Self-Care is the Best Care!

Stress drains us of physical and emotional energy and contributes to anxiety, fear, anger, frustration and depression. If we don’t put a check on our level of stress it can leave us more susceptible to illness and disease. We should make an effort to strive toward balance in our lives to counteract daily stress. Taking a few minutes a day for ‘you’ can make a world of difference in your ability to remain centered and better able to deal with life’s ups and downs. How can you bring better balance into your life? Do you have a hobby or perhaps a quiet place to sit to meditate for a few moments?

**Longevity Tip**

Take 3-5 minutes in the morning to sit quietly and meditate to start your day with a few calming thoughts. Setting an intention for your day, such as ‘I am going to enjoy today’, or remembering that ‘I am a work in progress’ allows us to feel more in control of everyday happenings. Also take 3-5 minutes at the end of the day to practice gratitude for making it though the day and calming yourself for a restful sleep.
Healthy Recipe

Perfect Crockpot Beans

2 cups beans of your choice
1-2 teaspoons sea salt
1 Tablespoon whole peppercorns
3-4 garlic cloves
1/3 cup diced white or yellow onion
2 bay leaves (optional)
2 chipotle peppers (optional)
a sprig of oregano (optional)

Turn crockpot on low to preheat. Meanwhile use a sieve to rinse beans in water, drain, then put into crockpot. Add salt, peppercorns, garlic cloves, & onion. If desired add bay leaves, chipotle peppers & oregano. Pour boiling water over bean mixture until water is 2 inches above the beans. Cover crockpot & cook on Low for 7-8 hours. The beans can be served with rice, on a salad, in tacos or any other way! Save cooked beans in the refrigerator for up to 1 week, or freeze some for your next soup recipe.

https://www.bluezones.com/recipe/perfect-crockpot-beans/

More Mindfulness Resources

Staying Healthy- Mindful Eating.

Mindfulness Exercise, Mayo Clinic – how mindfulness can help you!

Everyday Mindfulness for Stress Relief – useful tips to use today.
Workforce Wellness

Topic: Self-Care is the Best Care!

More Resources....

choosemyplate.gov

njaes.rutgers.edu/health

getmovinggethealthynj.rutgers.edu

Family & Community Health Sciences Healthy Recipes
vimeo.com/getmovinggethealthynj/videos
Explore our healthy recipe videos!

EatingWell.com has lots of healthy recipes.

Mayo Clinic Healthy Recipes
mayoclinic.org/healthy-lifestyle/recipes

The Food Network’s Healthy Dinners in 40 Minutes or Less
foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less
Practice This!

Today’s to-do list:

1) Eat something healthy
2) Take a 5 minute walk alone
3) Find something beautiful outside to look at for a few minutes
4) Thank yourself for doing something for you!

“By taking care of myself I have so much more to offer the world than I do when I’m running on empty.”

Ali Washington

Enjoy your life!

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