



# DAVID DOUGLAS WELLNESS

David Douglas School District  
— WELLNESS —

HAPPY Newsletter

November 2017

## Can minimalism help you with your wellness?

Often minimalism is not thought of as a healing modality but maybe it could be; just like nutrition and stress management. Many people use minimalism as yet another way to live their best lives just like eating well and getting enough sleep. “Living with intention, clarity, and spaciousness can be more powerful than any drug on the market today, because it calls us to examine what really matters on physical, emotional, and spiritual levels,” says Melanie Schweder; who is someone living with chronic illness and has found minimalism as a way to create space for healing. Here are a few ways minimalism helps her:

### **MORE TIME**

When you are tending to your mountain of possessions or cleaning an oversized house you don’t have a lot of time to invest in your wellness. If you pared down you would have more time to invest in making healthy meals, meditation and your personal relationships.

### **MORE MONEY**

One side effect of a minimalist lifestyle is an economical one. When you don’t spend money on the latest and greatest you have money left over for the experiences that feed your soul and bring you happiness.

### **MORE SPACE**

When you have less stuff you have more space. Space to breathe, space to move and even space to bond with your family. Our surroundings can either inspire us or make our lives feel chaotic and stressful.

### **MORE CALM**

“Keeping up with your social media feeds, work obligations, and to-do lists is very taxing on the brain, whether you realize it or not. It takes a good chunk of our mental energy to maintain our status, in both digital and physical manifestations, and all that clutter is stressing us out.” If we eliminate that stress we create space for wellness.

### **MORE ENERGY**

“The minimalist lifestyle invites us to determine what is meaningful to us, and discard the rest, and that kind of clarity can give your life an incredible depth and significance you may feel is lacking right now.”

Most people know that our minds, bodies and spirits work together to create our state of health, minimalism could make that just a bit easier.

<https://nosidebar.com/wellness/>



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# Healthy Eating

## Sweet Potato, Squash and Kale Buddha Bowl

Some great Fall veggies to enjoy in this recipe. Also, if you want some extra protein add your choice of meat or plant based protein

**Yield:** 4 bowls

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Ingredients:**

2-3 tbsp olive oil

1 sweet potato, sliced

1 acorn squash

1 head of kale

3 Portobello mushrooms, sliced

4 beets, sliced

1 small red onion

**Optional toppings**

sesame seeds

pumpkin seeds

coconut chips

**Roasted Chili Lime Chickpeas**

1 can chickpeas, drained, rinsed and dried

2 tbsp olive oil

1 tbsp lime juice

1 tbsp chili powder

$\frac{3}{4}$  tsp garlic salt

$\frac{1}{2}$  tsp pepper

**Tahini Dressing**

$\frac{1}{4}$  cup tahini

2 tbsp water

1 tsp lemon juice

$\frac{1}{2}$  cup chopped cilantro or parsley

1 clove garlic

salt and pepper to taste

**Directions:**

1. Preheat oven to 400. Toss chickpeas with olive oil and seasonings, then spread out on a parchment-lined baking sheet. Bake for 30 min, removing from oven and tossing every 10 min.
2. Meanwhile, prepare other veggies, tossing in olive oil and placing on separate baking sheets. I paired the sweet potatoes on the same sheet as the squash and cooked for 20 min, and the beets with the mushrooms for 15 min. Finally, I roasted the kale and red onion last because they take the least amount of time to cook (about 7-8 min).
3. While veggies are roasting, make the dressing in a food processor, Magic Bullet or blender (I LOVE my Vitamix!)
4. Once everything has finished cooking, toss all together in a large bowl. Drizzle with dressing and serve immediately.

<http://thegirlonbloor.com/sweet-potato-squash-and-kale-buddha-bowl/>



## App of the Month



Think Dirty is the easiest way to learn about the potentially toxic ingredients in your cosmetics and personal care products. It's an independent source that allows you to compare products as you shop. Just scan the product barcode and Think Dirty will give you easy-to-understand info on the product, track dirty ingredients and shop for cleaner options

- Barcode Scanning: over 550,000+ cosmetics and personal care products majority from Canada and the U.S. are currently in our database.
- Dirty Meter® a comprehensive rating is given, along with detailed (but easy-to-understand) information on ingredients, certifications, and health impacts.
- My Bathroom Rating: keep track of what's already in your bathroom. Learn your current bathroom rating, and track your progress on "cleaning" it up.
- Shopping lists: save products to make shopping faster and easier.
- Buy it now: buy products directly from Amazon.com, Amazon.ca, Amazon.co.uk

As the holiday season approaches many of us over commit. Here are a few ways to do some self-care and help you say "no."

- I can't give you an answer right now, will you check back with me?
- I want to, but I'm, unable to.
- I'm not able to commit to that right now.
- I really appreciate you asking me, but I can't do it.
- I understand you really need my help, but I'm just not able to say yes to that. I'm so sorry.
- I'm going to say no for now. I'll let you know if something changes.
- I'm honored that you would ask me, but my answer is no.
- No, I can't do that, but here's what I can do...
- I just don't have that to give right now.

## The Ultimate Health Podcast

This podcast is hosted by a couple from Toronto, Canada, Dr. Jesse Chappus and Marni Wasserman. Each episode interviews different guests who are often world-class health experts or nutritionists. Jesse and Marni talk about their own ever-evolving journey of seeking ultimate health. Topics include nutrition, superfoods, exercise, sleep, meditation and mindfulness, spirituality, and fitness. The podcast is unbiased with a wide range of health-related information.

