



Reawaken

Thrive

MARCH TOOL KIT



Reawaken

"It's never too late
to start over. If
you weren't happy
with yesterday,
try something
different today.
Don't stay stuck."

The arrival of spring marks the growth of new life!

Take a moment to harness this new growth; let go of the old and call in the new. Building on our Rejuvenate, Re-energize, and Reawaken platform, what are some ways you can think of to release the old and outdated while bringing in the new?



Reawaken Your Positive Thinking

Practice one of these ideas every day as a mantra to hold on to. Does it increase your positive thinking? Help you feel more optimistic? Think about the internal changes made from the one action of positive thinking.

- **Don't forget the little things.** No blessing is too big or small.
- **Don't hold on to resentment.** Accept, forgive and move on.
- **Don't compare yourself to others.** Be confident about yourself because everyone is different.
- **Don't think life is perfect.** Perfect is just an idea, and good has all of its parts.
- **Learn to say no.** Don't buy into the idea of keeping others happy at the expense of your stress.
- **Don't see failure as something bad.** Look at it as a learning opportunity and nothing more.



Wake Up Your Senses

Hello, 2025. This is a world of never-ending emails, constant pings, dings and rings. With all this continual drain on your body and energy, it's no wonder that the following statement is true:

Your senses are lazy. Don't take that too personally — it's just a sentence, after all. And you're hardly to blame. One can only spend so much time being 100% present in everything. Think

about it, when was the last time you had a meal that you really enjoyed? When you eat, do you appreciate the presentation, the atmosphere, the smells? Or do you just eat without really thinking?

It is so easy to do the latter; in fact, it's typically what's expected of us nowadays. However, there is a benefit to eating with all of your senses: food tastes better, conversation is more enjoyable, and we may eat less.

How do you reawaken your senses and start really enjoying your foods? Here are a few simple activities to start making this practice a habit.

1. Table time. When was the last time you actually ate your meal at a dining table with proper utensils? It's been ages, right? Make it a habit to eat at least one meal a day (or week) at the table with a proper setup. Include your family in this tradition as well. This helps make eating an event versus just an activity to accomplish as fast as possible.

2. What's your flavor? Many of us eat our foods without actually tasting them. This activity helps to make that mental connection between food and flavor. Next time you're eating a meal, write down all of the tastes you're experiencing. Remember the six tastes are salty, sweet, bitter, sour, umami (savory) and fat. Be aware of what is actually present versus what you remember. Memories play a HUGE part in overall taste, and sometimes our memories override what is actually there.

3. Proper plating. Did you know that we eat with our eyes as much as we do with our stomachs? Unfortunately, if we eat a lot of fast food, the overall presentation actually isn't very pleasing. The fast food color palate is known for its brown, beige and yellow colorings... not very appetizing, if you ask me. Next time you eat, plate like an artist. What colors would you like to have on your plate? What looks pretty or nice next to each other? Maybe a nice green salad with bright-blue blueberries and rosy-red flank steak? Food is as much an art as it is sustenance, so have fun with it.

4. Hold your nose. Flavors is 80% smell, while only 20% is actually taste. It is possible to truly enjoy the taste of food by doing something really simple – just hold your nose while you eat! Try it for a few meals and see what tastes stand out that you did not expect; is this food as tasty as you thought? Are there other undertones of flavor you weren't expecting? Tap into a deeper awareness.

5. Play with your food. Textures are very apparent in all of our foods. Think of the crispiness of iceberg lettuce, an apple or chips, or the chewiness of meat. And not all textures are the same. The wet crisp you get from an apple is different than the dry crisp you get from chips or potatoes. Experiment with your food: Touch it and consider, what is apparent prior to preparing the food versus after you prepare the food? What mouthfeels do you like or not like?

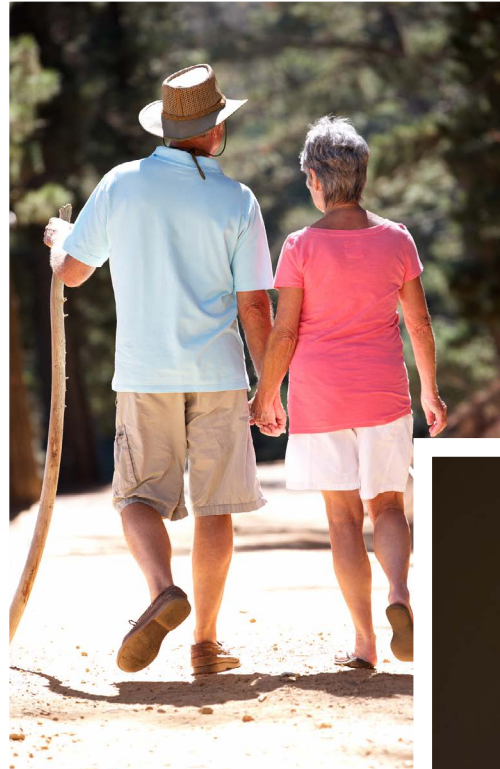


There are many other exercises for you to do to become more aware; these are just a start. Now, put a fork in it and start waking up your senses!

Community Highlight:

Reawaken Your Community – Activities and Resources

- Do you know about the great and free programs at your local public library? Your tax dollars go to them, so take advantage of what they have to offer.
- There are rotating exhibits at the Oklahoma City Museum of Art. They also have weekday/week night events and a fabulous brunch on the weekends. This could make for a great day-trip if you're coming from out of town.
- Right here in Oklahoma, we have a great natural resource that could help you experience your community with your family... abundant hiking areas! No matter where you live, there's most likely a spot within an hour's distance for you. As an added bonus, hiking is free!



March 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|-----------------------------------|----------------------|-----------|----------|--------|-----------------------|
| | | | | | | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 Daylight Savings |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | Brain Awareness Week | | | | |
| 17 St. Patrick's Day | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 American Diabetes Alert Day | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

Monthly Observance(s)

MAJOR

National Nutrition Month

MINOR

March Produce Guide

Bell Peppers and Broccoli Month