

# Breakroom Buzz

**Want to live a long and healthy life?**



Try practicing the lifestyle of the world's most healthy long lived people

1. Move naturally—garden & walk more
2. Find purpose
3. Find routines to combat stress—prayer & napping
4. Hara Hachi bu—stop eating when 80% full
5. Eat mostly plants
6. Drink 1-2 glasses of wine per day
7. Find belonging: faith-based community
8. Put loved ones first: commit to life partner, invest time and love in family
9. Find your circle of friends: interact with friends frequently

Source: Adapted by Mary Liz Wright, Nutrition & Wellness Educator. [Blue Zones](#).

## Tips for Getting a Good Night Sleep

Try these helpful tips based on research through the [Sleep Medicine Division at Harvard Medical School](#).

**Avoid Caffeine, Alcohol, Nicotine, and Other Chemicals that Interfere with Sleep:** Switch to water or a non-caffeinated beverage 4-6 hours before bedtime.

**Turn Your Bedroom into a Sleep-Inducing Environment:** Use heavy curtains, keep the room between 60-75°F, and limit technology to better associate the bedroom with sleep.

**Exercise Early:** Exercise can help with a deeper, more restful sleep and stimulates the release of cortisol that increases alertness. Try to exercise no more than three hours before going to sleep.

Source: Adapted by Mary Liz Wright, Nutrition & Wellness Educator

## Celebrating January! Mark Your Calendars

- 6th- Bean Day
- 9th- Apricot Day
- 19th- Popcorn Day
- 24th- Peanut Butter Day

January is Slow Cooker Month!



Do not thaw frozen meat in your slow cooker.

Watch Our YouTube Video on [Food Safety Tips & Your Crockpot™](#)

## I Didn't Know That!

Dr. Gail Matthews, Psychology Professor at Dominican University of California, states that the importance of achieving goals is to write down goals and commit to the action steps.

Here are a few tips to think about as you write your goals:

- Decide what you want to obtain and achieve.
- Be specific as to who, what, when, and where.
- Measure your progress.
- Make the goal something that can be attained.
- Be realistic.

Also, it is important to have an accountability mate. This can be a co-worker, friend, or family member that you can report your progress. Your accountability mate needs to be supportive and help you stay on track with your goal. If you run into challenges, this person will help you resolve the issue and stay focused on your successes.

Source: Adapted by Tessa Hobbs-Curley, Family Life Educator, <https://scholar.dominican.edu/cgi/viewcontent.cgi?article=1265&context=news-releases>

