Wellness Wednesday

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An 'Invisible Day' May Be The Little Thing You Need To Better Your Mental Health

In today's fast-paced world, the weight of societal issues can often feel overwhelming. Many individuals find themselves grappling with anxiety, especially in the face of political turmoil, social injustices, and personal challenges. The need for self-care has never been more critical, particularly for those belonging to marginalized communities. As we navigate these turbulent times, the concept of an "Invisible Day" emerges as a powerful tool for mental well-being.

Understanding the Concept of an Invisible Day

An Invisible Day is essentially a dedicated time for self-care, where individuals intentionally disconnect from the outside world. This practice allows for a much-needed mental reset, free from the pressures of social obligations, news updates, and digital distractions. The idea is not entirely new; it draws from the broader concept of radical self-care, which emphasizes the importance of prioritizing one's own needs.

The Importance of Intentionality

The key to an effective Invisible Day lies in its intentionality. Rather than waiting until we are completely drained, we can proactively carve out time for ourselves. This approach transforms self-care from a reactive measure into a deliberate choice, empowering us to take control of our mental health.

The Role of Radical Self-Care

Radical self-care is about more than just taking a break; it's about recognizing our inherent worth and the necessity of nurturing ourselves. By dedicating a day to focus solely on our own needs, we can recharge and better equip ourselves to face the challenges of daily life.

Benefits of Taking an Invisible Day

Prioritizing Personal Needs

One of the most significant advantages of an Invisible Day is the opportunity to prioritize our own needs. In a world where we often feel obligated to be available to others, taking a step back can be liberating. It allows us to communicate our boundaries and take a break from the demands of others.

- Permission to Disconnect: An Invisible Day grants us the freedom to step away from our responsibilities and focus on what truly matters to us.
- Mental Clarity: By removing external distractions, we can gain clarity on our thoughts and feelings, leading to better decision-making.

Regulating the Nervous System

Our nervous systems are constantly bombarded with stimuli, from social media notifications to the 24-hour news cycle. An Invisible Day provides a much-needed respite, allowing our nervous systems to recalibrate.

- Rest and Recovery: Just as our bodies need sleep to function optimally, our minds require downtime to process and recover from stress.
- Increased Window of Tolerance: Regularly engaging in self-care can expand our capacity to handle stress, leading to improved emotional resilience.

Breaking Free from Hyperconnectivity

In our hyperconnected world, the pressure to stay engaged can lead to feelings of loneliness and anxiety. An Invisible Day encourages us to unplug and reconnect with ourselves.

- Digital Detox: Taking a break from screens can help alleviate feelings of overwhelm and anxiety, allowing us to focus on more fulfilling activities.
- Rediscovering Joy: Without the constant barrage of information, we can explore hobbies and interests that bring us genuine joy.

How to Implement an Invisible Day

Planning Your Day

To make the most of your Invisible Day, it's essential to plan ahead. Consider marking it on your calendar as a commitment to yourself.

- Communicate Your Intentions: Inform those around you about your plans, so they can respect your need for space.
- Set Boundaries: Decide in advance what you will and won't engage with during your day off.

Activities to Consider

The activities you choose for your Invisible Day should resonate with you personally. Here are some ideas to inspire your self-care:

- Nature Walks: Spend time outdoors to rejuvenate your spirit and connect with nature.
- Creative Pursuits: Engage in activities like painting, writing, or crafting to express yourself.
- Mindfulness Practices: Consider meditation or yoga to center your thoughts and promote relaxation.
- Journaling: Before and after your Invisible Day, take some time to journal your thoughts and feelings.

Frequency of Invisible Days

While some may find value in taking an Invisible Day once a year, many experts suggest that more frequent breaks can be beneficial. The key is to listen to your body and mind, recognizing when you need a pause.

In a world that constantly demands more, an Invisible Day offers a powerful reset. Taking time to unplug and recharge isn't a luxury—it's a necessity. Start small, schedule your Invisible Day, and give yourself the gift of rest, clarity, and balance. You deserve it.

