



THE CONNECTION

JUNE 2018
VOLUME 2/ISSUE 2

ISSUE SNEAK PEEK

Q & A WITH INGRID

MINDFULNESS CORNER

WHAT'S COOKING

UPCOMING EVENTS

September 2018:

Grand (re)Opening at our new Avon location! Stay tuned for details on special activities.

Walk with a Doc: 4 straight weeks of walking on Tuesday evenings!

For more information about our events, visit www.greaterhartfordwellness.com/events

**“ADOPTING THE RIGHT
ATTITUDE CAN CONVERT A
NEGATIVE STRESS INTO A
POSITIVE ONE”**

- DR. HANS SELYE

SUMMER FUN HAS BEGUN

Dear Clients,

Can you believe the first six months of the year are in the past?

Now is a great time to check in with yourself and assess how the first half of the year has gone. How are you feeling? Is there something you need to change to make the next six months better? The longer and warmer days of summer can motivate you to use your time wisely on work so you have time for fun with family and friends.

We want to encourage you to enjoy the summer months and perhaps use the extended days to shift your perspective. Try working on keeping your expectations positive. Imagine if you expected the best instead of the worst. How would that make you feel? When you find yourself in a spiral of negative thinking, you tend to close yourself off to possibilities but when you let yourself dream, the possibilities open up. Allow yourself to get excited and enjoy this summer. And if you need help keeping negativity at bay or with anything else, we're here for you.

We wish you a happy summer season.

Yours in wellness,

The GHW team - Kathleen, Bethany & Ingrid

Take a Mindful Moment: 5 Simple Practices for Daily Life
From Mindful Magazine, June 2018

- 1) Wakeup with a purpose. Set an intention to follow for the day by asking yourself how you want your day to feel or how you can be helpful. This is your morning motivation moment. Your intention can be a word (compassion) or a phrase (today I choose to be kind to everyone I meet).
- 2) Eat to enjoy every mouthful. Before you begin to eat a meal, take a few deep breaths to settle down and relax. Be conscious of your first three bites and concentrate on the texture and flavors of your food.
- 3) Pause and get your brain out of the fast lane. Take your brain off autopilot and retrain yourself to take on new habits by switching up your routine.
- 4) Workout. Whether you choose to walk, run, dance or swim, before you start check in with how you're feeling in your body and mind. Then once you have finished, notice if you feel any different.
- 5) Drive calmly. We've all experienced road rage and sometimes, it's for a good reason. However, to keep yourself safe and at ease, do some deep breathing and a body scan starting at your head (are you clenching your jaw?) and move down your body until you reach your feet. Try to remove any extra muscle tension and remember that all the drivers are trying to get to their destinations safely and as quickly as possible.

MINDFULNESS CORNER

QUESTIONS & ANSWERS WITH ME (INGRID)

Ingrid Kania, MPH, GHW's office manager is not one to write or refer to herself in the third person. So let me switch over to first person: Hi! You probably have talked to me on the phone or at least corresponded via email with me. I'm really looking forward to seeing many of you in person when the office moves to Avon - no more working out of a utility closet for me (yay)!

What is your favorite local restaurant and what meal do you enjoy when there?

My favorite grab and go place is the Sweet Beet in Granby. I usually grab a salad or sandwich and I love that they are gluten free and vegan (yup, I've got some dietary restrictions).

Who inspires you?

My parents and friends inspire me so much. My parents are immigrants from Poland and their ability to adapt to new situations and take charge of their lives is so inspirational. I'm surrounded by friends who are brilliant and caring and it is their thoughtfulness and selflessness that inspires me most.

What's rocking your world right now?

There's been some heavy energy around the past few weeks that I am trying to shake off. I'm pretty sensitive so I've literally felt shook up.

How do you use the information that you learned in your favorite class in your life today?

Sadly, my favorite class was French and I don't get to use it too much except for an odd phrase or two that will pop into my head when I'm feeling silly.

Name one person who is always cheering you on?

My momma. She's always got my back.

What is your favorite meal to cook?