I started listening to The Ultimate Health Podcast last winter when I began training for my first half-marathon. I found myself often trying to change the music on my phone as I was running because I would get bored with it. I felt like I needed to listen to something that would take my mind off running long distance. I tried a couple different podcasts but didn't stick with one until I found The Ultimate Health Podcast. I was so inspired by some of the interviews I heard. I have even begun to make some small changes in my own life since listening to the podcast. Jesse and Marni are a wealth of knowledge, so interesting to listen to, and they ask excellent questions of their guests. I feel like there is something meaningful to take away from every episode.

I listen to the podcast on Spotify, but you can listen to it on iTunes as well as other listening platforms. I hope some of you take a listen and enjoy this podcast as much as I do!

Lauren Howard  
2nd Grade Teacher  
Ventura Park Elementary



## Get out and around Portland

### Hood River train ride

November 11 - Dec. 28, 2017

Take a 75-minute train ride along the Columbia River as you drink cocoa with cookies and hear music on the Train to Christmas Town [formerly Polar Express], with a visit from Santa and his elves. <https://www.mthoodrr.com/train-to-christmas-town/>

### Veterans Day race

1K, 5K, 11K, half marathon

November 11, 2017

Fort Vancouver National Park, 1501 E. Evergreen Blvd Vancouver, WA 98661

### Christmas lights trail

Nov. 18 - Dec. 31, 2017 (4 to 9 p.m.)

Follow colorful lights through the woods to a viewing platform on the Willamette River at Lighting of Maddax woods, 5785 River Street in West Linn. Free. <http://westlinnoregon.gov/parksrec/lighting-maddax-woods>

### Thanksgiving scavenger hunt

November 18<sup>th</sup>, 1pm

Cranksgiving is a scavenger hunt on your bicycle for Thanksgiving food that you donate to a food bank, with prizes. Bring \$10, a bag/pack, and a bike lock to Velo Cult.

### Turkey trot at the raceway

November 22, 2017 7pm

The Turkey Trot relay and 5K Run/Walk with an after party at Portland International Raceway. <http://htcraceseries.com/event/turkey-trot-5k-runwalk/>

### Christmas tree lighting

November 24, 2017 5:30pm

Pioneer Square or 5th St. & A Ave. Lake Oswego

The Tree Lighting Ceremony in Pioneer Courthouse Square and the Holiday Tree Lighting in Lake Oswego are held at the same time.

# Ron Russell Staff Highlights



Carli Halligan is a 7<sup>th</sup> grade Math teacher at Ron Russell Middle School. Outside of work she enjoys doing healthy activities with her family, the Oregon Ducks, singing, playing volleyball and spending time with her young son Isaac.

Health and fitness has always been a part of Carli Halligan's life. Her dad was a teacher and coach, so she grew up around sports and was in a gym even before she played volleyball, basketball and softball. Her brother is a functional movement specialist and personal trainer and has been training her family for several years. With the stress of teaching and a young son, she wanted to make sure she was carving out time for herself, something that can be easily set aside when life gets busy.

"I always feel better when I exercise and it helps me relieve stress. It's important to model what a health strong woman looks like for my son and nieces. It also helps keep me sane," says Carli.

Offering a class for others would both hold her accountable and allow her to share the information she has learned from her brother. The workouts are considered high-intensity interval training with a mixture of cardio, strength, functional movements, agility, flexibility and core work. There are adaptations and modifications to accommodate all fitness levels.

Workouts are Wednesdays at 3:15pm in the Upper Gym at RRMS.



Cheryl Bland is a 6<sup>th</sup> grade Science/SS teacher at Ron Russell Middle School. Outside of work she enjoys giving back to her community, spending time at the beach with her friends, family, and her dog Gooch, participating in the Santa Clara Vanguard, and supporting the local music industry.

Last October, one of David Douglas School District's Wellness Challenges came at the perfect time for Cheryl Bland. She had been thinking about her family health history and trying to be more mindful about her own lifestyle choices. In addition, she had a performance the next summer with the Santa Clara Vanguard, an Alumni Drum Core, and wanted to be healthy for it and look good in her costume. She began focusing on her health and fitness, starting with 10-minute workouts in the morning.

"Working out first thing in the morning eliminated the opportunity for excuses. I started seeing non-scale successes—my clothes were starting to fit better and I like the way I felt," she says.

Over time, Cheryl increased her workouts and focused on nutrition—eliminating processed foods and doing a no-sugar challenge. She also had to push past her idea of what it means to be in shape. The workouts were intimidating, but she did not let that bother her; she modified them at first until her fitness level improved. Over the course of the year, Cheryl has lost 45 lbs., and has maintained that weight loss. What motivates her to continue that laser-sharp focus on her wellness?

"If I lose focus it is so easy to get derailed. My body reacts if I don't eat well, I feel awful—which encourages me to keep eating well."

The biggest change to her routine has been the first 30 minutes of the morning. It's now the most important part of her day.

"At times, I will spend 10 minutes with excuses, but ultimately I am only accountable to myself. If I am not willing to make a commitment to myself, then what am I doing?" she asks. "No one else is going to make me healthy. I owe it to myself."

## Do you have ideas for an upcoming newsletter?

An app you use everyday? A favorite healthy recipe? A great relaxation technique to share with your co-workers? Please submit ideas to [meagan\\_lutu@ddsd40.org](mailto:meagan_lutu@ddsd40.org)