Fall Steak Salad with Sweet Potatoes

INGREDIENTS

For the Steak Bites and Sweet Potato:

- 1 large sweet potato, about 1 pound, peeled and cut into ½-inch cubes
- olive oil spray
- 1 ½ teaspoons kosher salt, divided
- ¼ teaspoon black pepper, freshly ground
- 1 ¼ pounds sirloin steak, trimmed of excess fat and cut into 1-inch cubes
- ½ teaspoon avocado oil
- ¼ teaspoon ground chili powder
- ¼ teaspoon ground cumin

For the Chimichurri:

- 5 cloves garlic
- ¾ cup packed parsley leaves, finely chopped
- 2 tablespoons extra virgin olive oil
- 3 tablespoons red wine vinegar
- ½ teaspoon kosher salt and black pepper, to taste

For Serving:

- 4 ounces baby arugula
- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice
- ½ teaspoon kosher salt

As the leaves change and the air turns crisp, there's nothing quite like a warm, satisfying meal to celebrate the flavors of fall. This Fall Steak Salad with Sweet Potatoes is not only a feast for the eyes but also a wholesome dish that combines tender steak, caramelized sweet potatoes, and a vibrant chimichurri sauce. Perfect for a weeknight dinner, this one-pan recipe is easy to prepare and clean up, making it a go-to for busy evenings.

Seasonal Ingredients

Fall is the season for hearty vegetables and rich flavors. Sweet potatoes, with their natural sweetness and creamy texture, are at their peak during this time. They pair beautifully with the savory notes of steak, creating a balanced dish that satisfies both hunger and taste buds.

- Sweet Potatoes: Packed with vitamins and minerals, they add a nutritious element to the salad.
- Steak: A good source of protein, it complements the sweetness of the potatoes.
- Chimichurri Sauce: This zesty Argentinian sauce adds a fresh, herbaceous kick that brightens the dish.

Nutritional Benefits

This salad is not just delicious; it's also nutritious. Each serving provides a substantial amount of protein, fiber, and essential vitamins, making it a well-rounded meal option.

Nutrition Information

Serving: 1 salad, Calories: 394.5 kcal, Carbohydrates: 26 g, Protein: 33.5 g, Fat: 17.5 g, Saturated Fat: 4 g, Cholesterol: 95 mg, Sodium: 852 mg, Fiber: 4.5 g, Sugar: 5.5 g



INSTRUCTIONS

How to Make It

1. Prepare the Chimichurri Sauce

Start by making the chimichurri sauce. In a small bowl, combine the minced garlic, chopped parsley, olive oil, red wine vinegar, salt, and pepper. Mix well and set aside to allow the flavors to meld.

2. Cook the Sweet Potatoes

Heat a cast-iron skillet over medium heat and spray it with olive oil. Add the diced sweet potatoes, seasoning them with salt and pepper. Cook for about 15-18 minutes, stirring frequently until they are golden brown and tender. Once cooked, transfer them to a plate and set aside.

3. Season the Steak

In a bowl, combine the sirloin steak with avocado oil, chili powder, cumin, and a teaspoon of salt. Mix until the steak is evenly coated with the spices.

4. Sear the Steak

Increase the heat to high and add the seasoned steak to the skillet in a single layer. Sear for about 2 minutes without moving it, allowing a crust to form. Flip the steak and cook for an additional 2-4 minutes until it reaches medium-rare. Return the sweet potatoes to the skillet and toss to combine.

5. Assemble the Salad

In a large mixing bowl, toss the arugula with olive oil, lemon juice, and salt. Divide the dressed arugula among serving plates and top with the steak and sweet potato mixture. Drizzle with chimichurri sauce before serving.

Reference: SkinnyTaste

https://www.self.com/gallery/3-simple-butt-exercises-you-can-do-right-before-bed

Featured Exercise

Marching Glute Bridge with Leg Extension:

HOW TO DO IT:

1. Starting Position: Lie on your back on a mat with your knees bent and feet flat on the floor, hip-width apart. Your arms should rest comfortably at your sides, palms facing down.
2. Engage Your Core: Take a deep breath, and as you exhale, activate your core muscles. This will help stabilize your spine throughout the movement.
3. Lift Your Hips: Press your heels into the mat and lift your hips towards the ceiling. Your body should form a straight line from your shoulders to your knees. Ensure that your glutes initiate the movement.
4. Marching Motion: While maintaining the bridge position, lift your right knee towards your chest until your thigh is parallel to the ground. Keep your pelvis stable and avoid letting it sag.
5. Return to Starting Position: Lower your right foot back to the mat and repeat the movement with your left leg. Continue alternating legs for the desired number of repetitions.
6. Repetitions: Aim for 10-15 repetitions on each leg, or set a timer for a specific duration to challenge yourself.

THE BENEFITS:

The marching glute bridge is a dynamic exercise that enhances hip mobility and strengthens the posterior chain. By incorporating a leg extension into the standard glute bridge, you increase the challenge to your glutes and hamstrings while also improving balance and coordination. This exercise is particularly beneficial for runners, individuals recovering from injuries, or anyone looking to enhance their lower body 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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