



CGI WELL SAID.

IN THIS ISSUE: *Become More Resilient • Spring Produce • Mindful Eating • Apple Sweet Potato Hash*

Become More *Resilient*

Resilience refers to how well you can deal with and bounce back from the difficulties of life. It can mean the difference between handling pressure and losing your cool. Resilient people maintain a more positive outlook and cope with stress more effectively. Some people seem to come by resilience naturally, but these behaviors can also be learned. Whether you're going through a tough time now or you want to be prepared for the next one, here are a few techniques to help foster your own resilience.

Find a Sense of Purpose

In the face of crisis or tragedy, finding a sense of purpose can play an important role in your recovery. This might mean becoming involved in your community, cultivating your spirituality, or participating in activities that are meaningful to you.

Positive Beliefs in Your Abilities

Research has demonstrated that self-esteem plays an important role in coping with stress and recovering from difficult events. Remind yourself of your accomplishments and strengths. Replace negative thoughts with positive ones. Becoming more confident in your own abilities is a great way to build resilience for the future.

Develop a Strong Social Network

It's important to have people you can confide in. While simply talking about a situation with a friend or loved one won't make your troubles go away, it allows you to share your feelings, get support, receive positive feedback, and come up with possible solutions to your problems.

Embrace Change

Flexibility is an essential part of resilience. By learning to be more adaptable, you'll be better equipped to respond to a life crisis. While some people may be crushed by abrupt changes, resilient individuals are able to adapt and thrive.

Be Optimistic

Staying optimistic during dark periods can be difficult, but maintaining a hopeful outlook is an important part of resiliency. Positive thinking does not mean ignoring the problem. It means understanding setbacks are temporary and you have the skills and abilities to combat the challenges you face.

Nurture Yourself

When you're stressed, it can be all too easy to neglect your own needs. Focus on building your self-nurturance skills, even when you're troubled. Make time for activities that you enjoy. By taking care of your own

needs, you can boost your overall health and resilience and be fully ready to face life's challenges.

Develop Problem-Solving Skills

Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem. Experiment with different strategies and focus on developing a logical way to work through common problems. By practicing your problem-solving skills on a regular basis, you will be better prepared to cope when a serious challenge emerges.

Take Action to Solve Problems

Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. Being active in working on solutions will also help you feel more in control, rather than sitting back and letting life happen to you.

Keep Working on Your Skills

Everyone can learn to be resilient and it doesn't involve any specific set of behaviors or actions. Resilience can vary dramatically from one person to the next. Focus on practicing these skills, as well as characteristics of resilient people, but also remember to build on your existing strengths.

<https://www.verywellmind.com>

“She stood in the storm, and when the wind did not blow her way, she adjusted her sails.” - Elizabeth Edwards

WELLSAID.

CONTINUED

Apple Sweet Potato Hash

This quick apple sweet potato hash is the perfect side dish. Great for breakfast, lunch, brunch or dinner! Quick, simple, vegan, gluten free, low fat and full of flavor!



Ingredients

- 2-3 large sweet potatoes cut into uniform cubes
- 1-2 small apples Fuji, Granny Smiths or Pink Ladies
- 1/2 tbs. coconut oil
- 1 tbs. chopped sage
- 1/2 tsp garlic powder
- 1/2 tsp. salt
- pinch of black pepper

Instructions

- Dice sweet potatoes. Place in glass bowl; microwave for 6-8 minutes.
- Peel and chop apples while sweet potatoes are cooking.
- Preheat skillet over medium heat. Add 1/2 tbs. coconut oil to skillet.
- Add sweet potatoes and chopped apples to the skillet. Chop sage and add to the skillet. Add salt and pepper.
- Cook for 5-7 minutes over medium heat, Stir occasionally.

<https://bitesofwellness.com>

Spring Produce



ASPARAGUS

- Folate
- Fiber
- Zinc
- Vitamins A, C, E, K
- Reinforces the digestive system



PEAS

- Omega-3 fat
- Magnesium
- Beta-carotene
- Strong anti-inflammatory properties



CHERRIES

- Iron
- Potassium
- Melatonin
- Vitamins A, C, E
- Rich source of antioxidants



FENNEL

- Calcium
- Amino acids
- Essential oils
- Manganese
- Supports heart health



AVOCADO

- Folate
- Protein
- Vitamins C, E, K
- Monosaturated (good) fats
- Aids in detoxification

Mindful EATING

- 1 Always try to sit down at a table to eat.
- 2 Before you sit, clear any clutter that may be on the table.
- 3 Set a place for yourself, even if you are eating alone.
- 4 Use tableware and utensils that appeal to you.
- 5 Take a moment to adjust the lighting so it feels pleasant to you.
- 6 Consider playing some soft, relaxing music while you eat.
- 7 Try to minimize multitasking while eating.



Contact Us!

CGI Wellness Team
wellness@cgibusinesssolutions.com
T: 866.841.4600
F: 603.232.9330



Stay Connected.