Anything with chickpeas. I love meals that are simple to make and it doesn't get much easier than roasting chickpeas or making orange chickpeas.

What is one thing that you love to do that you do almost every day?

Read. I'm old-fashioned and I love having an actual book in my hand.

What is your favorite day trip?

The beach!

What are you struggling the most with right now?

Being vulnerable. Even answering these questions is making me feel vulnerable but I know it's good for me to try and get better at being vulnerable.

What makes you amazing?

It feels like I connect well with people and make them feel safe.

What are you currently reading (or listening to)?

The Wanderers by Tim Pears. It's the second book of a trilogy set during the early 1900s. Pears' writing is so illustrative - I feel and see the characters and the landscapes.

What's Cooking

This month we present you with a recipe perfect for summer: Green Goddess Quinoa Summer Salad. It's light, refreshing and super simple to make. Bring it to your next summer cookout.

From Pinch of Yum.

Green Goddess Quinoa Summer Salad

YIELD: 4-6 servings

TOTAL TIME: 20 minutes

Ingredients:

2 cups cooked quinoa (I cook mine in the rice cooker with broth)

2 cups halved cherry tomatoes

2 cups spinach leaves

1/2 cup (or more, to taste) Magic Green Sauce or Avocado Cilantro Dressing (the Magic Green Sauce is vegan, the Avocado dressing is not)

Add-Ins:

fresh Mozzarella cheese, cut into bite sized pieces

a few handfuls of crushed almonds or other nuts

grilled veggies like asparagus or zucchini

grilled chicken or other protein

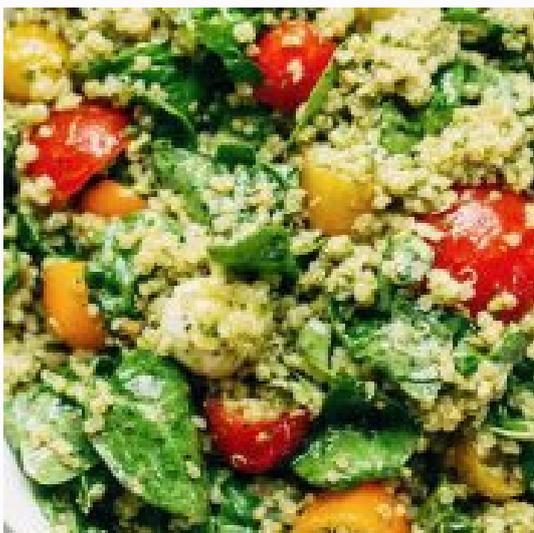
Directions:

1) Cook the quinoa in advance if you can – it tastes best when it's had a few hours to cool.

2) Toss all ingredients together to combine! If the Magic Green Sauce is too thick to toss together with the other ingredients, just add a little water or oil to the bowl and it should toss together smoothly.

Notes

I cook my quinoa in vegetable broth for more flavor, and I also cook twice the amount of quinoa I need for this recipe because I like to keep it in the fridge for the week!



5 Minute Magic Green Sauce

INGREDIENTS

1 avocado

1 cup packed parsley and cilantro leaves (combined)

1 jalapeño, ribs and seeds removed

2 cloves garlic

juice of one lime (or two – get lots of limey goodness in there!)

1/2 cup water

1/2 cup olive oil

1 teaspoon salt

1/2 cup pistachios (you can sub other nuts – see notes)

INSTRUCTIONS

Pulse all ingredients – except pistachios – in a food processor until incorporated.

Add pistachios and pulse until mostly smooth (depends on what consistency you want).

Serve as a dip, spread, or sauce — or add additional water or oil to thin the sauce for use as a dressing or a marinade.

5 Minute Avocado Cilantro Dressing

INGREDIENTS

half an avocado

1/4 cup Greek yogurt

1/2 cup water (more as needed to adjust consistency)

1 cup cilantro leaves and stems

1 small clove of garlic

1/2 teaspoon salt

a squeeze of lime juice

INSTRUCTIONS

Pulse all ingredients in a food processor or blender until smooth. Voila!