



**THE WELLNESS
CONNECTION**

RESTORING HEALTH & RELIEVING DISCOMFORT

We need to strive to maintain physical and mental well-being during the colder months. This involves strategies like prioritizing sleep, as shorter days can disrupt natural sleep-wake cycles. Nourishing the body with a balanced diet rich in vitamin C and D is crucial for boosting immunity and combating seasonal affective disorder. Regular exercise helps maintain energy levels and improves mood. Staying hydrated is important, even though you may not feel as thirsty in the cold. Create a cozy and inviting atmosphere at home with warm lighting, soft blankets and calming scents to give a sense of comfort and relaxation.



The Perfect Winter Meal

Soups can be a healthy addition to your diet when they are packed with vegetables, which provide essential vitamins, minerals, and fiber. They can also be a good source of protein, when using beans, chicken and lean meats. However, many canned or packaged soups are high in sodium, which can contribute to elevated blood pressure, increase the risk of heart disease and promote inflammation in the body. This winter, try making your own soups so that you can keep the salt to a minimum.

Heart-Healthy Soup

Add 2 Tblsp olive oil to a 5-quart pot over medium heat. Add 2 lbs 95% lean ground beef, 1 chopped medium onion, 4 stalks chopped celery, 4 chopped carrots, and 4 cloves crushed garlic. Cook until the meat is browned, 7 to 10 minutes, stirring occasionally. Add 6 cups low-sodium beef broth, a 14.5 oz can of no-salt diced tomatoes, a 15 oz can of no-salt tomato sauce, 1 lb fresh green beans (cut into 1 in-pieces), 2 tsp. Italian herb seasoning and ½ tsp. black pepper. Bring to a boil, then cover. Turn down to simmer and cook until vegetables are tender, 15-20 min. Turn off heat and stir in ½ Tblsp. red wine vinegar.

Did you Know???

One in twenty people suffer from seasonal depression in the United States; and in Northeast Ohio, that number is even higher. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation up with the tips in our latest blog:

<https://thewellnessc.com/blog>

Open Therapy Hours: 8-11a.m. M-F and 3-6p.m. M-TH

Initial Consultation & Sessions for new clients are by appt: Call 440-796-2179
thewellnessc.com 8353 Mentor Avenue Suite 10 Mentor, OH 44060

