



APCO Wellness Committee

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2 Minute Mindfulness Exercise

January and February can be emotionally taxing. A lack of sunlight (and that vitamin D that goes along with it) combined with a hectic workday, long shifts, kids cooped up in the house, or a myriad of other things can leave us all feeling taxed. Here is a simple two minute mindfulness exercise you can do anywhere:

- 1) Find a calm, quiet place
- 2) Sit in a comfortable position, either with your feet on the floor or loosely crossed
- 3) Close your eyes and concentrate on your breathing. Focus on the in and out.
- 4) If you notice your mind wander, bring it back.
- 5) Clear your thoughts as often as needed.
- 6) When you're ready, open your eyes.
- 7) Take a moment to check in on your emotions before you return to shift, family, etc.
- 8) Repeat as often as needed.

And if that's not quite enough, chocolate is a natural mood booster!

Brownie Bites

Satisfy your sweet tooth without destroying your diet! These are only 44 calories for each mini muffin and they are perfect for sharing!

1 Egg
½ cup unsweetened applesauce
3 tbsp sugar substitute
3 tbsp cocoa powder
½ cup almond flour
½ tsp baking powder
¼ tsp baking soda
¼ tsp vanilla
Pinch of salt
1 tbsp mini chocolate chips

Whisk wet ingredients together. Whisk dry ingredients together. Combine wet and dry ingredients. Sprinkle with chocolate chips. Bake for 15 minutes at 350*.

Makes 15 mini cupcakes. 44 Calories Each. Total Fat: 3.1g saturated fat .07g Cholesterol
Sodium 12.3mg Carb 3.7g Fiber .8g Sugar 2.1g Protein 1.4g