

May 2019



# WELLSAID.

IN THIS ISSUE: Meditation • Better Sleep • Kitchen Closed • Slow Cooker Carnitas

## Meditation: There's an app for that?



I love that meditation has become so popular and more widely accepted over the past dozen years - sort of like yoga did a few decades ago. And with this popularity comes technology. Nearly everything these days is touched by technology. Should this also apply to meditation?

*Chill, Sit Breathe Think, 10% Happier, Headspace, Insight Timer, Calm, ... so many apps. What to do about them? Which one to choose?*

As I shared with my current Mindfulness & Meditation class, meditation apps serve a purpose but they are far from the end-all-be-all. They are a great on-the-go source of guidance into meditation, especially if you're in a funk and having a hard time adjusting yourself to calm on your own.

Taking a mini meditation break through the day, adding some guided visualization of instructed embodiment, is also good.

**Meditation apps are a great tool - like a cooking class instructor.** To cook a great meal on your own, though, is really your end goal. Yes, become familiar with the basic ingredients and try different techniques on for taste but then you've got to go on your own and cook your own meal.

**Meditation is about becoming authentically aware and awake to your life.** It's spending time getting to know and being your best friend. If someone's guiding you all the time, you miss out on your particular path, pieces that you wouldn't otherwise recognize or come in contact with

amidst the guidance. The quiet of the mind and the opening of the heart comes from developing a personal relationship with yourself. Sitting on your cushion or chair, how can you know yourself more deeply, get comfortable with difficulty, bring acceptance to that which you don't like, appreciate those things you love even more? How can you enjoy just being you?

What happens on the cushion / seat is a microcosm of what happens in your life. If open and accepting presence are what you're developing in meditation, this translates to the same in your day to day interactions.

**Getting to know your best friend doesn't happen with depth if someone else is whispering in your ear.** Sure, it's great to have supportive connections but true personal health and wellness comes from you doing the work. But not to worry... it's OK to sprinkle the spice of the apps into your meal. Just don't make them your primary ingredient.

*Sending you lots of peace,  
Shanti Douglas  
[www.8limbsholistichealth.com](http://www.8limbsholistichealth.com)*

***When we are no longer able to change a situation,  
we are challenged to change ourselves.***

~Viktor E. Frankl

# WELLSAID.

CONTINUED



<https://www.allrecipes.com/recipe>

## Slow Cooker Carnitas

"Carnitas means 'little meats' and is traditionally fried then braised. This recipe is made much easier using the slow cooker but the results are just as tasty. This makes a great filling for tamales, enchiladas, tacos and burritos."

### Ingredients

- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon crumbled dried oregano
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1 (4 pound) boneless pork shoulder roast
- 2 bay leaves
- 2 cups chicken broth

### Directions

— Mix together salt, garlic powder, cumin, oregano, coriander, and cinnamon in a bowl. Coat pork with the spice mixture. Place the bay leaves in the bottom of a slow cooker; place the pork on top. Pour chicken broth around the sides of the pork, being careful not to rinse off the spice mixture.

— Cover and cook on Low until the pork shreds easily with a fork, about 10 hours. Turn the meat after it has cooked for 5 hours. When the pork is tender, remove from slow cooker, and shred with two forks. Use cooking liquid as needed to moisten the meat.



## BETTER SLEEP

**Pick a bedtime:** Decide when you have to wake up, and go to bed eight hours before then. Consider setting a nightly alarm to remind you when to get ready for bed.

**Don't eat or drink during late at night.** Caffeine, alcohol, and nicotine can also cause sleep disruptions.

**Create a hygiene ritual.** Repetition will send a psychological signal that you are getting ready for bed. Brush your teeth, floss, wash your face.

**Make a to-do list.** Writing down tomorrow's priorities will help clear your mind for the night.

**Unplug.** The light emitted from computer and TV screens disrupts your circadian rhythm and keeps you awake.

**Never do work in bed.** If you associate your bed with emails and work-related issues, it will be harder to relax there.

**Keep a journal.** Spending just a few minutes to reflect on the positive highlights of your day can transform your attitude and keep you motivated.

**Meditate.** Just five minutes of breathing will lower stress, relax your body, and quiet your mind.

**Read a book for enjoyment.** Make sure it's not work-related. This should relax you and spur creativity and passion.

Sources: National Sleep Foundation

## KitchenClosed

*No eating after dinner*



Avoid eating or drinking anything other than water after dinner. Clean up right after dinner, turn off the kitchen lights, and stay out of that area for the remainder of the evening.

Eliminating snacking after dinner reduces your total calories for the day. It also gives your body time to digest your food before going to bed, improving the quality of your sleep and reducing the occurrence of heartburn. This challenge also eliminates late night caffeine and the resulting need to use the bathroom in the middle of the night. Not only will you wake up feeling rested, you'll have a clean kitchen to boot!



Contact Us!  
CGI Wellness Team  
[wellness@cgibusinesssolutions.com](mailto:wellness@cgibusinesssolutions.com)  
T: 866.841.4600  
F: 603.622.4618



Stay Connected.