Wellness Wednesday

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7 Genius Things To Do Before A Vacation For A Stress-Free Return Home

Returning home after a vacation can sometimes feel like a daunting task. The excitement of travel can quickly fade when faced with the reality of unpacking, laundry, and the inevitable return to daily responsibilities. However, with a little foresight and planning, you can create a seamless transition back to your routine. Here are 7 genius strategies to implement before you embark on your next adventure, ensuring a stress-free return home.

1. Leave Your Home in Order

1.1 Tidy Up Before You Go

Before you head out, take some time to tidy your living space. While it may not be as thrilling as packing your bags, a clean home will greet you upon your return. Focus on key areas that will impact your mood when you walk back in.

- Set a Timer: Allocate just 15 minutes to tackle essential tasks. Make your bed, clear surfaces, and take out the trash.
- Visualize Your Return: Imagine how you want to feel when you walk through the door. Preparing with this intention can transform mundane chores into meaningful actions.

1.2 Create a Welcoming Atmosphere

Consider making your bedroom feel like a luxurious retreat. Fresh linens and a well-made bed can provide comfort after a long journey.

- Personal Touches: Add a book you've been wanting to read or a favorite blanket.
- Scent Matters: Use linen spray or essential oils to create a familiar and calming aroma that will greet you upon your return.

2. Focus on High-Impact Areas

2.1 Tidy First-Glance Zones

The first areas you see when you enter your home can set the tone for your entire return experience.

- Entryway and Living Room: Ensure these spaces are clutter-free. A clean entryway can help you feel more relaxed and at ease.
- Lighting: Consider leaving a soft light on a timer. This not only enhances the ambiance but also adds a sense of security.

2.2 Establish an Arrival Zone

Designate a specific area for unpacking. This can help streamline the process and reduce overwhelm.

- Unpacking Station: Set up a hamper for dirty clothes and a spot for your suitcase.
- Freshen Up: Toss in some dryer sheets or essential oils to keep your travel clothes smelling pleasant while they await washing.

3. Prepare a Calming Space

3.1 Create a Relaxation Nook

Designate a cozy corner in your home as a retreat space. This can help you transition from vacation mode back to daily life.

- Comfort Items: Include soft lighting, a comfortable chair, and items that bring you joy, such as a favorite book or a scented candle.
- Mindfulness: Spend a few moments in this space upon your return to help ground yourself and ease back into your routine.

4. Assemble an Arrival Kit

4.1 Curate Your Essentials

An arrival kit can make your return feel more luxurious and less stressful.

- Comfort Items: Pack your favorite pajamas, toiletries, and any other essentials you might need immediately upon arrival.
- Mood-Enhancing Extras: Consider including a playlist of your favorite songs to listen to as you unwind.

5. Plan Your Meals

5.1 Meal Prep Before You Leave

One of the most deflating experiences after a trip is realizing you have nothing to eat.

- Pre-Plan Meals: Prepare some meals in advance or schedule a grocery delivery for your return.
- Indulgent Treats: Include a special meal or treat to keep the vacation spirit alive a little longer.

6. Create a Reentry Roadmap

6.1 Visualize Your Return

A simple checklist can help you navigate the tasks awaiting you when you return home.

- Prioritize Tasks: Write down three to five key tasks you want to tackle first. This can help you avoid feeling overwhelmed by the laundry list of chores.
- Leave Reminders: Place your checklist in a visible spot, like on your desk or taped to the fridge, to keep you focused.

7. Embrace the Transition

7.1 Acknowledge Your Feelings

Returning home can evoke a mix of emotions. It's important to recognize and honor these feelings.

- Take Your Time: Allow yourself to adjust gradually. It's okay to feel a little out of sorts after a trip.
- Reflect on Your Experience: Spend some time journaling about your vacation. This can help you process your experiences and ease the transition back to everyday life.

7.2 Reconnect with Your Routine

Once you've settled back in, gradually reintroduce your daily routines.

- Ease into It: Don't rush back into a packed schedule. Allow yourself some downtime to recharge.
- Stay Inspired: Keep the spirit of your travels alive by incorporating elements from your trip into your daily life, whether it's trying a new recipe or exploring local attractions.

With a little preparation, you can ease back from vacation smoothly and keep the joy of your travels alive. Embrace the return—home can be just as comforting as any destination.

