



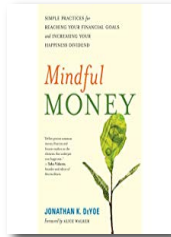
MichelleNardi.online

Do something today that you will thank yourself for tomorrow.

January 2019

Reading Recommendation

Mindful Money
By
Jonathan DeYoe



The Random Acts of Kindness monthly calendar - www.MichelleNardi.online

Topics

Mindfulness
Self-Care
Reading
Life Long Learning
Stewardship
Animal Welfare
Carefree Imagination

Organizational Management

Nutrition
Movement
Random Acts of Kindness
Tasks and Tips - Life Skills

Mindfulness -

We often think of meditation as a solitary activity—and that it's a great opportunity to take some time for yourself, uninterrupted. But if you're craving a change to your usual routine, practicing mindfulness with others can be a simple way to connect with the people in your life, and help motivate yourself and others to meditate more. Form a mindfulness group at work, at the gym, church, school or wherever there are people. A mindfulness community can take many forms, whether it be a meditation session, a mindful book club or even a mindful eating lunch group. Adding mindfulness to your day can help foster a culture of awareness and reduce burnout. Here are a few tips or jumpstarting your own mindful community.

Define the purpose and desired outcome - Why you want to have a mindfulness group is important to know. You may want to reduce stress, have a book discussion, take a break or reinforcement of the benefits of a mindfulness practice...whatever your purpose and anticipated outcome is for the group, make it clear and stick to it.

Be inclusive - There is no limit to the number you should invite to the group. This is not a clique. This is a group with a purpose and when numbers of attendees is too large to manage, simply split the group and help it get started.

Find a qualified resource - The internet can help you find a Mindfulness trainer or pre-recorded sessions. You can rotate meeting leaders and planners or one person can be the facilitator of the meetings content.

It's likely no one will show up for the first few meetings — be prepared to stay in the room and practice as if the room is full.

Be consistent with the offering - Meet at the same time and place and offer a consistent format — it will help people plan as well as build trust that the community will be a reliable resource. Having the meeting is more important than the room the meeting is hosted in. Be realistic, patient, and prepared to adapt meeting structure to fit the needs of the group. Have fun, stick to the subject matter and stay focused.



Michelle

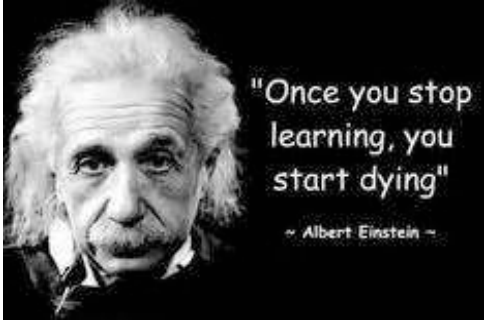
Consulting, Training, and Coaching
Mindfulness Training
Self-Care Training
Stewardship Development
Organizational Management
Eldercare Strategizing
Skill-Set development
Essential Oils

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It is a good day to have a good day.

Happiness can not be far behind a grateful heart and a peaceful mind.





be humble,
be teachable
and always
keep learning

Resilience

Getting to any destination is highly overrated. Whether it's an appointment, getting to work, finishing that paper or project, getting the grade, etc., arriving at the destination is like the punctuation point, or period, marking the end of the sentence. Yes, you've reached the goal— but that is a sliver of your experience. The in-between time is like the entire descriptive sentence. It gives context and color to the destination and tells the complete story of how you arrived and lived.

HOW

1. Begin by identifying your in-between time, such as anytime you are waiting to reach a goal: Walking to get the mail; shopping in a store before checking out; driving on the freeway going to and from work; when the commercial plays on the TV or radio.
2. How do you feel when you're in-between? Create a log of your in-between time moods. Is there boredom, frustration, impatience, or anger?
3. Honor your in-between time by soothing yourself or connecting with others.
4. Smell the roses along the way, so to speak, by noticing pleasant things in your in-between travels— even if you're moving along the hallway in your home.
5. Be curious and flexible as you move toward your destination. If you find something unusual along the way, give yourself permission to honor and experience it.

WHEN

Honor the in-between by letting it be part of the destination. In this way, each step, each in-between moment counts. By savoring your in-between, you will feel more alive and be more present.

It is about the journey not the destination...experience it all, not just the beginning and the end.

