

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



SEVEN STEPS FOR MAKING YOUR NEW YEAR'S RESOLUTIONS STICK

Maybe you plan to ring in 2021 with a new resolve to quit smoking, lose weight, and exercise more, to not sweat the small stuff. And maybe these resolutions sound familiar — maybe just like the ones you made a year ago!

So how can you ensure that your determination to get healthier in 2021 sticks around past Valentine's Day? By creating new habits.

Creating new habits takes time and energy. A new behavior won't become automatic overnight, but you may enjoy some of its benefits fairly quickly. So, keep nudging yourself in the direction you'd like to go. And try the following seven tips to help you create long-lasting change.

- 1. Dream big.** Audacious goals are compelling. Want to compete in a marathon or triathlon? Lose 50 pounds or just enough to fit into clothes you once loved? With perseverance, encouragement, and support, you can do it.
- 2. Break big dreams into small-enough steps.** Now think tiny. Small steps move you forward to your ultimate goal. Look for surefire bets. Just getting to first base can build your confidence to tackle — and succeed at — more difficult tasks. Don't disdain easy choices. If you start every plan with "Make list," you're guaranteed to check one box off quickly.
- 3. Understand why you shouldn't make a change.** That's right. Until you grasp why you're sticking like a burr to old habits and routines, it may be hard to muster enough energy and will to take a hard left toward change. Unhealthy behaviors like overeating and smoking have immediate, pleasurable payoffs as well as costs. So, when you're considering a change, take time to think it through. You boost your chance of success when the balance of pluses and minuses tips enough to make adopting a new behavior more attractive than standing in place.

To read all steps, visit <https://www.health.harvard.edu/staying-healthy/seven-steps-for-making-your-new-years-resolutions-stick>

CURRY CHICKEN

Ingredients:

- 3 tablespoons **coconut oil** separated
- 1/2 **medium yellow onion** diced (~1/2 cup)
- 3 cloves **minced garlic** (~1 and 1/2 teaspoons)
- 2 tablespoons **finely minced ginger** (from a 1 and 1/2 inch piece)
- 2 teaspoons **yellow curry powder**
- 3 tablespoons **red curry paste** (I use Thai Kitchen; reduce or increase as desired for spice levels)
- 2 teaspoons **ground coriander**
- 1 large **red bell pepper**
- 1 lbs **boneless skinless chicken breast** or thighs, cut into 1" pieces
- **Fine sea salt and freshly cracked pepper**
- 1 can **full-fat coconut milk** (NOT lite)
- 1 tablespoon **lime juice**
- 1-2 tablespoons **brown sugar**
- 2 teaspoons **fish sauce**, optional
- 1/4 cup **cilantro and/or basil** diced
- **Serve over/with: cooked basmati rice and naan bread with additional lime wedges**
- **Optional: chopped peanuts or cashews**



DIRECTIONS:

1. Start by prepping ingredients: Dice the onion, mince the garlic, and mince the ginger. I peel the ginger with a spoon or vegetable peeler and then finely mince it. Thinly slice the red bell pepper into long vertical strips and then cut those strips in half horizontally.
2. Heat 2 tablespoons coconut oil in a large deep skillet over medium-high heat. Add the onion and sauté for 3-5 minutes or until onions begin to turn golden. Add the garlic and ginger; stir to coat everything with the oil. Lower the heat to low and add in the curry powder, red curry paste, and coriander. Stir often for 2-3 minutes or until lightly toasted and fragrant.
3. Return the heat to medium high. Add in the remaining 1 tablespoon coconut oil and the red bell pepper. Stir for 1-2 minutes and then add in the bite-sized pieces of chicken. Sprinkle on salt and pepper to taste (I add 1 teaspoon fine sea salt and 1/2 teaspoon pepper). Cook, stirring often for about 4-5 minutes or until the chicken is browned on both sides, but not cooked through.
4. Pour in the coconut milk, lime juice, and brown sugar (to taste; I start with just 1 tablespoon). Stir until chicken is cooked through (juices run clear and it is cooked to 165 degrees F) and curry is slightly thickened (See Note 1). If desired, stir in the fish sauce.
5. Serve over rice and/or with naan. Garnish individual plates with cilantro, basil, and/or crushed peanuts/cashews. Serve additional lime wedges by the side if desired.

