

MARCH 13, 2019

# WELLNESS NEWSLETTER

MARCH MINDFULNESS



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- March Mindfulness
- MB Health Fair
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## 8 THINGS TO KNOW ABOUT MINDFULNESS:

1. Mindfulness is not obscure or exotic. It's familiar to us because it's what we already do, how we already are. It takes many shapes and goes by many names.

2. Mindfulness is not a special added thing we do. We already have the capacity to be present, and it doesn't require us to change who we are. (cont...)

## **8 THINGS TO KNOW ABOUT MINDFULNESS: (CONTINUED)**

3. You don't need to change. Solutions that ask us to change who we are or become something we're not have failed us over and over again. Mindfulness recognizes and cultivates the best of who we are as human beings.

4. Mindfulness has the potential to become a transformative social phenomenon. Here's why:

5. Anyone can do it. Mindfulness practice cultivates universal human qualities and does not require anyone to change their beliefs. Everyone can benefit and it's easy to learn.

6. It's a way of living. Mindfulness is more than just a practice. It brings awareness and caring into everything we do—and it cuts down needless stress. Even a little makes our lives better.

7. It's evidence-based. We don't have to take mindfulness on faith. Both science and experience demonstrate its positive benefits for our health, happiness, work, and relationships.

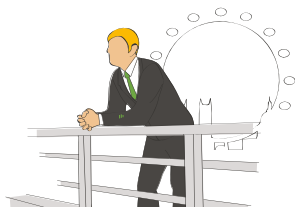
8. It sparks innovation. As we deal with our world's increasing complexity and uncertainty, mindfulness can lead us to effective, resilient, low-cost responses to seemingly intransigent problems.



# ACTION CALENDAR: MINDFUL MARCH 2019



## MONDAY



**"The best way to take care of the future is to take care of the present moment" - Thich Nhat Hanh**

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

**4** Stay fully present while drinking your cup of tea or coffee

**5** Every hour simply take three calm breaths in and out

**6** Eat mindfully. Appreciate the taste, texture & smell of your food

**7** Listen to how you speak to yourself. Try to use kind words

**8** Look around and spot 3 things you find unusual or pleasant

**9** Listen to a piece of music without doing anything else

**10** No plans day. Slow down and let spontaneity take over

**11** When someone is speaking, take a full breath before you reply

**12** Feel the cool of a breeze or the warmth of the sun on your face

**13** Stop, breathe and just notice. Repeat regularly during the day

**14** Enjoy doing any chores or tasks more mindfully today

**15** Take an unusual route and notice what looks different

**16** If you find yourself rushing, make an effort to slow down

**17** Have a device-free day and enjoy the space it offers

**18** Do something creative that absorbs your attention

**19** Listen deeply to someone and really hear what they are saying

**20** International Day of Happiness! Focus on what makes you happy

**21** Notice when you're tired and take a break as soon as possible

**22** Stop to just watch the sky or clouds for ten minutes today

**23** Bring to mind all the people you love and care about

**24** Make a list of amazing things that you take for granted

**25** Mentally scan down your body and notice what it is feeling

**26** Tune in to your feelings, without judging or trying to change

**27** As you walk, notice the sound of each step and how it feels

**28** Stop work earlier and use the time to be still and relax

**29** Appreciate your hands and all the things they enable you to do

**30** Notice the joy to be found in the simple things of life

**31** Go nature spotting today. Even in a city, life is all around

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



# MARCH MINDFULNESS

Find your center.

**Come and get your yoga on!**

**Instructor: Danielle Guido**

Conway Campus

**Wed. 3/13**

3:30 PM - 4:30 PM

B&C Auditorium

Grand Strand Campus

**Wed. 3/20**

3:30 PM - 4:30 PM

Speir Boardroom

*Limited space available. Reserve  
your spot TODAY! Click here to  
RSVP.*

***\*Don't forget to bring a yoga mat!***

# MARCH MINDFULNESS

**LET'S TALK ABOUT  
MINDFULNESS**

**TED Talk  
Lunch & Learn**

Watch | Discuss | Learn | Eat

Tuesday, March 19th 12:00 PM

Conway Campus, Bldg. 200 Rm. 211

"SUSTAINING HAPPINESS THROUGH  
MINDFUL LIVING" | BARRY MARGERUM

MARCH  
**31**  
2019

*Myrtle Beach*  
**HEALTH**   
\*\*\*\*\*  
 **FAIR**

THE COOPER HOUSE  
& EVENT CENTER  
6011 DICK POND ROAD  
MYRTLE BEACH, SC 29588

SUNDAY, MARCH 31, 2019  
11:00-3:00 PM

PRESENTED BY



JOIN US FOR THIS FREE COMMUNITY EVENT FOCUSED ON ENCOURAGING HEALTHY LIFESTYLES,  
PREVENTING AND MANAGING DISEASE & CONNECTING YOUR FAMILY TO VARIOUS LOCAL RESOURCES.

