

# HDHeartbeat

A Health Designs Newsletter



## Wellness Focus: 31 Days to a Healthier You

Even though there are just a few months left in the year, that doesn't mean we can't create new goals. Anything that can positively impact our lives shouldn't be put off starting on Monday or on New Year's Day. In fact, the simplest and most effective way to improve your well-being is by starting small with habit building. We all have habits that are a part of our daily lives; from getting up in the morning and brushing our teeth to exercising five days a week. In layman's terms, a habit is a repeated action that becomes an automatic behavior that we do not have to think too much about. Positive habits can have a large

impact on your wellness.

- Increase efficiency by freeing up brain space.
- Promotes regularity and stability, leading to more predictable routines.
- Helps us to achieve our goals, one small step at a time.
- Supports and improves our health and wellness.
- Reduces our stress because of a predictable routine that does not require a lot of thought or energy from us.
- Develops and improves a new skillset.

What positive habit do you want to develop in the next 31 days?

### IN THIS ISSUE

WELLNESS FOCUS:  
31 DAYS TO A  
HEALTHIER YOU

THE CONNECTION  
BETWEEN SLEEP,  
NUTRITION, AND  
OVERALL WELLNESS

HOW TO  
INCORPORATE  
WELLNESS  
PRACTICES INTO  
YOUR DAILY ROUTINE



## The Connection Between Sleep, Nutrition, and Overall Wellness

It's no secret that both sleep and a balanced diet are essential for our overall health and wellness. We hear about it every day whether it's from news articles or the newest health and wellness trend on social media. But did you know that there is a connection between our sleep and our diet?

Our eating habits influence our sleep quality by influencing neurotransmitters, hormones, and digestion. These chemical messengers help manage our body's natural clock, also known as Circadian rhythm.

When you eat can also impact your sleep quality. Sleep requires the body to divert energy to total body restoration. Eating dinner

too close to bedtime slows digestion causing food to sit in your stomach longer than usual. The likelihood of acid reflux and indigestion increases, leading to disrupted sleep. Aim to eat the bulk of your meals earlier in the day.

On the flip side, not enough sleep is linked to weight gain. Studies suggest that shorter sleep durations disrupt our appetite hormones, ghrelin (hunger) and leptin (satiety). Poor sleep causes an increase in ghrelin and cortisol production, leading to poor food choices to stay awake and our body storing excess energy in the form of fat tissue.

## Chili Lime Bean Salad

- 15 oz can chickpeas, drained
- 15 oz can black beans, drained
- 1 cup frozen fire roasted corn, thawed
- 1 cup cherry tomatoes, halved
- 1/2 small red onion, finely diced
- 1/4 C cilantro, minced
- 1 avocado, cubed

For Dressing:

- Zest of one lime
- Juice of 2 limes
- 2 tbsp extra virgin olive oil
- 1 tbsp maple syrup
- 1 large clove of garlic, crushed
- 1/2 tsp cumin
- 1 tsp chili powder or Tajin
- 1 tsp smoked paprika
- 1/4 tsp salt



1. In a medium mixing bowl, combine beans, corn, tomatoes, red onion, and cilantro.
2. In a separate cup or bowl combine lime zest, lime juice, oil, maple syrup, and remaining seasonings. Whisk the vinaigrette together and pour dressing over beans and gently toss everything together to coat.
3. Place beans in the fridge to chill for at least an hour before serving. When ready to serve, mix in your avocado and make sure to toss again, then enjoy!

## HD MONTHLY CHALLENGE

In the next 31 days how will you take charge of your wellness? What small habits will you begin incorporating into your daily routine today for a brighter future tomorrow?



## How to Incorporate Wellness Practices Into Your Daily Routine

The time needed to build a habit varies from person to person. In fact, one study suggests that it can take anywhere from 18 and 254 days to build a habit. This study also found that it takes an average of 66 days for a habit to become automatic: requiring little to no thought on our part to complete the task. Much like most things in life, the key to positive habit building is consistent practice. So, if you are looking to start building small habits this month, then try some of these tips for success.

- Preplan- What positive habits would you like to adopt or be made into a behavior? Take your time with this one and break out that journal to jot down your ideas.
- Prioritize your habit. Use a daily planner to map out your days. After the big things are done, like going to school or work, cooking your meals, family routines, etc, how much time do you have left in the day?
- If you're pressed for time, you can try habit stacking. This is when you pair a new habit with a habit you already have. For example, every day you might call your mom or your closest friend after work to decompress. Try taking your call on the go and go for a walk while you talk.
- Let's face it, there are some healthy habits that we just don't enjoy doing. This is where temptation bundling shines; try pairing unfavorable positive habits with activities you already enjoy doing.

### CREATING A HOLISTIC WELLNESS PLAN THAT WORKS FOR YOU

As the saying goes, "If you fail to plan, you plan to fail!"

Planning is crucial for anything in this life, and our health and wellness is no exception. Want to learn more? Click on the icon below to be taken to our newest blog where we discuss the necessary steps to create your own holistic wellness plan.

