

Finding an Awe-Struck Life

Research suggests that experiencing awe can increase happiness, health, humility, and connections with others. Some studies indicate it enhances cognitive function. It's essential to seek out more everyday moments of wonder.

Here are a few suggestions on how to find those awe moments:

1. Watch videos and past videos of fun trips or beautiful places to visit.
2. Read a story about someone traveling to a place that would be great to visit.
3. Take a walk to find moments of awe. Put feet on the ground, shift awareness, and let attention open to exploration.
4. Cultivate a sense of gratitude. Take time each day to reflect on things to be grateful for, whether the warm weather, the breeze, or laughing with loved ones.
5. Seek unfamiliar or unexpected experiences. Visit or travel somewhere new. It might be the local museum or attending a senior center event.
6. Connecting with others. When we share achievements and experiences, it can deepen our sense of connection.
7. Find the inner childlike wonder. Think about how to face each day with childlike curiosity. It's okay to be surprised and inspired by life.

Resource: bit.ly/40LNyKj

January is Family Fit Lifestyle Month

Here are some tips on ways to be active during those cold wintery months:

- Bundle up and go for a walk outside. Grab a winter coat, hat, and gloves, and get some fresh air, even if it is a short, 15-minute walk.
- Try something indoors if it is too dangerous to go outside due to weather. Take laps around the house, march down the hall, or do jumping jacks in the living room.
- Find indoor activities nearby, like a fitness center with an indoor pool, trampoline park, or an indoor playground, which are great ways to stay active.
- Check out local gym memberships to see if they offer discounts for seniors, teachers, or first responders.
- While at work, take brief breaks to walk around the office or stomp at the desk.

Overnight Nutty Apple Oatmeal

Ingredients

- 1/3 cup rolled oats (gluten-free for a celiac-friendly option)
- 1/3 cup nonfat milk
- 1 tablespoon maple syrup
- 1 tablespoon cinnamon or apple pie spice
- 1/2 cup apple, washed and diced (dipped in ascorbic acid or lemon juice)
- 1 tablespoon chopped walnuts

Directions

1. Wash hands with soap and water. Combine oats, milk, spice, and syrup in a half-pint jar. Top with apples and walnuts.
2. Cover and refrigerate for 4-8 hours. Remove from the refrigerator, shake, and enjoy.
3. Store in an airtight container and refrigerate for up to five days.

Nutrition information per serving: 330 calories; 9 g fat (1 g saturated fat); 40 mg sodium; 62 g carbohydrates; 12 g added sugar; 10 g dietary fiber; 8 g protein.

