



Tips from your PWP

Get Back on Track!

The first two months of the new year have come and gone and your resolutions are a distant memory. We've got a few tricks and tips to help you get back on track to make this your best year yet!

Fitness—*Start keeping a journal of your fitness goals and activity.* Take a few minutes each week to review your progress and pat yourself on the back no matter how small the gain. *Take a picture every four weeks* to see the affects your program is having on your appearance. *Inform your friends and family of your goals* and what you are doing to accomplish them. This plan helps to keep you accountable because you will want to report back with good results. *Utilize the buddy system.* Having a partner to exercise with gives you someone to talk to about your frustrations and helps motivate you to continue so you don't let them down. Adapted from *Go the Distance* by Major Sam McGrath.



Finances—If you are finding yourself a little behind in this area *consider using your tax refund to play catch-up* rather than purchasing that giant new television you've been eyeing. A tax refund can come in handy to pay down credit card debt, help build an emergency fund, boost your retirement savings, build college savings for your kids, prepay for a summer vacation, invest in your home by making small improvements, and/or make charitable contributions to help others. From Kiplinger

Organization—Keep a few of these mantras in mind and you'll be more organized than you thought possible. *One in, one out*—whenever an item enters your home, get rid of an item. *Do not transfer clutter*—Do not take everything from the dining room and move it to the den. Clear excess away as you clean a room. *Make labels, not war*—Mark shelves, bins, and boxes so everyone in your home knows where items go and can help put them away. *Doubles are troubles*—You do not need two can openers or five pairs of tweezers. Toss or donate duplicates. Adapted from *Real Simple*

Healthy Eating—Did you know that *eating fast food can leave you wanting more?* Because it lacks nutrients your body ends up saying, "Keep eating." *Try eating a salad, broth-based soup, protein shake or cut up veggies before a meal* when you know you might be tempted to over-do it. Filling up on low calorie, high nutrient foods first will help you avoid overeating at mealtime. *Plan and shop ahead.* Having a weekly meal plan and nutritious foods in the house will prevent you from grabbing junk food on the fly. Adapted from *usaweekend.com*

Attitude Adjustments—*Strive to be more optimistic and less negative hour by hour every day.* Each time you have an unnecessary, critical thought in your head, consciously stop yourself and replace it quickly with a more positive or emphatic response. For example, if you are driving behind someone who is going too slow and you are starting to get angry and think mean thoughts, take a moment to pause and consider...maybe the person has had a rough day and is upset while driving? Maybe the person had an accident that makes them drive more cautiously now? Maybe the person has a small child they are responsible for in the car? Do your best to see all sides of situations before pointing your thinking in the wrong direction.

The Supportive Friend



Many times in our lives a friend or co-worker turns to us for a listening ear and advice for a situation that is concerning them. Here are a few suggestions for being a supportive friend:

Use active listening skills

- Reflect what the person is saying back to them—“*That sounds like it was difficult for you.*”
- Ask gentle, probing questions—“*What was that like for you?*” or “*What do you think you need to do next?*”
- Avoid communication pitfalls such as giving unwanted advice, lecturing or judging.
- Do not try to become their therapist.

Know your limits and respect them

- Give them your full attention, but within a timeframe that is limited—for example, break time, lunch time, or a brief phone call.
- Maintain your priorities. Be sure to give proper attention to your work and family responsibilities first. This can help avoid frustration that arises when a friend’s needs begin to impinge upon your own.
- Communicate your care in small ways such as a pat on the back, a kind word, or a cup of coffee. Better to do small acts of kindness than promise big things your won’t end up doing or will resent doing.
- Avoid taking over. People can benefit from your help but also need to maintain a sense of control over their own lives.
- Encourage the use of appropriate resources. There are many services in the community to assist people with a variety of problems.

Remember your Pastor Wellness Program is always available to help you (and your co-worker). It's free, professional and confidential.

How to Demonstrate Leadership at Work

Could a leadership position be in your future? There are plenty of ways to demonstrate leadership potential at work to help move you up the ladder. Critical leadership skills include:

- Proactive at thinking ahead to prevent problems on the job
- Being decisive even when faced with uncertainty
- Offering assistance to others
- Being an active listener
- Modeling a good work-life balance
- Working from a “service-oriented” perspective
- Leading by example
- Being willing to take sensible risks
- Showing self-awareness
- Accepting feedback like a pro

Strong leadership skills aren't just about delegating and setting directions. They are about personal competency. Practice these behaviors and others will take notice. *Frontline Employee*

Think Spring!

Brighten your weeknight dinner lineup with **Linguine with Spring Vegetables**, serves 4

- 1 lb. whole wheat linguine
- 1 lb. asparagus, ends removed, cut into 1 inch lengths
- 1 medium zucchini, halved lengthwise & thinly sliced
- 3/4 c sugar snap peas, cleaned and halved
- 1/2-1 c half and half
- 1 T butter, cut into pieces
- 2 T fresh tarragon
- 1/2 c shredded parmesan



Boil pasta as directed on package. Add asparagus, zucchini and snap peas during last three minutes of cooking time. Reserve 1/2 cup of pasta water, drain pasta mixture, set aside. In same pot, warm half and half and butter. Add pasta mixture to pot w/ enough pasta water to create a thin sauce. Season with S & P, top with tarragon and parmesan.