

Essential Habits to be Mentally Strong

Resilience, or the ability to cope with difficult emotions and situations, is a predictor of our success and happiness. Turning obstacles into a source of growth and opportunity can be achieved with the following tactics.



Look at things objectively - Perception of a situation has a tremendous power to either help or harm us so try to see things evenly and clearly.

Let go of entitlement - Although we all deserve happiness, recognize that your life plans could be derailed at any moment and we *don't* deserve a life free from obstacles or setbacks.

Acknowledge that you won't be happy all of the time - Rather than avoiding negative emotions, accept both positive and negative emotions. Letting these different feelings coexist is a key component of resiliency.

Be a realistic optimist - Instead of getting upset or giving up in the face of obstacles, take the opportunity to come up with a creative solution to the problem at hand.

Keep an even keel - Mental strength is about keeping an even keel at all times. Emotional stability is an enormous asset when dealing with challenging situations.

Live in the moment - Being present, rather than dwelling on the past or anticipating the future allows you to see things as they really are. Mindfulness practice has been linked with emotional stability and improved mental clarity.

Be persistent in the pursuit of your goals - Have grit! Grit is passion or perseverance for long-term goals. Grit is having stamina and sticking with your goals to make them a reality.

Know when it is time to let go - Know that you can change what you can control, that you cannot change what you cannot control – and know the difference between the two! Live by the [Serenity Prayer](#).

Love your life - Be grateful and appreciative of obstacles because obstacles are life itself. "May you always remember that the obstacles on the path are not obstacles...they ARE the path!"

http://www.huffingtonpost.com/2014/02/18/the-9-essential-qualitie_n_4760403.html

Tri Fit Cooks

Brain Foods

- **Antioxidants:** Foods and supplements containing antioxidants (e.g., phytochemicals, catechins) could boost your brain health and longevity. Look for darkly coloured vegetables and fruits.
- **Omega-3 fatty acids:** Found in many kinds of seafood, including salmon, halibut, and scallops, omega-3s have been linked to nerve cell regeneration and reduced brain inflammation.
- **B vitamins:** The messages our brain sends back and forth between our nerves depend on B-complex vitamins. Enjoy dark greens, including spinach, asparagus, romaine lettuce, and black, garbanzo, and pinto beans.
- **Iron:** This helps our blood to supply oxygen to our body. Find iron in foods like spinach, blackstrap molasses, lentils, tofu, broccoli, and Brussels sprouts.
- **Vitamin E:** Taken with vitamin C, vitamin E has been linked to reduced cognitive decline with aging. Incorporate foods rich in vitamin E such as spinach, and broccoli as well as sunflower seeds, almonds, or olives for a dose of vitamin E.

The Gift of Giving

Giving not only helps others, it can also improve your own health and well-being. Studies suggest that engaging in activities that support others and contribute to a common goal can improve mental health and create positive feelings. Acts of kindness and giving; both large and small, give us a sense of purpose and self-worth.

If you are looking for opportunities to give back this holiday season consider **The ShoeBox Project**. The ShoeBox Project collects gifts of little luxuries, packaged in festively decorated shoeboxes, and delivers them to women in shelters across the country for the holiday season. The boxes contain items that women enjoy but would never splurge on in times of difficulty including:

- Hand-knit winter headbands (get the pattern [here](#) or follow the link at the bottom of the page)
- Socks and mittens
- Make up (mascara, lipstick, nail polish)
- Soaps, hand and body lotion, shampoo
- Sweet treats such as chocolate or candies
- Dental care products
- Grocery store gift cards
- Brushes and combs
- Public transit tickets

These gifts brighten the holiday season for vulnerable women and let them know that they are not forgotten. Tri Fit, a sponsor of The ShoeBox Project, has a goal of providing 1000 gift-filled shoeboxes this holiday season. Find out how you and your organization can get involved by contacting your Tri Fit Consultant or ShoeBox Project Coordinator; Tri Fit Co-President Veronica Marsden at veronica@trifit.com. Learn more about the ShoeBox Project by visiting www.shooboxproject.com.



Tri Fit Co-Presidents Veronica Marsden (L) and Sue Pridham get ready to deliver ShoeBoxes.

<http://www.kollabora.com/projects/newbie-knitted-headband>

Upcoming Events



12 DAYS OF FITMAS!

Stay healthy this holiday season with the 12 Days of Fitmas. Sign up for this campaign to receive a daily email for 12 business days, containing fitness and nutrition tips to help you stay well over the holidays. Contact your Tri Fit Consultant for details.

WINNING AT LOSING

Our annual weight loss challenge is only a couple of months away. With a new year comes a new you! January is the perfect time to start leading a healthier lifestyle. This 10 week program gives you the tools to challenge yourself to lose weight and improve your fitness and develop lifelong healthy habits. Contact your Tri Fit Consultant for details.

RECIPE OF THE MONTH

Massaged Kale and Avocado Salad

- 1 bunch of kale – washed & broken into pieces
- 1 avocado, chopped
- 1 lemon, juiced
- ½ tsp garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- dash of cayenne

Place the kale and avocado in a bowl. Pour the lemon juice on and season with garlic powder, salt, pepper, and cayenne. Massage the lemon juice, avocado and seasonings into the kale for 2-3 minutes. Enjoy!