**FREE ACTIVITIES**

- HEALTH SCREENINGS
- BOUNCE HOUSES
- SELF-DEFENSE CLASSES
- BALLOON ANIMALS
- CPR & FIRST AID CLASS
- SAFETY WORKSHOPS



**FREE ACTIVITIES**

- CHAIR MASSAGES
- REIKI SESSIONS
- FACE PAINTING
- FITNESS CLASSES
- OBSTACLE COURSE
- PHOTO BOOTH

SPONSORED BY



SILENT AUCTION PROCEEDS BENEFIT HEALTHY CONCEPTS, INC., A VOLUNTEER RUN NON-PROFIT ORGANIZATION HELPING KIDS AGES 7-17 FOCUSING ON IMPROVING HEALTH, STUDIES, AND SELF IMAGE WHILE COMBATING BULLYING, DRUGS, AND CRIME. SPONSOR & VENDOR OPPORTUNITIES ARE AVAILABLE. FOR MORE INFORMATION, EMAIL [CONTACT@TOUCHOFMAGICSC.COM](mailto:CONTACT@TOUCHOFMAGICSC.COM)

# RECIPE

## Baked Citrus Salmon

Start to Finish: 20 minutes Servings: 2

### Ingredients:

$\frac{3}{4}$  pound salmon filet, cut into 2 pieces

$\frac{1}{4}$  teaspoon salt

Freshly ground pepper to taste

1 teaspoon lemon zest

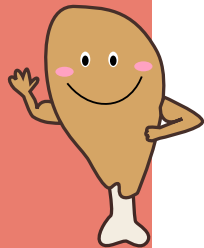
1 teaspoon orange zest

Cooking spray

2 lemon wedges

### Directions:

1. Preheat oven to 450 F.
2. Season salmon with salt and pepper, then spread lemon and orange zest over fish.
3. Place fish, skin-side down, in a medium roasting pan or baking dish coated with cooking spray. Bake 12-16 minutes, until fish is opaque throughout and flakes easily with a fork.
4. Serve with lemon wedges.






### Nutrition Information Per Serving:

315 Calories; 18.5 g Total Fat; 4 g Saturated Fat; 391 mg Sodium; 34 g Protein; 0.5 g Dietary Fiber; 1 g Carbohydrates

# Where should you go when you need care?

Your primary care physician should be your first call for routine medical care. But what if your doctor's office is closed? Or it's an emergency?

*Here are some general guidelines to help you choose the right type of care while saving time and money.*

Doctor's Office	Blue CareOnDemand <sup>SM</sup>	Emergency Room
 <p><b>Your primary care physician, or regular doctor, is the best option for routine medical care like:</b></p> <ul style="list-style-type: none"> <li>• Annual checkups, physicals</li> <li>• Health screenings, immunizations</li> <li>• Prescription refills</li> </ul> <p><b>And unexpected health issues, if they can wait a day, like:</b></p> <ul style="list-style-type: none"> <li>• Sprained muscles</li> <li>• Minor cuts and bruises</li> <li>• Cold and flu symptoms, including fever, coughing, sore throat and mild nausea</li> <li>• Sinus or respiratory infections</li> <li>• Urinary tract infections</li> <li>• Seasonal allergies</li> <li>• Pinkeye</li> <li>• Migraines</li> <li>• Rashes, insect bites, sunburn, other skin irritations</li> </ul>	 <p><b>If your doctor's office is closed, you're traveling or you feel too sick to drive, a Blue CareOnDemand video visit is a great option. Using your computer or mobile device, you can see a doctor who can diagnose your symptoms and call in a prescription to your local pharmacy, if needed.</b></p> <p><b>Use Blue CareOnDemand for non-emergency health issues like:</b></p> <ul style="list-style-type: none"> <li>• Cold and flu symptoms, including fever, coughing, sore throat and mild nausea</li> <li>• Sinus or respiratory infections</li> <li>• Urinary tract infections</li> <li>• Seasonal allergies</li> <li>• Pinkeye</li> <li>• Migraines</li> <li>• Rashes, insect bites, sunburn, other skin irritations</li> </ul>	 <p><b>Go to the ER or call 911 for potentially life-threatening conditions like:</b></p> <ul style="list-style-type: none"> <li>• Heavy, uncontrolled bleeding</li> <li>• Signs of a heart attack, like chest pain that lasts more than two minutes</li> <li>• Signs of stroke, such as numbness, sudden loss of speech or vision</li> <li>• Loss of consciousness or sudden dizziness</li> <li>• Major injuries such as broken bones or head trauma</li> <li>• Coughing up or vomiting blood</li> <li>• Severe allergic reactions</li> </ul>

**Go to [www.StateSC.SouthCarolinaBlues.com](http://www.StateSC.SouthCarolinaBlues.com) for details on Blue CareOnDemand.**



**South Carolina**

