Hello Summer, Hello New Goals

July 1st marks the halfway point of 2021. Now is a great time to set some new goals and adjust old ones. We are sure 2020 did not go exactly as you thought it would, but what can you take away from it? What did the past 18 months teach you about yourself? Use this as motivation to take charge of the changes you want for yourself this summer.

Our topics in this month's issue will help to set you on the path to success. Enjoy outdoors and summer celebrations safely with great tips and recipes. Combat negative self-talk and get centered with Yoga and meditation practice. Keep calm and enjoy summer!
SUN SAFETY: PROTECT THE SKIN YOU'RE IN

Skin cancer is one of the most common cancers in the U.S. Too much sun exposure also puts you at risk for aging skin, eye damage and sunburn. Stay safe this summer with:

SB'S TOP 5 SUN SAFETY TIPS
1. Get Your Sunscreen Right: Be sure you are using a broad spectrum with both UVA & UVB.
2. Be Sure to Rescreen: Reapply at least every 2 hours you are in the sun.
3. Give Yourself a Break: Seek shade and indoors regularly to avoid sun and heat overexposure.
4. Nourish and Hydrate: Eating a nutrient dense, clean diet and staying hydrated allows your skin to better protect itself.
5. Protect your eyes: Wear protective clothing, hats and especially sunglasses when in the sun. Be sure your sunglasses are labeled as UV400 rating or 100% UV protection.

KEEP YOUR COOL WITH THESE HEALTHY SUMMER RECIPES

Beat the heat and enjoy your 4th of July and summer celebrations with these creative and healthy treats. These are sure to cool you off and help you avoid temptation for the unhealthy treats.

1. Watermelon Slushies: Simply puree and freeze these ahead of time for a lower calorie slushy free from the added sugar, dyes and chemicals.
2. Frozen Yogurt Dots: With just fresh fruit and Greek yogurt, these small frozen treats pack a ton of taste. Enjoy a serving of ten for only 50 calories and 3 grams of sugar!
3. Tangy Cucumber Soup: Enjoy this delicious soup chilled. It is refreshing, healthy and very simple to make in the blender.

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NEGATIVE SELF-TALK & THE TOXIC EFFECT IT HAS ON YOU

Most people experience negative self-talk from time to time and we all have an inner critic. This inner voice can be helpful in making important decisions and in motivating you to make healthy choices. However, it can also become harmful to your health and cause significant damage to your well-being.

Negative self-talk is any inner dialogue that limits your ability to believe in yourself. It is thoughts that diminish your ability to make positive changes in your life. Negative self-talk can not only be stressful, but it can really hinder your overall success.

Become more aware of your self-talk and take the steps in our FULL ARTICLE. Change your thoughts, which will eventually become your beliefs, which will become your reality.

"MINDSET: WHAT YOU GIVE POWER TO, HAS POWER OVER YOU IF YOU ALLOW IT. IT ALL BEGINS AND ENDS IN YOUR MIND."
POWER OF RELAXATION

BENEFITS OF YOGA & MEDITATION

In today’s busy and fast-paced world, the power of slowing down is becoming more and more popular. Many days can leave you feeling stressed, achy, anxious, exhausted and mentally drained. Just some of the proven benefits of Yoga and meditation include stress relief, pain relief, improved physical fitness and enhanced mood and energy. It simply makes sense that adding some type of regular practice to your routine would improve your quality of life.

"Yoga adds years to your life and life to your years."

Reasons you will benefit by giving Yoga and meditation practice a chance:

1. **Reduce Anxiety and Stress**: Increased cortisol in response to high stress has been shown to be lowered by consistent practice.

2. **Improve Self-Awareness and Self-Esteem**: Change your negative self-talk by becoming more connected with your body and mind.

3. **Improve Breathing and Cardiovascular Health**: Yoga has been shown to have numerous positive benefits to overall cardiovascular health.

4. **Sharpen and Center Mental Focus**: The practices teach you to calm the mind and stay more present and intentional in your thoughts.

Check out the SB Team’s favorite Yoga poses we shared for #InternationalDayofYoga last month.
MINDFULNESS AT WORK: INTERACTIVE SESSIONS TO BENEFIT ALL

"Taking the stress management class was very good and giving us hope and encouragement in a time full of stress and unknown was a great recipe for peace and calm. The meditation on patience was my favorite and has helped me to stay positive. I'm grateful for your encouragement." - Sharon

Many of you have participated in our in-person or virtual mindfulness sessions. We love bringing these to the workplace and have been amazed at the growing interest in this service. People are more willing and open than ever to learn more on this topic. We know the value in putting stress breaks, mindfulness practice and meditation into your day. It brings us joy to get to share these techniques with others and we are grateful so many groups and individuals are open to it. We thank you for your participation in these sessions and we encourage everyone to keep seeking new ways to incorporate these types of techniques into your day.

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"Our life is shaped by our mind. For we become what we think." - Buddha

HAPPY 4TH OF JULY!