

social and mental

Winter Word Find

S S W I N D Y S C A R F L
 H W K N A G G O B O T M E
 O R Z I F R S H T R I Z P
 V N U E I C O A T T E A S
 E E D Z R N D T T E R O S
 L Z R R E O G E R K O T T
 R O A F P T N F A B O H C
 N R Z R L S E M Y O I O E
 C F Z O A Y S R B C C A I
 N O I S C N E N E O R O E
 S R L T E T C S O M O L C
 P E B D S E K H U W C O W
 S H V U O A G F I I M O Y
 L F L O T T F U C L L A A
 E B R E L S R I L P L M N
 D R I C E G S L U S H Y N

Blizzard	Frozen	Scarf
Blustery	Gloves	Shovel
Boots	Hat	Skiing
Chilly	Iceskate	Sled
Coat	Ice	Slush
Cold	Icicle	Snowman
Earmuffs	Luge	Toboggan
Fireplace	Mittens	Windy
Freeze	Parka	Zero
Frost	Plow	

Give Your Spirits a Boost

The stresses of everyday life can sometimes put a damper on your happy mood. But you can fight back! **Here are several ways to give your spirits a boost no matter what your life situation:**



- ▲ **Exercise.** Exercising helps boost your endorphins (brain chemicals that enhance your feeling of well-being) to make you naturally feel better.
- ▲ **Get some sun.** Winter months often keep you inside and prevent you from getting sunlight. On a sunny day, get outside for a little while and soak up some natural sunlight to give your mood a boost.
- ▲ **Eat some fish.** The omega-3s found in fish may help stabilize your mood and make you feel better.
- ▲ **Start your day with a healthy breakfast.** Eating breakfast each day can help improve your mood, memory, and energy level.
- ▲ **Eat selenium-rich foods.** Some selenium-rich foods are albacore tuna, clams, whole-wheat and regular pastas, sunflower seeds, whole-wheat bread, plain bagels, brown rice, oatmeal, low-fat cottage cheese, tofu, and low-fat yogurt.

Gain Insight from Dr. Martin Luther King, Jr.

Consider these quotes from Dr. Martin Luther King, Jr.:

- ◆ "A genuine leader is not a searcher for consensus but a maker of consensus."
- ◆ "All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."
- ◆ "I refuse to believe that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become reality."
- ◆ "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
- ◆ "A lie cannot live."

Is there a topic you want us
to write about?
Call us! 1-800-815-2323
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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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