

January 3, 2009

Delta Health Watch



Delta Sigma Theta Sorority, Incorporated
Philadelphia Alumnae Chapter
Physical and Mental Health Committee

Welcome to 2009!

Rochelle Beard

The start of a new year presents an excellent opportunity for reflection, renewal, revitalization, and restoration of your mind, body, and soul. This is key to maintaining good physical and mental health by reducing bad stress. Some stress is good and normal. It can motivate you to work hard or react quickly. But stress can be counterproductive to our lives when it occurs too often or lasts too long. It can be linked to headaches, digestive problems, weight management, heart conditions, hypertension, back pain, or trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school.

Reflect

Take a moment to reflect on

your life. Evaluate your past to take action on your present and impact your future - What choices and actions did you make that were good and bad? What could you do differently? How do your beliefs and standards impact your life and others? Is it working for you? What are you grateful for...what are your blessings?

Renew, Revitalize, and Restore

After a year of the daily rigors of life – managing work, family, problems, helping others, and taking care of self, it is important to “take a moment”. Retreat to deepen perspective, gain understanding, and revive spirit. As our lives become faster, increasingly complex, and more demanding, reducing stress levels and maintaining a healthy mind and body is critical for our physical and mental well-being. Whether you take a formal retreat or simply unplug at home, escaping from everyday distractions can help restore balance to your life.

Respond

A new year can be a great time for a new beginning. Change can happen if you want it...if you are dedicated to making it happen. You can resolve to make realistic steps towards goals to make needed improvements. Take it one day at a time...“What can I do today to bring about the change I desire?” Research shows that it takes 21 days to develop a habit.

So after a period of retreat where you reflect, renew, revitalize and restore, decide what you want or need to do to improve your life and/or others. Make it clear and be careful not to bite off more than you can chew. Rather, commit to 1 thing at a time. Revisit where you are. Retreat periodically to analyze how you are doing. Continue or change course as needed. Chances are, by December you will find that you have lived a more stress-less life of significance.

Inside this issue:

Welcome to 2009 1
Cut the Clutter, Open the Mind 1
Sun-dried Tomato
Turkey Burgers 2
Bookmark: Juggling
Elephants 2

Upcoming topics:

February:

Cut the Clutter to Open the Mind

January is Get Organized Month sponsored by the National Association of Professional Organizers. Have you seen Clean House, the TV show on the Style Network? A clean house can lead to a clear mind which can lead to a more stress-less life in 2009. Clear the clutter

At Home

- Bring order, calm, and control.
- Save money by organizing your bills, shopping, and clothing.
- Get more done in less time.
- Find what you need and need what you find!

At Work

- Bring structure, logic, and control to your organization, at any level.
- Optimize workflow to increase productivity, reduce stress, and heighten profitability.

Sun-dried Tomato Turkey Burgers

This month's recipe comes from the Kripalu Center for Yoga & Health. The largest and most established educational retreat center for yoga and holistic living in North America, this nonprofit educational center in Stockbridge, Mass. more than 28,000 people a year to its campus. Kripalu means 'compassion' or 'grace'. The center offers more than 700 experiential programs in the breathtakingly beautiful Berkshires of western Massachusetts. But regardless of the specific program, the results are similar: rest, reflection, and rejuvenation. The center's mission is to help people produce more balance in their lives and feel more alive from the foundation of a yoga practice. I have had the pleasure of visiting and highly recommend it as a regular place for retreat and renewal and personal development for a healthier more wholesome lifestyle. One of the highlights is its natural and organic dining. Visit kripalu.org.

Makes 4 burgers.

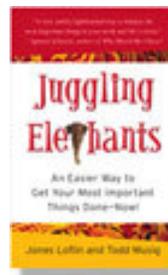
1 pound ground turkey meat
 ¼ cup sliced sun-dried tomatoes
 2 tablespoons extra virgin olive oil
 1 tablespoon balsamic vinegar
 2 tablespoons chopped fresh basil
 1 clove garlic, minced
 1 shallot, minced
 1½ teaspoons Dijon mustard
 Pinch salt
 Pinch black pepper

Soak sun-dried tomatoes in the olive oil until soft. Drain excess olive oil and save to use for another meal (in a salad or stir-fry). Slice tomatoes into thin strips. Combine ground turkey with rest of ingredients and form into patties. Grill, pan sear, or bake in the oven until done throughout. Enjoy any way you like them. with salsa or chutney.



Bookmark: Juggling Elephants

Review of the book by Jones Loflin and Todd Musig



In the same vein as books like *Who Moved My Cheese*, *Juggling Elephants* is a lighthearted guide for persons managing the universal problem of having several things to do, numerous priorities, a great deal of stress, and too little time. It can help you better focus your time and energy, so you'll be able to enjoy more of the things that are important to you. Above all, it teaches you how to run your circus instead of letting the circus run you.

I came across the book by chance but it was oh-so relevant with perfect

timing. As the Dynamic Deltas we strive to be, I thought it was particularly fitting for our personal, professional, and Delta lives (not to mention the connection to our beloved "elephant"). In order for us to have the greatest impact, accomplish all that we are called to do, maintain our lifetime commitment, and to manage these things most efficiently and effectively, being able to juggle elephants is crucial. Key points follow.

- A. The result of trying to juggle elephants is that no one, including you, is thrilled with your performance
- B. The ringmaster can not be in all three rings at once.
- C. The key to the success of the circus is having quality acts in all three rings.
- D. There is no shortage of acts for the circus.
- E. The relationship between the ringmaster and the performers affects the quality of the circus.
- F. Intermission is an essential part of creating a better circus performance