

THE BRIGHT SIDE

ISSUE NO. 3 | JULY 26, 2022

L|E|C|O|M HEALTH

Are you practicing forgiveness?

Forgiveness is hard! Understanding forgiveness is the first step to getting better at practicing it and experiencing greater psychological wellbeing. Now is a great time to start while you have a little assistance from the sunshine and warmth!

Useful tips to when practicing forgiveness:

- ▶ Start with an "Uncovering Phase" – examine and gain a deeper understanding of how a certain offense compromised your life and clarify for yourself who did what and to whom. Then make an inventory of how not forgiving someone has affected you.
- ▶ Think about forgiveness as something you're doing for you – shift your thinking about forgiveness as a favor you're doing for the other person to considering all the ways you might feel free if you're not angry all the time.
- ▶ Engage in some thinking exercises – reframe the incident, thinking about the one who wronged you from their perspective. Developing empathy and compassion by standing in the other person's shoes can help facilitate forgiveness.
- ▶ Do something good for the person who wronged you – taking action is a way to acknowledge forgiveness.
- ▶ Remember that forgiveness can take time – it's a process that doesn't happen all at once, so be patient and kind with yourself. Move at whatever pace feels most comfortable.

"Forgiveness does not change the past but it does enlarge the future." – Paul Boose

Fitness Tip

Have you registered for the 9th Annual LECOM 5K? The great news is you don't have to be a runner! You can choose to participate in the 1-Mile Wellness Walk instead. Sign up now for the Aug. 20 event and make your selection: www.livefitrace.com/lecom5k

Preventative Care Tip

Protection from the sun should include a broad-brimmed hat, broad-spectrum sunscreen that blocks both UVA and UVB light (reapply every few hours, and especially after swimming or sweating), and sunglasses with 100% UV protection.



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



FINANCIAL



ENVIRONMENTAL



SOCIAL

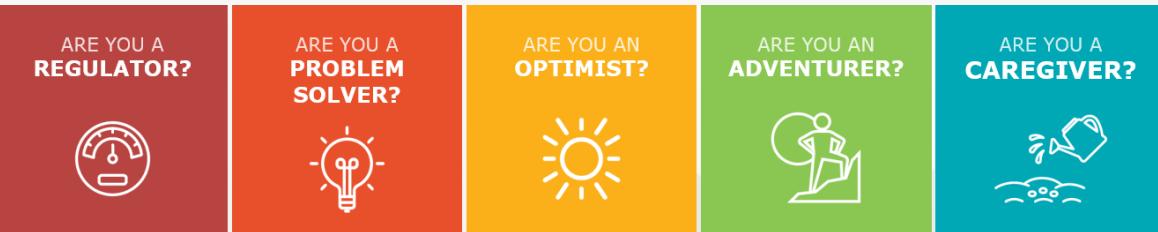


VOCATIONAL

Change your response to stress

Stress may be universal, but your response to it is highly personalized—the sum of not only who you are, but where life has taken you, what you've learned, and how you feel the moment stress hits.

meQuilibrium has identified five ways people respond successfully to stress. Each type has unique strengths and weaknesses, knowing yours can help you appreciate the things you do well and point you toward the skills you need to cultivate. Get started with meQuilibrium and discover your Stress Personality today. Visit getmeq.com/lecom



Try meQuilibrium Today:
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L|E|C|O|M HEALTH

Featured Recipe

Green Quinoa Salad

FOR THE SALAD

- ✓ 2 cups water
- ✓ 1 cup quinoa
- ✓ Pinch of salt
- ✓ 2 cups grape tomatoes, halved
- ✓ 1 English cucumber, chopped
- ✓ 1/2 cup pitted kalamata olives, halved
- ✓ 1/3 cup diced red onion
- ✓ 1/2 cup crumbled feta cheese
- ✓ Kosher salt and freshly ground black pepper, to taste

FOR THE DRESSING

- ✓ 1/3 cup olive oil
- ✓ 2 tablespoons red wine vinegar
- ✓ 1 tablespoon fresh lemon juice
- ✓ 1 teaspoon honey
- ✓ 1 clove garlic, minced
- ✓ 1/4 teaspoon Dijon mustard
- ✓ 1 teaspoon dried oregano
- ✓ Kosher salt and black pepper, to taste

INSTRUCTIONS

Using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes.

Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature.

To make the dressing, whisk together olive oil, red wine vinegar, lemon juice, honey, garlic, mustard, and oregano in a small bowl. Season with salt and pepper, to taste.

In a large bowl, combine quinoa, tomatoes, cucumber, kalamata olives, red onion, and feta cheese. Drizzle the salad with dressing and toss to combine. Season with salt and pepper, to taste. Enjoy!

Resource: two peas & their pod

