic at your house, consider other meals for family such as a weekend brunch or even afternoon snack time.



Keep meals fun and focused: Keep the family table a media- and stress-free zone. Use your valuable family time to 'unplug', interact, and focus on each other.

MAKE A HABIT,
MAKE A CHANGE

You are the sum of your habits. Want to make a change? Change your habits. Initially, it takes some focus and work to build a habit, but once you build a habit (or break a habit), your mind is free to work on something else. You have literally rewired your brain to do a new routine without even thinking. That is the power of habits. By focusing on small habits, one at a time, you can make big changes.

Check out the 6-step process for building habits from *21 Habits: A Wellness Survival Guide*.

- ⇒ **BELIEVE IT.** Pick a habit that you are excited about and believe in.
- ⇒ **SHRINK IT.** Break the habit down into something that is so easy that you can't not do it.
- ⇒ **TRIGGER IT.** Choose a trigger for the habit, ideally something that already happens.
- ⇒ **PREPARE FOR IT.** Get the tools needed and prepare your environment for success.
- ⇒ **TRACK IT.** Write down each time you do your habit so you can see your progress.
- ⇒ **BE IT.** Make the habit part of your identity.



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