

Healthier Living

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE



make new FRIENDS

Making friends often feels effortless as a kid. School, sports, and playdates naturally create opportunities to connect. But forging new friendships can be a real challenge as an adult. We're no longer placed in settings that encourage casual bonding, and the demands of work and family life can make it hard to find time and energy to build a social circle. Still, meaningful connections are possible, and they often start with a simple conversation. Think of conversation as a tennis match: someone serves, and the other person returns the ball. The key is to keep the rally going. Starting a dialogue doesn't require anything fancy – just a bit of curiosity and kindness. Here are a few conversation openers to help get the ball over the net:

Ask for information.

"Do you know any good coffee spots around here?"

Give a compliment.

"I love your shoes—where'd you get them?"

Comment on something pleasant.

"Isn't the weather perfect today?"

Introduce yourself.

"Hi, I'm ____. I don't think we've met yet."

Mention a shared experience.

"That meeting ran long, huh?"

Offer or request help.

"Need a hand with that?" or "Mind helping me carry this?"

Ask for opinions.

"Have you tried that new restaurant?"

Show genuine interest.

"What do you like to do outside of work?"



QUICK CLICK

WellSpace



healthsource-solutions.com/wellspace/

Embrace your resiliency with WellSpace! Recharge with this digital calming room filled with activities, videos, guidance, and handouts. Explore the links, apps, and tools as outlets and practices for when life gets challenging. ♦



MASSAMAN CURRY

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp Massaman curry paste
- 1 tsp ground cinnamon
- 1 tbsp peanut butter powder (or 1 tsp natural peanut butter)
- 1 can (400ml) light coconut milk
- 2 medium potatoes, diced
- 1 red bell pepper, sliced
- 1 carrot, sliced
- 1 tbsp soy sauce or fish sauce



INSTRUCTIONS

Sauté onion and garlic in oil until soft. Stir in curry paste, cumin, cinnamon, and peanut butter powder. Add coconut milk, potatoes, carrots, and bell peppers. Simmer for 20 - 25 minutes until vegetables are tender. Stir in soy sauce and simmer for 5 more minutes. Serve hot with brown rice or quinoa if desired. Optional: tofu, chickpeas, or lean chicken for protein



FOOD FOR THOUGHT

SEASONAL EATING

warming foods for winter

Winter can be tough on the body and immune system. Cold weather, shorter days, and indoor living make it easier to get sick, but with the right foods, you can help your body stay strong all season long.

Vitamin D has been shown to support immunity, but since we get a lot from the sun, shorter days can mean lower levels. Vitamin C can also protect against illnesses like the common cold. You can boost your levels with **citrus fruits, berries, broccoli, tomatoes, and leafy greens.**

Gut health plays a big role in immune function. Eat plenty of fiber, especially prebiotic fiber and probiotics from fermented foods. For prebiotic fiber, try **bananas, garlic, onions, and oats.** To feed that fiber, pair it with **Greek yogurt, kefir, kimchi, or sauerkraut.**

Healthy fats, such as those found in **avocados, nuts, seeds, fatty fish, and olive oil,** are also great for overall health.

Remember your seasonings and spices. **Turmeric, cinnamon, ginger, rosemary, and oregano** aren't just flavorful — they also boost antioxidant levels and nutrient density.



MIND MATTERS

Sleep Hygiene

Ensuring you are getting good-quality sleep and reaping all the benefits can take some work; sometimes, sleep doesn't come easy! Sleep hygiene is creating habits and routines that support successful slumber. When you get consistent, restful sleep, your body can repair itself, strengthen your immune system, and boost emotional and mental clarity. Here are some habits to get yourself a good night's rest:



- The key is consistency — go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.
- If you can't fall asleep within 20 minutes, get out of bed and do something relaxing, like reading or listening to soft music. Return to bed when you feel sleepy.
- Avoid large meals, caffeine, nicotine, and alcohol, especially before bed. These can interfere with your ability to fall and stay asleep.
- Keep your bedroom cool, dark, and quiet. Use blackout curtains, earplugs, or a fan if needed, and limit screen time before bed to avoid stimulating your brain with blue light.
- Naps can be helpful, but it's best to keep them under an hour and avoid naps late in the day.
- Regular exercise improves sleep, but avoid working out right before bed.

Exercise Anywhere



Camel

Chest, shoulders, and neck stretch. Sitting tall, roll shoulders down and back, placing both fists on lower back. Lift chest and head toward the sky. Hold for 3 - 5 deep breaths.

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended.

Challenge of the Month



Chat Starter Challenge

Write down a few go-to questions to spark conversations, build genuine connections with others, and make new friends. Take time this month to intentionally start meaningful interactions with others.