

BREAKROOM BUZZ

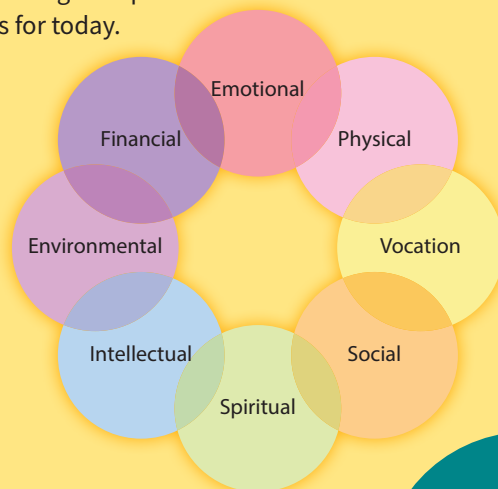
January 2024

There is no better time to focus on your overall well-being than at the start of the year.

Wellness is much more than physical. It is a holistic approach comprising physical, mental, and spiritual integration, fueling the body, engaging the mind, and nurturing the spirit. Attention must be given to the dimensions, as neglect of any over-time will adversely affect the others. Here are the eight dimensions of wellness:

- Physical - where you care for your body and stay healthy.
- Intellectual - Valuing lifelong learning and responding positively to intellectual challenges.
- Social - Maintaining friendships and developing new ones.
- Spiritual - Finding purpose and overall meaning in your life.
- Vocational - Finding work that provides personal satisfaction.
- Financial - Living financially within your means.
- Environmental - Understand how your social, natural, and built environments impact you.
- Emotional - Coping effectively with life and having a solid support network.

Kick the year off by taking a personalized approach to living life in a way that allows you to become your best. Remember that you can't change the past or waste time about the future; set your goals for today.



Source: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017 Aug;58(8):861-862. PMID: 28761196; PMCID: PMC5508938. Adapted by Tessa Hobbs-Curley, Family Life Educator

Stretch before shoveling!



Focus on Fiber in January!

Fruits and vegetables are packed with fiber that can help you feel full, prevent constipation, and protect against heart disease and diabetes. January is fiber focus month. Start slow when increasing fiber, and remember to drink plenty of water.

How much fiber do I need?		
Age	Men	Women
1-3	19 grams per day	19 grams per day
4-8	25 grams per day	25 grams per day
9-13	31 grams per day	26 grams per day
14-18	38 grams per day	26 grams per day
19-50	38 grams per day	25 grams per day
50+	30 grams per day	21 grams per day

Source: Institute of Medicine, 2014

Savor the Flavor of Soup in January

- Sauté vegetables in oil before adding to soup to seal in flavor and keep firm.
- Cut sodium by adding dried herbs rather than salt to soup. If using fresh herbs, use 3x more than dried. 1 teaspoon dried = 1 Tablespoon fresh herbs.
- Defat soup by chilling and removing fat with a spoon.
- Freeze soup to eat later. Soups can be refrigerated for three days, or you can eat frozen soup within three months for best quality. Leave half inch of headspace in freezer-safe containers when freezing.

Join the financial educator team on January 24 at noon. Learn ways to manage finances while building a small business.

Register at go.illinois.edu/GetSavvyWebinars or scan the QR code below with a cell phone camera.



facebook.com/Family.Finances.Food instagram.com/family.finances.food twitter.com/famfinancefood youtube.com/user/UIExtension



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer and Environmental Sciences. University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. ©2024 University of Illinois Board of Trustees. For permission to reprint, revise, or otherwise use, contact extension@illinois.edu.