



# The UConn Buzz



## “When I Lost All Of My Excuses I Found All of My Results”

### A New Year Has Begun!



The new year is a great time to focus on goals and aspirations. It's also a perfect time to do some “self evaluation” of where you stand in various categories in your life. How are you feeling about your relationships? Career path? Health? Emotional and spiritual abundance? No matter where you're at with the goals you set for 2015, enjoy the freedom of starting fresh for 2016. Use the following tips to help you formulate some of your goals for 2016:

- Identify your goals and **envision yourself reaching them.**
- **Go at your own pace.** You know what it takes to reach your goals and no one else can identify how long it will take except for you.
- Create accountability.
- **Plan it out**, week by week and month by month.
- **Acknowledge your obstacles.**
- Maintain a **positive outlook.**
- Never be afraid to hit the “reset button” anytime throughout the year to get you back on track.

*Stress, hunger and sleep deprivation can decrease our ability to stick to our goals. Managing stress, keeping your blood sugar stable with **frequent snacking** and **getting a good night's sleep** may help you stick to some of your resolutions!*

As you enter into the new year, **pay attention to the people and things that light up your heart and make you come alive.** Identifying the people and situations that allow us to thrive is a great way to learn what to pursue and cultivate in our own lives.



The secret to accomplishing what matters most to you is committing your goals to writing. This is important for at least five reasons. It forces you to clarify what you want, motivate you to take action, help you filter out other opportunities and see (and celebrate) your progress. One thing that might help you is writing your goals in a letter to yourself, sealing it and opening it in one year. **[Click here for a free email template for a letter to yourself!](#)**

Sources for this newsletter include [webmd.com](http://webmd.com), [mayoclinic.com](http://mayoclinic.com), [mindbodygreen.com](http://mindbodygreen.com) and the National Institute of Mental Health

## Recipe of the Month: Warm Quinoa Kale Salad

### Ingredients:

- 4 cups of kale, removed from stem and rinsed
- 2 tsp. coconut oil
- 1 cup cooked quinoa
- 1/2 cup white beans (rinsed and drained)
- 1 tbs. Tahini (sesame paste)
- 1 tbs. soy sauce or tamari
- Juice of half a lemon
- 1 avocado, sliced
- Salt and pepper to taste
- 1 tsp. honey

### Instructions

1. To prepare the dressing mix together tahini, tamari, lemon juice and honey in a small bowl or cup
2. Heat coconut oil in a pan on the stove. Add kale and sauté for 1-2 minutes, until kale begins to wilt.
3. Add quinoa and stir until warm.
4. Stir in dressing and then serve onto plates. Top with avocado and sprinkle with salt and pepper. Serves 2-4. Enjoy!

TASTY

DETOX

EAT CLEAN

SIMPLE

EAT FOR ENERGY

FOOD FOR

### Taking Steps to Eliminate Sugar: Where to Start

Recent research suggests that too much refined sugar intake may be linked to depression and many chronic diseases. Most of us know we should limit our sugar intake, but what does that really mean? Instead of trying to eliminate it all together, a good place to start is to keep track of how much sugar you're actually consuming. Words such as "beet sugar," "cane juice," "dextrose" or "fruit juice" indicate added sugar in a product. If your intake of added sugar is over about 32 grams per day (the amount in about 1 can of soda), you might want to start making some changes. Test your "sugar smarts" by taking this short quiz here! And beat the winter blues by trying any of these top 5 natural sweeteners!



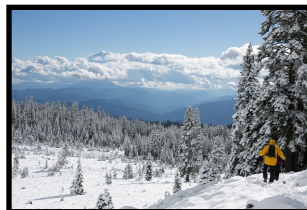
**Last Months Poll:** 60% of people said they are planning on setting some New Years Resolutions!

**This Month's Poll:** What are the top 5 areas of wellness you would like to learn more about this year? [Click here to take the poll!](#)



### Happening At Be Well and Around Town

- **Join the 6 week "2016 Wellness Challenge":**
  - This program will help keep you on track with your 2016 resolutions by having you track and submit your wellness goals. [Click here to learn more and sign up!](#)
- **Looking for an "active adventure" this winter for you and your friends or family?! [Click here for ways to stay active and have fun despite the cold!](#)**



Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from the Ct. Dept. of Public Health. The goal of the program is make the healthy choice the easy choice.

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