



Connections...

We all think we know how to take good care of ourselves: eat our veggies, work out and try to get enough sleep. But how many of us know that our social connections are just as critical?

Do we live in an age of superficial social ties, incapable of genuine human connection? Our Facebook friends may seem to do little more than bombard us with trivial status updates. Texting, chatting, and tweeting appear to have dumbed down our conversations to quick, shallow exchanges.

There's no question that the digital age has changed the way we relate to one another, sometimes to our detriment, as MIT psychologist Sherry Turkle has argued in her book *Alone Together*. Though many of us can count Facebook friends into the thousands, research suggests that loneliness is rampant in the United States—we have fewer close friends than we did a generation ago—and takes a severe toll on our health.

Social connection is the experience of feeling close and connected to others. It involves feeling loved, cared for, and valued, and forms the basis of interpersonal relationships. "Connection is the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship."

Social relationships—both quantity and quality—affect mental health, health behavior, physical health, and mortality risk. Sociologists have played a central role in establishing the link between social relationships and health outcomes, identifying explanations for this link, and discovering social variation (e.g., by gender and race) at the population level.

People who feel more connected to others have lower levels of anxiety and depression. Studies also show they have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them. In other words, social connectedness generates a positive feedback loop of social, emotional and physical well-being.

But we have always built our lives across a range of social ties, from loose acquaintances to lifelong partners. Each of these types of ties, strong and weak, has the potential to help as well as harm us, and each can be enjoyed or abused. These ties are the building blocks of "social capital," which researchers define as the tangible and intangible benefits we get from our web of contacts, coworkers, friendships, family, and more.

Cherish your human connections: your relationships with friends and family. - Joseph Brodsky

Women Empower Women

Back in the day, competition between women became more prominent because things were fewer and harder to come by. These things included jobs, money, security, quality of life, husbands and even friends. As a result, women began to compete in an effort to stand out, when they should have been rooting for each other all along. Thankfully, we've realized this power and the world of women is starting to become more compact.

It is so silly that women would feel the need to compete because it's pretty obvious that this method doesn't get you anywhere. Instead, there's extreme power in building each other up and learning to collaborate. I think the old stereotype of women up against one another must fall away. These days, our sisterhood is too strong for that. We are meant to collaborate because this is a sustainable strategy that in turn benefits us all.

It's kind of like a club where we all have a safe place and feel like we belong. The funny thing that you realize when working closely together with other ladies is just how much stronger it makes you feel.

Partner Workout

Squat with Rotation



Pushup with High-5



Pistol Squat



Leg Throws



Oblique Twist



Bridge with Tricep Dip



Do each exercise for 1 min each with 30 sec rest between each exercise x 5 rounds

Essential Oil Skin Care Recipes from Mom's Mini Retreat

How to make your custom face oil:

Yield 1 oz - Ingredients: 1 ounce of carrier oil & 1-2 drops of essential oil

For every ounce of carrier oil, add 1-2 drops of essential oil. If you're feeling adventurous you can use 2-3 carrier oils that address different skin needs. Carrier oils can be mixed with equal parts in the same jar.

Be sure to use a glass bottle to store your custom face oil. Darker color glass protects the integrity of the oils, so the darker the better. Store in a cool, dry place.

Create your own facial mist spray:

2 ounces of water and 10-20 drops of essential oil.

Make a DIY toner by filling a 3-ounce glass bottle with witch hazel and adding 10-15 drops of oil. Shake before applying with a cotton ball.

Create Soaking Bath Salts:

Start by adding 1 teaspoon of baking soda to a 1/2 cup of Epsom salt.

Next, add 8-10 drops of your favorite essential oil to the mixture. Close the lid and shake well. Fill up the rest of the bottle and add a few more drops of essential oils on top. Shake again.

Create your own Face Wash:

Get a medium sized bowl and dump in 1/4 cup of coconut oil. Now add 4 drops each of tea tree, lavender and geranium essential oils. Use a whisk to beat your mixture into a fluffy white cream. Store in glass jar.

Recipes from Grillin' Meal Prep Party 5/19

Italian Flank Steak Pinwheels

Ingredients:

1½ pounds flank steak, trimmed of fat

Marinade (¼ cup extra virgin olive oil, ¼ cup red wine vinegar, 1 teaspoon minced garlic, 2 tablespoons finely chopped fresh parsley, ¼ teaspoon black pepper)

¼ teaspoon salt

¼ teaspoon black pepper

2 teaspoons garlic powder

5 wedges Swiss garlic and herb spreadable cheese

2 tablespoons Italian seasoning

1½ cups baby spinach

½ cup sundried tomatoes, oil drained and diced

6 (12-inch) strips Butcher's twine

Instructions:

Place the flank steak on a large cutting board between two sheets of plastic wrap and pound thin (about ¼-inch thick) with a meat mallet, then transfer to a gallon-sized resealable bag.

In a small mixing bowl, whisk together the marinade ingredients and pour into the bag with the flank steak. Seal and shake around to coat. Refrigerate for at least 1 hour.

Lay the marinated flank steak flat on a large cutting board and season both sides with salt, pepper, and garlic powder.

Spread the cheese all over the top surface of the meat, then sprinkle the Italian seasoning over the cheese. Spread the spinach and sundried tomatoes over the Italian seasoning.

Starting with the longer edge, tightly roll the flank steak up and tie it with 7 pieces of butcher's twine, making eight 1-inch pinwheels. Slice between the twine, making 6 equal-sized pinwheels and 2 uneven end pieces.

Wrap and freeze.

Thaw before cooking.

When ready to cook, heat an outdoor grill or indoor grill pan to medium-high heat.

Grease the grill and cook each pinwheel for 5-8 minutes on each side, or until desired doneness.

Let rest for 5 minutes, then remove twine before serving.

Nutrition: 313 calories per pinwheel – 21g fat, 6g carbs, 24g protein



Caribbean Grilled Salmon Kabobs

Ingredients:

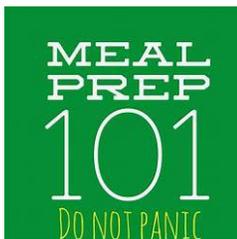
- 1 lbs. fresh salmon (skinned), cut into 1" cubes
- 2-3 cups of fresh pineapple, cut into 1" cubes
- 1 red onion, cut into 1" cubes
- 15 mini bell peppers (assorted colors), may need to half some depending on size
- 2 tablespoons Cajun seasoning spice
- 1 teaspoon garlic powder

Instructions:

- Soak wooden skewers in water for 15-30 minutes.
- Pat Salmon dry and cut into 1" cubes.
- In a small bowl mix Cajun seasoning spice and garlic powder, stir with a spoon.
- Season both sides of the salmon cubes with Cajun spice blend. Gently rub the seasoning in to make sure it sticks to the salmon.
- Alternate the red onion, pineapple, bell peppers, and salmon on the skewer until it is full. Repeat process.
- Thaw kabobs
- Preheat grill to medium high heat or 400 degrees.
- Spray grill grates with PAM or rub down with olive oil.
- Place salmon kabobs on grill and cook for 2-3 minutes per side.
- Remove from grill and serve!
- Nutrition: (1 1/2c) 366 calories – 13g fat, 37g carb, 33g protein



Upcoming Events



Monday, June 3rd @ 6:30pm

Meal Prep 101



Sunday, June 9th @ 4pm

Meal Prep Party



Saturday, June 22nd @ Noon

Girlfriend Getaway-Mini Retreat

For more information on upcoming events log onto Beyondpersonaltraining.org or check out Beyond Personal Training on FB