

March Wellness Newsletter



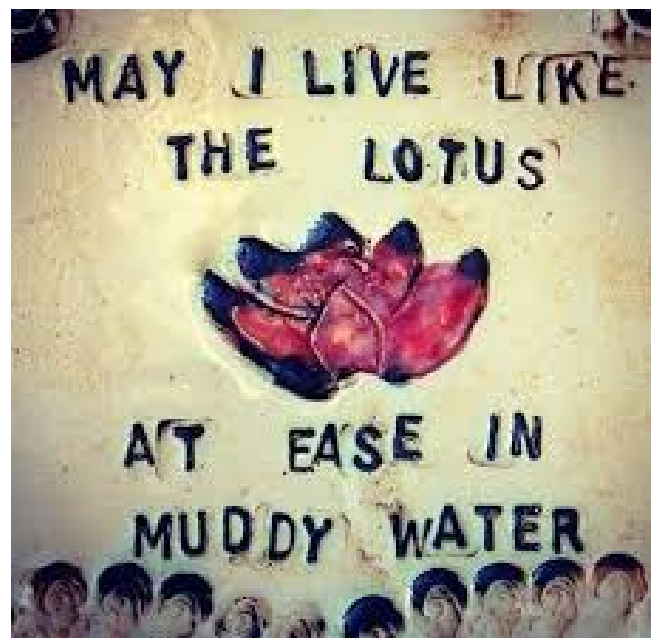
Why Great Friends Are The Key To Resilience, According To An Integrative Psychiatrist



Friendships are incredibly protective in many ways; in fact, women who experience stress will have a surge in oxytocin, which results in seeking the company of other women for support. Studies show that those with strong friendships are far more resilient in many settings, whether dealing with difficult work situations, a serious medical illness, or even the loss of a loved one. We're learning more and more that health, especially mental health, is all about community and connection-it's about You. We. All.

Want to build your resilience through better friendships? There are some tips on how to do it [here](#).

"By practicing self-awareness and pausing before reacting, we can help create a world with less pain and more



The Simplest Way to Make More Time for What Matters

"We've all heard the saying, stop and smell the roses. But it would be far better to be the gardener who grows the roses and lives with them constantly."

~Deepak Chopra

love."

-Lori Deschene

The Scientifically Proven Way To Unlock The Transformational Power of Setbacks



"Transformative resilience works because our brains, like our bodies, are hard-wired to heal and adapt. Our brains are very capable of taking in new information and using that to guide our behavior moving forward."

If you want to learn more about how to set yourself up for transformative resilience click [here](#).

Quick and Healthy Breakfast Ideas For Busy Mornings

Maintaining a healthy lifestyle and supporting energy levels throughout a busy day start with breakfast. Sugary cereals, processed energy bars, or even a bagel spike your blood sugar levels and leave you crashing before lunch. These quick and easy breakfast recipes will help you maintain energy levels throughout a hectic day and are effortless to make.

Click [here](#) to check out a few super easy breakfast ideas!



What would it take to befriend time? To see time as an ally, a friend even-an opportunity? Most of us have a much different relationship with time. One that is based on scarcity. The chorus of "I don't have enough time" reverberates through conversations, social media channels, and personal mutterings.

To read more about bettering your relationship with time click [here](#).

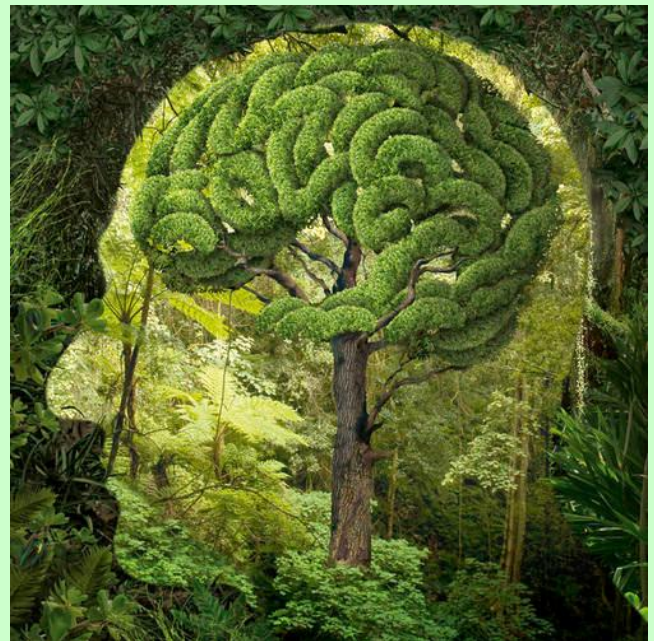




60+ 1-Pan Dinners That Are Ready in an Hour or Less



How Reconnecting With Nature Can Make You a More Conscious Consumer



Our connection to nature is fading and with it our environmental impact is increasing.

From the safety of our cities, environmental disasters happening across the world, usually in rural areas feel unreal and not a problem to worry about, but the more high-tech our lives become the more nature we need.