Altman, D.101 Mindful Ways To Build Resilience

Life-Skills Tasks and Tips - Resolutions



Curb appeal is something to keep up. Even if you live in a large apartment complex, what someone who comes to your door sees is part of their immediate impression of you. Keep the outside of the door wiped down and dust free. Doorknob and doorbell should be wiped clean regularly. Chips in the door and peeling paint or wood should be repaired by a professional, if possible. Keep your doormat clean and free of debris. Learn how to prune plants and mow lawn properly. Mow the lawn when it is dry but in the coolest part of the day. Mowing blades need to be sharp. Edges need to be trimmed first. Change your mowing pattern every time you mow. Clear sticks and major debris off the lawn before you begin mowing. Make sure you understand that operating a lawnmower improperly can cause serious injury including death. You must always be mindful of your safety when using tools. Always wear hearing and eye protection and tough, closed-toe shoes while mowing. Get an experienced lawn mower to help you with the process the first few times you give it a try. It will build your confidence and cut down time and effort in the long run. Have pride in your home's appearance. REF: Vidakovic, Frances. Life Skills:



- Anticipate a new experience. Think about what you are about to do Why are you doing it? What do you hope to accomplish? And, how can you maximize the experience?
- Engage in the activity and live in the moments of the experience.
- Reflect on the experience after it. What did you learn? Did the activity make sense and is there follow up?



YOU ARE NEVER OUT OF OPTIONS – FIND SOMEONE TODAY WHO WILL HELP PUT OPTIONS IN FRONT OF YOU WHEN YOU CAN'T CREATE THEM FOR YOURSELF.

Animal Welfare



The earth is around 5 billion years old, but modern humans have lived here for only about 200,000

years. We share the earth with many forms of life. There are about 1.2 million species, and it is guessed that this may be only 10 percent of actual species alive today. Living together is the ultimate goal. How we live together is a cultural and environmental challenge.



January - calendar

- National Train Your Dog Month
- Walk Your Pet Month
- National Pet Travel Safety Day
- January 2
- National Bird Day January 5
- National Penguin Awareness Day
- January 20
- National Squirrel Appreciation Day
- January 21



Essential Oils

Oil of Oregano

Strong as heck but it really works. It is an infection fighter and can ease the pain of a sore throat, calm common cold and flu symptoms, kill fungal infections and some drug resistant bacteria and treat a urinary tract infection. Always follow instructions on the bottle. Diluted with a carrier oil, oil of oregano can also be applied to dry skin (not around eyes or sensitive areas). Oil of oregano can be a dreaded friend or a great source of relief. A couple of drops under your tongue will take away your breath but in the morning you won't be sorry.



VALUE OVER VOLUME

Research has shown that multitasking results have mediocre outcomes. By putting too little attention on too many things, you fail to do anything well. However, the answer isn't single-tasking either. Single-tasking is far too slow to help you succeed in today's fast-paced world. Instead, identify the tasks that will create the most value and focus on those. By prioritizing value over volume and sharpening your focus on tasks that truly matter, you'll increase the quality of your work and, ultimately, the value you provide. What to do with all those tasks that didn't make the high-value list? Put them on a "do later" list. If they continually fail to make it to the high value list ask yourself, why do them at all?

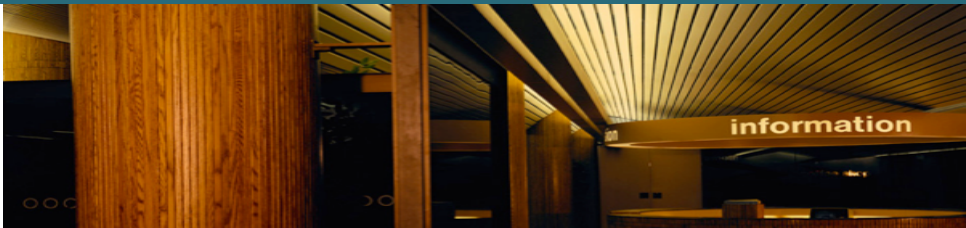


In 2019 it is o.k. not to know...it is not o.k. to not try.

Develop a Growth Mind-set

We spend a lot of time and energy at work trying not to fail. However, most people describe their failures as an important part of learning and growing. Adapt a growth mind-set and accept that failure is part of the process of skill development. People with a growth mind-set feel smart when they're learning, not just when they're succeeding. Don't limit yourself to doing things that you know you can do— you won't grow that way. Instead, try things that are above your ability and set high goals that you aren't sure you can reach. You might surprise yourself and succeed, and if you don't, you will learn something new.

Harvard Business Review. Management Tips: From Harvard Business Review



Pro-motion
Always keep your Dr. informed about your exercise plan and activities.



