

Simplifying Your Life

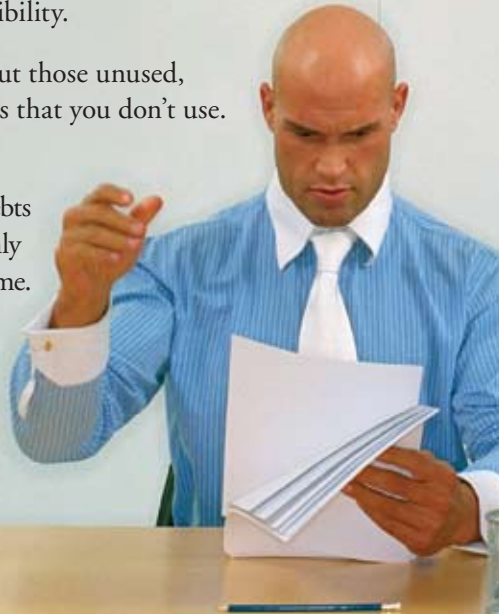


Most of our lives are filled with clutter—stacks of paper, bills, and other should-be-organized stuff. But how does all that clutter affect your time? To illustrate, consider the following example: on a typical workday, a person with a cluttered work area will spend an hour and a half simply looking for things or getting distracted. Over the course of a year, that's a month and a half of lost time. Consider the following suggestions for taking the clutter out of your day.

- ✓ **Cancel subscriptions to magazines you never read.** These just add to your list of things you'd LIKE to do—more importantly, it's a waste of money.
- ✓ **Set up automatic bill payments.** This process will help alleviate late payments, save you time, and save money on postage.
- ✓ **Say no when necessary.** You can't always please everyone, so realize you don't have to take on every project or responsibility.
- ✓ **Simplify your wallet or purse.** Take out those unused, unnecessary credit cards and other items that you don't use. The less clutter, the better.
- ✓ **Consolidate your debt.** Combine your debts and search for one low interest rate. Not only will this save you money, it will save you time.

Organization is not glamorous, nor is it commonly thought of as a time-saver. However, clutter is the companion of inefficiency. Make organization a priority and you'll find time is on your side.

Source: Families and Work Institute



Long-Term Stress Is Bad For Your Health

Some experts think that stress may cause 50% of all disease. Stress contributes to the first and second leading causes of death—heart disease and cancer. It's also a factor in migraines, digestive problems, mental illness, chronic insomnia, fatigue, high blood pressure, asthma, allergies, ulcers, tooth decay, and the common cold.

We're not talking about one incident. It's chronic stress—day in, day out—which can harm your immune system, making you more prone to accidents, illness, and plain old unhappiness.

Many of us have come to accept stress as normal—doesn't everyone complain about how busy they are?

That doesn't make it okay. Take a look at your stress levels, what causes your stress, and what you can do about it.





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

A HEALTHY RECIPE BY RICHARD COLLINS, MD

crockpot CHILI



Measure:

2, 15 oz
1
1
1 tbsp
½ tsp
2 tbsps
1, 16 oz
1, 23-24 oz
1 lb

Ingredients:

chili beans in chili sauce – canned
green pepper – chopped
onion – chopped
garlic powder
crushed oregano
chili powder
tomatoes, canned – drained
tomato sauce
MORNINGSTAR FARMS® Ground Meatless – thawed
salt and pepper to taste

Preparation:

Put all ingredients in a large crock pot. Mix well. Cook on low or 6 to 8 hours. Additional chili powder may be added if you prefer very spicy chili.

Calories 215, Fat 0.5, Carbohydrate 25.3, Cholesterol 0, Protein 15.2, Sodium 939

Number of Servings: 8

Heart Healthy Cornbread

Measure

1 cup
1 cup
¼ cup
1 tsp
1 cup
1
¼ cup
1 tsp

Ingredients

cornmeal
flour
white sugar
baking powder
buttermilk, 1% fat
egg
margarine (regular, tub)
vegetable oil (to grease baking pan)

Preparation

Use 1% buttermilk and a small amount of margarine to make this cornbread lower in saturated fat and cholesterol. Reduce the fat even more by using nonstick cooking spray instead of oil to grease the pan.

Preheat oven to 350 degrees. Mix together cornmeal, flour, sugar, and baking powder. In another bowl, combine buttermilk and egg. Beat lightly. Slowly add buttermilk/egg mixture to the dry ingredients. Add margarine and mix by hand or with a mixer for 1 minute. Bake for 20 to 25 minutes in an 8 x 8 greased baking dish. Cool. Cut into 10 squares.

Nutritional Analysis: Calories 55, Fat 0, Cholesterol 0, Protein 5, Carbohydrate 8, Sodium 148

Source: NHLBI and Office of Research on Minority Health. Heart-Healthy Home Cooking, African American Style.



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