<https://www.chelseasmessyapron.com/coconut-chicken-curry/>

"Build a strong mindset, the body will follow."

-Unknown

Live Webinars

Wellness at your fingertips!

WellnessWorks Live Weekly Webinars:

- Jan. 12 [Common Nutrition Mistakes that Exercisers Make](#)
- Jan. 13 [How to Change Patterns of High-Stress Living](#)
- Jan. 14 [Should I Trust the New COVID Vaccines?](#)
- Jan. 19 [Make these your top New Years resolutions for the new year](#)
- Jan. 20 [Vitamins: What to Know about your Daily Dose](#)
- Jan. 26 [Eye Strain: New WFH \(WAH\) Health Concern](#)
- Jan. 27 [Here come the new dietary guidelines for Americans: 2020-2025 edition](#)
- Jan. 28 [7 Healthy Habits: Do It or Skip It?](#)

Check out WellnessWorks & EAP channel for pre-recorded videos on Exercise, Stretching, Meditation and Wellness Tips for Miami Dade County Employees:

[Wellness on Demand](#)

[Emotional Wellness on Demand](#)

JOIN THE HAPPINESS CHALLENGE

Make improvements in your overall health for 2021.

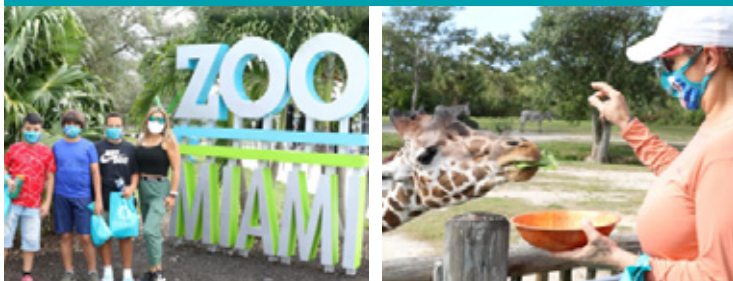
If you have any questions

[CLICK HERE](#)

To join visit: <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>



HEALTHY SELFIE



MDC employees represented their Walk Around the World teams and enjoyed a fun day at Zoo Miami for the Walk Around the World 2020 Finale event, hosted by MDC WellnessWorks.

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

What makes a selfie healthy? Activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to wellnessworks@miamidade.gov.

LOVE YOUR HEART STEP CHALLENGE



Get a healthy Jumpstart for 2021 and show your heart some love by joining the Love your heart Step Challenge.

The Challenge 150,000 Steps Over 4 Weeks

- Registration opens February 1
- The Challenge runs Feb 7– Mar 6, 2021

To register or for more information visit

www.HealthyRoads.com

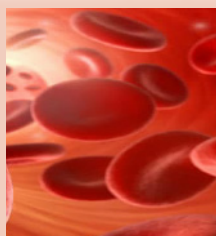
2021 WALK AROUND THE WORLD POLE TO POLE CHALLENGE HAS KICKED-OFF



Our twenty-four teams are off on the quest to win the title of Winning Team for 2021 Walk Around the World Pole to Pole Step Challenge. The teams of twenty are set to travel the globe with stops that include the North Pole and South Pole. WellnessWorks invites you to send virtual cheers to your department's team/s. You may email cheers and motivational messages to wellnessworks@miamidade.gov, be sure to include in the subject line: Cheers to and the departments name, which will be shared in the weekly communication to all teams.

Departments included: WASD, HR, RER, ITD, PROS, Avaition, MDR, JSD, MDPLS, CITT, CAHSD, ME, CUA, AMS, FIN.

NATIONAL BLOOD DONOR MONTH—JANUARY 2021



According to the American Red Cross, winter is "one of the most difficult times of year to collect enough blood products to meet patient needs." That's because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That's just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, "blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma." Let's learn more.

Click the link <https://nationaltoday.com/national-blood-donor-month/>