Teriyaki Salmon Bowl

INGREDIENTS

For the Salmon & Marinade:

- 8 oz wild salmon fillet, skin removed, cut into 1-inch cubes
- 2 ½ tbsp low-sodium soy sauce, or tamari for gluten-free
- 2 ½ tbsp mirin, Japanese sweet rice wine
- 2 ½ tbsp sake
- 1 ½ teaspoons honey

For the Bowls:

- 1 ½ cup cooked jasmine rice, or sticky rice
- ½ cup shelled edamame, steamed or thawed
- 2 mini cucumbers, cut into half moon chunks
- 1 scallion, thinly sliced
- ½ teaspoon black sesame seeds, or black and white
- sriracha or chili crisp, optional for serving

When it comes to quick and nutritious meals, few dishes can rival the Teriyaki Salmon Bowl. This delightful recipe combines the rich flavors of teriyaki sauce with the health benefits of salmon, all served over a bed of rice and accompanied by fresh vegetables. Whether you choose to prepare it in an air fryer or an oven, this dish is sure to satisfy your cravings for something sweet, savory, and filling. Let's dive into the details of creating this delicious meal.

Variations to Try

While the classic teriyaki salmon bowl is delicious on its own, there are plenty of ways to customize it to suit your taste:

- **Seafood Alternatives**

Shrimp: Swap out the salmon for shrimp, cooking them in the air fryer for 5 to 6 minutes.
Tofu: For a vegetarian option, marinate and cook tofu cubes in the same way as the salmon.

- **Gluten-Free Options**

Tamari: Use gluten-free tamari instead of soy sauce to make the dish gluten-free.

- **Rice Alternatives**

Quinoa: For a protein-packed alternative, use quinoa instead of rice.
Cauliflower Rice: For a low-carb option, substitute cauliflower rice for a lighter meal.

Nutrition Information

Serving: 1 bowl, Calories: 491 kcal, Carbohydrates: 62.5 g, Protein: 33 g, Fat: 10 g, Saturated Fat: 1.5 g, Cholesterol: 62.5 mg, Sodium: 870 mg, Fiber: 3 g, Sugar: 13.5 g

INSTRUCTIONS

How to Make It

Marinate the Salmon

- Start by preparing the teriyaki marinade. In a bowl, whisk together the soy sauce, mirin, sake, and honey. Place the salmon fillets in a resealable bag or shallow dish, pour the marinade over the fish, and let it marinate for at least 30 minutes, or up to 8 hours for maximum flavor.

Cook the Salmon

Air Fryer Method

- Preheat your air fryer to 400°F (200°C).
- Lightly spray the basket with cooking oil.
- Place the marinated salmon in a single layer and air fry for 5 to 7 minutes, flipping halfway through, until the salmon is cooked through and has a nice caramelized exterior.

Oven Method

- Preheat your oven to broil.
- Line a baking sheet with foil and place the marinated salmon on it.
- Broil the salmon for 3 to 4 minutes, keeping a close eye to prevent burning.
- Prepare the rice and vegetables.
- While the salmon is cooking, prepare your rice according to package instructions. If using frozen edamame, steam or thaw it while the rice cooks. Slice the cucumbers into half-moon shapes for easy eating.

Reduce the Marinade

- In a small skillet, pour the reserved marinade and bring it to a simmer over medium-low heat. Allow it to reduce for about 3 to 6 minutes until it thickens slightly. This will be used as a drizzle over the assembled bowls.

Assemble the Bowls

- Start with rice, add salmon, edamame, and cucumber. Top with teriyaki sauce, scallions, and sesame seeds. Add sriracha or chili crisp for extra heat.

Reference: SkinnyTaste

https://www.self.com/story/full-body-dumbbell-workout

Featured Exercise

The Woodchopper:

HOW TO DO IT:

1. You'll need 1 heavy dumbbell for this move. Stand with feet wider than hip-width apart, core engaged, and hold the dumbbell with both hands.
2. Raise the weight to the upper right of your reach, allowing your torso and toes to naturally rotate to the right as you twist.
3. Now "chop" the weight down to the left, bringing it across the front of your body and aiming for your left ankle, allowing your torso and toes to naturally rotate in that direction. This is a core move, so focus on keeping your lower body more stable, and bracing your core to rotate with the weight.
4. Lift the weight up and to the right to start the next rep. Continue on the same side for 45 seconds, then repeat on the other side.

THE BENEFITS:

One of the primary benefits of the Woodchopper is its ability to build core strength. A strong core is essential for overall fitness, as it supports nearly every movement we make, from daily activities to athletic performance. By incorporating this exercise into your routine, you can enhance your core stability and strength.

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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

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