

# hapitimes



## Meditation Benefits for Mind and Body

Meditation is a mind-and-body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind-and-body practices focus on the interactions among the brain, mind, body and behavior.

There are many types of meditation, but most have four elements in common: a quiet location with as few distractions as possible; a specific, comfortable posture (sitting, lying down, walking or other positions); a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath); and an open attitude (letting distractions come and go



naturally without judging them).

Some research suggests that practicing meditation may help reduce blood pressure, anxiety, depression and insomnia. Meditation is generally considered to be safe for healthy people.

*Sources: National Institutes of Health; National Center for Complementary and Integrative Medicine*

## It's National Nutrition Month Try These Tips for Boosting Healthy Eating Habits

Replacing less-than-healthy habits with those that lead to better health is do-able if you take it one step at a time. Check out these tips to help you get started:

- Eat more slowly. If you eat too quickly, you may “clean your plate” instead of paying attention to whether your hunger is satisfied.
- Eat only when you're truly hungry instead of when you are tired, anxious or feeling an emotion besides hunger. If you find yourself eating when you are experiencing an emotion besides hunger, such as

boredom or anxiety, try to find a non-eating activity to do instead. You may find a quick walk or phone call with a friend helps you feel better.

- Plan meals ahead of time to ensure that you eat a healthy, well-balanced meal.

*Source: Centers for Disease Control and Prevention*

Inside  
The  
Landmark



Welcoming Spring

To prepare for the arrival of spring, we are prepping for more garden time!

This month, we will be joined by garden planner Debra Padia to help the students in our after-school program and families at The Landmark in planting tomatoes, lima beans, carrots, cucumbers, onions, and hot peppers.

Students are learning about the vegetables we will be planting in the community garden, and Chef KJ will join us for some more cooking lessons (with fresh vegetables, of course!)



Hapi  
Meals

Chef KJ's Sautéed  
Mixed Vegetables

INGREDIENTS

- 1 cup green beans, blanched
- 1 cup zucchini, cut into strips
- 1 cup red bell pepper, cut into strips
- 1 cup yellow bell pepper, cut into strips
- 1 garlic clove, minced
- 2 tbsp. olive oil
- Salt and pepper

INSTRUCTIONS

Bring a pot of water to a boil.

Add 2 tsp. of salt and green beans, cooking 3 to 5 minutes until blanched.

In a sauté pan over medium heat, add olive oil and garlic.

Add vegetables and sauté until tender, approximately 7 minutes.

Season to taste.

Wise  
Words

We're reading "The Lightning Thief" with the kids in the after-school program this month. Here are good words of wisdom from the pages:

"If my life is going to mean anything, I have to live it myself."