Connection to nature also builds empathy. Levels of neuro-chemicals and hormones associated with social bonding are elevated during animal-human interactions. Researchers at the University of Rochester report that exposure to the natural environment leads people to nurture close relationships with fellow human beings and value community; all leading to



Garlic-Parmesan Chicken Tenders With Roasted Green Beans and Tomatoes

Ingredients

- 1 1/4 lbs boneless skinless chicken breasts , sliced into 1 1/4-inch thick strips
- 1/2 cup plain bread crumbs
- 1/4 cup + 2 Tbsp slightly packed , finely grated parmesan cheese
- 3/4 tsp dried basil
- 1/4 tsp each dried oregano , thyme and crushed rosemary
- Salt and freshly ground black pepper
- 5 Tbsp olive oil , divided
- 2 cloves garlic , minced
- 1 lb fresh green beans , tops trimmed
- 1 cup grape tomatoes , sliced into halves

Instructions

1. Preheat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper.
2. In a shallow dish whisk together bread crumbs, parmesan, basil, oregano, thyme, and rosemary and season with salt and pepper to taste. Add 4 Tbsp olive oil to a separate shallow dish and stir in garlic.
3. Working with one chicken tender at a time, dredge both sides in olive oil then immediately transfer to bread crumb mixture and coat both sides, while pressing to adhere. Transfer to one side of the baking sheet. Repeat process with remaining chicken tenders and placing them in a row along one side of baking sheet. Spread remaining bread crumbs over tops of chicken and gently press.
4. On opposite side of baking dish, toss green beans with 1 Tbsp olive oil. Spread beans to edges of baking dish,

increased levels of empathy.

This in turn is linked to higher levels of consciousness and moral value, meaning we are more ready to entertain something from someone else's perspective.

Empathy is a special form of intelligence that goes beyond simple rationality or reasoning and it could be the difference between buying \$2.50 t-shirt made in a sweatshop and choosing to save for an ethically produced option.

To read more, click [here!](#)

Super-Successful People On How Much Sleep They Actually Get A Night



Here's MindBodyGreen and Jennifer Aniston on her sleep schedule:

As someone who struggles with occasional insomnia, Aniston keeps an arsenal of sleep hacks in her back pocket. "My one key tip is to sleep with my phone at least 5 feet away from me. And I also do a quick meditation before I get into bed, even if it's just for five minutes. There are also some yoga poses that I've found to be quite helpful in relaxing my mind, even if it's just a simple downward dog and some stretching," she tells the Huffington Post. "But the biggest thing is the electronics shutdown, ideally an hour before I turn off the lights. It's really a big deal."

To read more about what other super-successful people have said about their sleep schedule click [here!](#)

sprinkle with salt and pepper to taste. Roast in preheated oven 23 - 25 minutes, tossing green beans once halfway through cooking, until chicken is golden brown and green beans are crisp-tender (if you want the tomatoes roasted too add them during the last 10 minutes of cooking). Remove from oven, sprinkle tomatoes over green beans. Serve warm, garnish chicken with fresh parsley if desired.

5. Recipe source: Cooking Classy

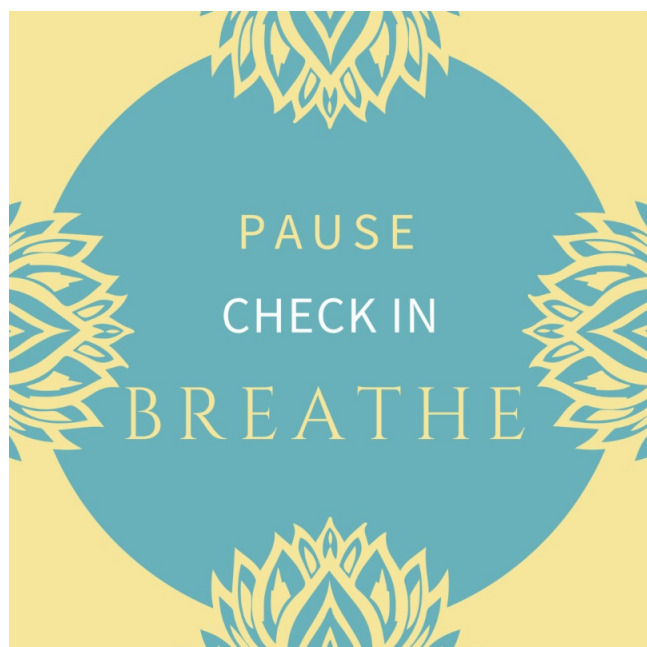
For more 60 minute 1-pan recipes click [HERE!](#)

Found: A Healthy Swap For Every Junk Food You Crave

We all want to have our cake and eat it too-and now there are some amazing brands supporting healthy lifestyles with high-quality, good-for-you snacks and treats.



Click [HERE](#) for healthy snack ideas!



When you can't control what's happening, challenge yourself to control how you respond to what's happening. That's where your power is.

Support the Richmond CASA program by joining our team in the CASA Super Hero Run

In order for a portion of the proceeds to go directly to Richmond CASA you must join our team:

Richmond CASA (A program of Greater Richmond SCAN)



Become part of the movement of individuals, corporations, and organizations that are proud to lead the fight against child abuse. Enjoy entertainment, refreshments, and fun for the whole family. St. Joseph's Villa offers a flat and fast 5K course, which accommodates all levels of expertise.

Register for Team Richmond CASA Now! Click [HERE](#) to register!



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