Move each day...
Time for a fresh start...



Make 30 minutes a day work for you. This is a starting point that can be adjusted when you want more activity time or need to cut back due to health limitations. 30 minutes a day equals 210 minutes a week and the goal is to add activity to each day for the many health benefits the activity will give you. Movement does not have to be dull or sweaty. Think for a minute or two. What would you like to do that makes you move? Then, get moving. List activities that will give you pleasure Here are mine...

1. dancing
2. walking
3. stretching
4. recumbent biking
5. water / spa movement
6. chair yoga and adapted Qigong
7. stretch band practice

How will it work for you? You can try 30 minutes once a day, two 15-minute chunks or 3 ten-minute activities? If you can't move for the whole time, use the inactive part of the time doing breathing practices so that as you build up your activity stamina the time will already be built into your daily schedule. Anything is better than nothing. Let's try it today...Let me know what you are doing, we can cheer each other on. I would love to have the support from you. <mailto:m.nardi@mac.com>



MOVE SMILE REPEAT

Nutrition



Vitamin B
There are eight vitamins in the B family. They are commonly recognized as a group and often work together in the body. This month's article includes information on B6 and B7.



- Thiamin, or vitamin B₁ -
- Riboflavin, or vitamin B₂ -
- Niacin, or vitamin B₃ -
- Pantothenic acid, or vitamin B₅ -

Vitamin B6 (Pyridoxine)
• Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells.



Vitamin B6 is responsible for building up some of the neurotransmitters in the brain that contribute to elevated mood and decreased depression. Good dietary sources of vitamin B6 include chicken, shrimp, beef, liver, lentils, soybeans, nuts, avocados, bananas, carrots, sunflower seeds, wheat germ, and whole-grain. When pyridoxine is in short supply, it leads to irritation, insomnia, nervousness and general weakness, skin changes, such as dermatitis and acne, asthma, and allergies.

Vitamin B7 (Biotin)
• Vitamin B7 plays an essential role in the conversion of fatty acids and glucose into the fuel the body needs for energy.
• It also helps build and maintain muscle tissue, bone marrow and nervous system tissue that the body needs for energy.
• Milk, liver, egg yolk, legumes, nuts, and a few vegetables are the most important sources of biotin.
• Symptoms of deficiency include loss of appetite, nausea, hair loss, and scaly red rash around the eyes, nose, mouth, and genital area.

REF: WAGmob. Nutrition 101





Self-Care

“A cheerful frame of mind, reinforced by relaxation is the medicine that puts all ghosts of fear on the run.”

George Matthew Adams

CALM

Your body mind and spirit suffer when relaxation and calm are not part of your daily life. This year, make letting go a requirement and a daily activity. Do it for yourself and for those you love.

MIND – Become more tolerant. Tolerance creates calm and diminishes anger. Look over what others say when you do not agree with them. Listen with respect and simply place aside combative or disagreeable statements that trigger your want to “make your point.”

BODY – Create a bedtime routine for better sleep. Stick with the same routine. Your mind and body will learn the routine and they will soon know that the routine is the beginning of the sleep process. In a short period of time you will get to sleep sooner and more deeply. In your routine include soothing music and do some deep breathing to unwind.

SPIRIT - Say Aum. This soothing mantra, which comes from Hindu Vedic traditions, is known as the “unstuck sound.” Utter it aloud to produce peace and balance. Start by intoning Aah. Draw out the sound, letting it vibrate within you. Next intone Ooo, without breaking between sounds. Then intone Mmm. Hold the sound until you run out of breath.

AUM is CALM

REF - Skye, Alexander. Self-Care for Life: Find Joy, Peace, Serenity, Vitality, Sensuality, Abundance, and Enlightenment - Each and Every Day



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Stewardship

Dream Big! Even in difficult economic times give to a compelling cause. Look at the big picture and visualize what good your contributions do for others. Look beyond yourself. Set the impossible as a goal. God's only limits are the ones we impose on ourselves by having a lack of faith. When it comes to achieving a Holy purpose – “No” and “I can't” are never acceptable answers.



God's love and friendship is the best gift there is...you always have it. Pass it forward and it will multiply.



Michelle's Kitchen Cards
www.RCI-online.education

Hospice - Learn about Hospice in your area before you or your loved ones need Hospice services. Knowing your options is an important part of planning and better living.

Ted Talk

3 WAYS TO MAKE BETTER DECISIONS BY THINKING LIKE A COMPUTER

by
TIM GRIFFITHS
www.tedtalks.com

