

PERSPECTIVE

MINDFUL SEEING

Have you ever taken a moment to consider your surroundings from a different perspective? Try this mindful exercise for a fresh appreciation of the world around you.

Find a space at a window with a view of the outdoors.

Look at everything there is to see. Avoid categorizing or labeling what you see outside the window; instead of thinking “bird” or “stop sign,” notice the colors, the patterns, and the textures.

Pay attention to the movement of the grass or the leaves in the breeze. Notice the different shapes present in this small segment of the world you can see. Try to see the world outside the window from the perspective of someone not familiar with these sights.

Be observant, but not critical. Be aware, but not fixated.

If you become distracted, gently pull your mind away from those thoughts and notice a color or shape again to put you back in the right frame of mind.

Photography conveys perspective on many levels, from taking us on a journey to helping us relive moments and stir up emotions. Photos allow us to look at life from different angles and communicate moods with light, form and composition.

Your challenge this week:

Document life from different perspectives. Capture photos in these five categories:

TEXTURE



LANDSCAPE



BLACK & WHITE



UNIQUE ANGLE



FREE CHOICE



Share all five photos in one post in the Optimal You Fitness group page on Facebook by Friday May 15. See how your interpretation of this photo challenge compares to your coworkers...after all, it's all about point of view!



A Nutritious Night In

You can experience the world right from your kitchen. Have some fun with the details to make the night extra special. Travel with RD Sarah Van Eerden to New Orleans with this extra spicy Cajun dinner.

Cajun cuisine is rooted in French, Spanish and African flavors. Seafood is common, and dishes almost always include onion, celery and green bell pepper. Spices like paprika, cayenne pepper, garlic powder, pepper and oregano are used to ramp up the flavor. Adjust the amount of cayenne pepper to determine spice level!

MENU SUGGESTIONS <click for recipes

Appetizer

Creole Cauliflower "Poppers"

Entrée

Chicken Jambalaya

Side

Easy Roasted Okra

BEVERAGE

Unsweetened Iced Tea

Classic Sazerac Cocktail

Be sure to set the mood with music! Choose a "Zydeco" music mix from your favorite streaming service. Rooted in blues with heavy accordion, you'll be dancing as you cook in no time.

Though we can't currently go to a party or dine out, we can bring fun into the kitchen. Theme nights can give you something to look forward to, creating connections at home or virtually.

Get out the candles. Turn the lights low and set the mood with a smooth jazz playlist.

Change locations. Set up an indoor picnic, dine outdoors or try a driveway tailgate.

Just pick one. No need to go all out in all categories to make things special. Beverage? Sauce? Dessert? Music? Tablescape? Changing one aspect of your routine setting can inject just enough interest.

Spark conversation with open-ended questions, topics or "What Would You Do If" situations. Write them out ahead of time and rotate who asks, and who answers, to get everyone involved.

Dining solo? Plan a joint dinner with a friend and FaceTime for company.



CRAVING MORE IDEAS?

The Nutrition Club returns in June! Join to receive our monthly newsletter highlighting nutrition research, trending techniques and tips, and information to meet a variety of nutrition needs.

We also showcase our upcoming classes, events, and provide delicious seasonal recipes!

To join: Wendy.Brookhouse@Amway.com



Keep your eye out for our Fun with Fitness Video:

Cha Cha Slide
Plank Challenge
featuring Nadine!





Weekly Well-Being Activities

Are you taking advantage of ALL *Optimal You* activities, resources and classes each week. Let this list be your guide as you plan your well-being routine.



Watch the One Word Video



Try an Exercise Theme Day
Coming soon to Facebook



Read Feeling Off is Normal Right Now



Take the Photo Challenge



Try a New FB Live Group Fitness Class



Watch Social Media: How it Effects Family



Read Virtually Bringing Kids into Work



Read "Broad Scope, Narrow Focus"



Watch Navigating Financial Anxiety



Read Health From Home Newsletter



Try an Nutrition Theme Night



Take a Dynamic Stretch Break

Click images to link to Optimal You resources to support your well-being.

RESOURCES

Beyond Normal: Pursing a New (And Better) Normal with Circle Wellness

A free podcast series, where leading experts in physical, mental, social and financial wellbeing extend empathy and guidance as we pursue a better normal during and after this crisis. Two podcasts are released each week, so check back often!

Visit www.circlewellness.com/thebigknow to listen in.

Boost Behavioral Health

Supporting family members, while trying to manage your own responsibilities and stress, can feel overwhelming.

Let Encompass work for you.

Reach out to Encompass, Amway's Employee Assistance Program, and let them research and find resources to support your specific needs, whether it's child care, elder care, food delivery services, etc. They are also there to provide 24/7 counseling to support your emotional health.

Encompass is available 24/7 at no cost to Amway employees and others living in their household.

Call 800-788-6830 or visit their website at www.encompass.us.com.
Company code: amwalt.



Virtual Healthcare Visits

To protect others in your community, consider virtual visits before scheduling face-to-face appointments for non-life threatening symptoms.

Telehealth opportunities include:

- Blue Cross' 24-Hour Nurse Line
- Online Access to Your Primary Care Doctor
- Blue Cross Online Visits

Visit the Intranet FAQ or scan QR code for telehealth scheduling details:

