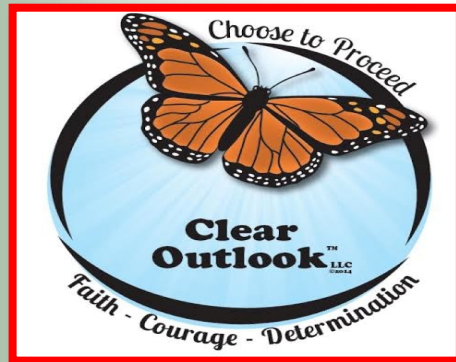


# Clear Outlook TODAY: Health and Happenings



## Happiness is a Habit!

### *A Thought from Marisha*

**WHY:** Life has challenges...happiness reserves are how we meet them with grace. Higher levels of happiness are associated with positive health outcomes and greater resilience to stress. When we are happy, the need for unhealthy behaviors diminishes on it's own accord.

**WHAT:** Also called *subjective well-being*. Each dimension of wellness has different degrees of happiness or well-being.

**WHO:** You are the expert.

**HOW:** You decide and evaluate if your life is going well based on the goals and standards YOU choose.

**FOR:** Creative and flexible thinking is a useful part of the process.

**DID YOU KNOW?** There are scientifically proven interventions to increase happiness. Do one that you are not currently doing (or doing often). Pick one you value, enjoy, and feels natural. Do it regularly.

- |   |                              |
|---|------------------------------|
| 1. Avoid Overthinking and Social Comparison   | 7. Cultivate Optimism        |
| 2. Letting Go                                 | 8. Commit to Your Goals      |
| 3. Self-Care in Mind and Body                 | 9. Develop Coping Strategies |
| 4. Practice Acts of Kindness                  | 10. Express Gratitude        |
| 5. Engage in Challenging/Absorbing Activities | 11. Savor Life's Joy         |
| 6. Practice Religion and/or Spirituality      | 12. Nurture Relationships    |

**START YOUR HAPPINESS PROGRAM DURING THIS HOLIDAY SEASON.  
INCLUDE IT IN YOUR NEW YEAR'S RESOLUTIONS.  
MAKE JANUARY A HAPPY MONTH!**

### **CHECK OUT THESE FUN RESOURCES:**

**Song:** *Happy People* by Little Big Town

**Book:** *The How of Happiness* by Dr. Sonja Lyubomirsky

**Documentary:** *Happy* by Roko Belic

## **SUCCESS HAS A NAME**

### **30 POUND GOAL**

DEAN HEATH

STACY MARK

DARLENE PALMER

CINDY O'BRIEN

DEBRA NELSON

DIANA KUHN

### **60 POUND GOAL**

BETTY BURGESS

PATRICIA HABEGGAR

KATHY CZUBERNAT

HELEN McPHERESON

### **GRADUATE**

ROBIN McKEEL

LINDA CHARLEBOIT

**Commentary on The ACC/AHA 2017 Guidelines  
for High Blood Pressure in Adults.  
By Liz Winet, FNP**



Highlights: Stage one adult hypertension is now 130/80, a decrease from 140/90. This changes the prevalence of hypertension in adults with age-sex adjusted stats from 31% using 140/90 to 48% using 130/90. Life style remains the initial treatment if there is no or low risk for CVD. But, life style changes listed are limited to weight loss if overweight, DASH diet, sodium reduction, potassium supplementation (if safe), increasing physical activity, and reduced alcohol to 1-2 daily. Noteworthy is the omission of relaxation techniques like yoga and abdominal breathing skills. Substances identified that can raise BP in some include alcohol, caffeine, decongestants, NSAIDS, herbals, corticosteroids etc. Now, office BP readings are to be recorded after sitting quietly for 5 minutes without crossing legs to get resting BP. This speaks to the very unstable nature of BP as an absolute target and reliable reflection of average BP.

Although recommendations are for all adults, research studies were weak in the inclusion of women and several demonstrated CVD risk reduction in men but not in women. Women were also twice as likely to suffer side effects of drugs as men. Blood pressure has clear relationships with CVD; however, is it a direct risk factor or is it an indicator of a need for improved coping and to restore stress hormone balance for lower BP. **In other words, is BP the alarm clock and is this guideline trying to turn off the "alarm"? This still leaves excessive overproduction of stress hormones to create CVD risk.**

In summary, the new lower target for hypertension treatment will increase payer and regulatory pressure to prescribe drug therapy, which (especially for women and elderly) could present increased risk of drug side effects. Stress reduction skills just might be the most valuable treatment to reduce BP and associated risk of CVD.

## FROM THE KITCHEN

**Of Sharon Gilbert** Ketosis Approved!

### New Direction Shakes & Pudding Recipes For The Holidays

#### Peppermint Shake

**Ingredients:**

1 New Direction Vanilla or Chocolate Shakes  
1/2 T unsweetened cocoa  
1/8 t peppermint extract or 1-2 drops to taste  
1/4 t cinnamon (optional)  
6 oz of water add 4-5 ice cubes  
5 drops Watkins Red Food coloring in Vanilla Shake  
Buy at Target 100% Natural Vegetable juices & spices



Directions: In a blender add all the ingredients and blend until the ice cubes are crush.

\* read unsweetened cocoa nutrition label and pick one with 0-1 net carb/Tsp Hershey's, Trader Joe's, and Droste brands fit

#### Peppermint Pudding

**Ingredients:**

1 New Direction Chocolate Pudding  
1/8 t peppermint extract or 1-2 drops to taste (optional) if using peppermint candy.  
1/4 t cinnamon (optional)  
6-7 oz ice cold water - ice cubes (optional)



Directions: Add all ingredients in a bowl and stir.

Topping: 1 crush sugarfree peppermint candy (Nice: Walgreen's) made with Stevia Nutritional 1 peppermint carb 5.33 sugar alcohol 5.33 = 0 Limit 1

#### Hot Chocolate Peppermint

**Ingredients:**

1 New Direction Hot Chocolate  
1/8 t peppermint extract  
or 1-2 drops to taste  
1 cinnamon stick (optional)  
8oz of hot water



Directions:

Stir ingredients with the cinnamon stick or without.

#### Egg Nog Shakes

**Ingredients:**

1 New Direction Vanilla Shake  
1/4 t of rum extract (optional)  
1/4 t nutmeg  
1/4 t cinnamon  
6 oz of water add ice cubes to 12 oz.



Directions: In a blender add all the ingredients and blend until the ice cubes are crush.

#### Egg Nog Pudding

**Ingredients:**

1 New Direction Vanilla Shake  
1/4 t rum extract (optional)  
1/4 t nutmeg  
1/4 t cinnamon  
6-7 cold water - ice cubes (optional)



Directions: Add all ingredients and stir.

#### Pumpkin Pudding

**Ingredients:**

1 New Direction Vanilla Shake  
2 T pure pumpkin  
1/4 t pumpkin pie spice  
1/4 t cinnamon  
6-7 cold water - ice cubes (optional)



Directions: Add all ingredients and stir.

Everyday of your Healthy Journey is the greatest Gift to yourself.  
Don't save things for a Special Occasion.  
Reward yourself by eating & drinking from your finest dishes.  
You are Worth it!