



Wellness REACH

A Ministry of First Baptist Church of Universal City

October 2022

Join us for a **Brown Bag Conflict Management Seminar** on Monday October 3, at 6:00 p.m. in the Peace Auditorium. Bring a brown bag dinner and learn from our guest speaker, Mr. Blake Coffee.

Blake is the founder and Executive Director of Christian Unity Ministries. A Christian author and speaker, he is called to a ministry of training and equipping the Body of Christ toward unity.

30-Day Mindfulness Challenge aims to go back to basics and show that small actions can make a big difference to your mindset.

Mindfulness is simply paying attention in the present moment. It is being aware and engaged in the present moment-to-moment experience, both inwardly and outwardly. It's important to pay attention with all five of your senses during the mindfulness activities. Be present with what you're seeing, feeling, smelling and tasting.

Benefits of mindfulness reduces anxiety, depression and reduces stress. Mindfulness can help you with mental health conditions like anxiety and depression by teaching you how to live in the moment, preventing you from dwelling on negative thoughts.

So, take the leap. Start a 30-day mindfulness challenge by following the Mindfulness activity each day listed. Pick up your calendar from the information boards. Enjoy the journey!

- Day 1 Practice kindness - Take time to think pleasant things about others for 15-30 seconds.
- Day 2 Take a break from technology - Replace some of your screen time today with something that makes you feel more present.
- Day 3 Record moments of happiness - Write down happy moments as you feel it for 5-10 minutes.
- Day 4 Listen to songs that make you happy - Notice how different songs make you feel.
- Day 5 Connect with family or friends - How does it make you feel to catch up with family or friends?
- Day 6 Focus on your breath - Sit still, eyes closed or open, and concentrate on your inhale and exhale for one minute, 5x a day.
- Day 7 Cultivate humility – Embrace your humanness and grow your self-awareness. Write down five things to be grateful for.
- Day 8 Read inspirational content - Read uplifting, inspiring and positive books or articles.
- Day 9 Smile in the mirror – Give yourself positive affirmations, make peace with your insecurities and forgive yourself for having them.
- Day 10 Practice sleep mediation – Start by meditating for 3-5 minutes before bed. Remove all distractions from your room, including your phone. Lie down in a comfortable position and focus on your breathing.

SCRIPTURE MEMORY CHALLENGE

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Philippians 4:6

UPCOMING EVENTS

30-Day Mindfulness Challenge

October

Conflict Management Seminar

6:00 – 7:30 p.m.
Peace Auditorium

Praise Moves

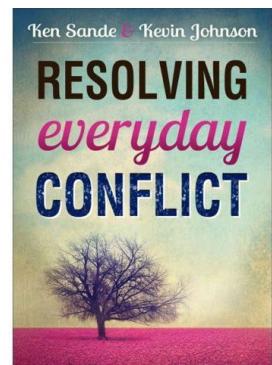
9:00 a.m. Monday, Friday
11:30 a.m. Wednesday
REC Center

Barefoot Worship

6:30 p.m.
Monday and Thursday
G-211

RECOMMENDED READ

Resolving Everyday Conflict provides that guidance in a clear, biblical way that reveals the value of being a peacemaker: when we strive to maintain peace and unity with those around us we bring glory to God, deepen our relationships, and point others to the power of the Gospel.



"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

3 John 1:2 (NIV)

- Day 11 Evening gratitude journaling - Write down the day's things you are grateful for.
- Day 12 Declutter one space - Organize your clutter.
- Day 13 Practice mindful driving - No noise, Notice your surroundings.
- Day 14 Stand, stretch and get moving - Stand up, stretch your muscles and move around for a few minutes each hour.
- Day 15 Take a music break - Actively listen to music for a few minutes during your day.
- Day 16 Take a break from television - Turn off the television for a day.
- Day 17 Stop multitasking - Complete one item on your to-do list at a time.
- Day 18 Practice a morning breathing exercise - Deep breathing for 30 seconds to one minute.
- Day 19 Have a mindful shower - Imagine the water washing away negativity and notice how it makes you feel.
- Day 20 Define three daily goals - Write down three things you need to do today.
- Day 21 Recite positive affirmations - In the morning speak to yourself, who and how you want to be, using present tense.
- Day 22 Put your phone away when eating dinner.
- Day 23 Connect with nature - Spend a few minutes outside.
- Day 24 Engage in handwork - Find ways to use your hands, needlework, carving quilting, art, woodworking, etc.
- Day 25 Practice a "shut down" ritual - 30 minutes before bed.
- Day 26 Walking meditation - Connect with the Environment.
- Day 27 Take a mental mini-vacation - Visualize your perfect relaxation spot.
- Day 28 Practice outcome-directed thinking - Think about what you would like the desired outcome to be rather than perceived problems.
- Day 29 Write down your achievements - At the end of the day,
- Day 30 Tune in to your moods - Evaluate your feelings and work to change them.

Did You Know?

Our mind can process 126 pieces of information every second.

The purpose of mindfulness is not relaxation. The purpose of mindfulness is the cultivation of awareness.

Every time you notice your mind has wandered and you bring it back to the present moment, you are actually practicing and cultivating your mindfulness!

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RECIPE OF THE MONTH

From the Kitchen of Joon Auci

Recipe **Lemon Garlic Butter Chicken & Green Beans Skillet** Servings **3-6**

Ingredients

- 3 – 6 skinless, boneless chicken thighs
- 1 pound green beans, trimmed
- 3 tbsp butter, divided or ghee
- 4 garlic cloves, minced
- 1 tsp paprika
- 1 tsp onion powder
- 1/4 tsp salt and fresh cracked black pepper
- Juice of 1/2 lemon + lemon slices, for garnish
- 1/2 cup chicken stock
- 1 tbsp hot sauce (Sriracha)
- 1/4 tsp crushed red chili pepper flakes, optional
- 1/2 cup fresh chopped parsley

Directions

1. In a small bowl, combine onion powder, paprika, salt, and pepper. Season chicken thighs generously with the spice mixture. Set aside while you prepare green beans.
2. Arrange green beans in a microwave-safe dish with 1/2 cup water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.
3. Melt 2 tablespoons butter in a large skillet over medium-low heat. Lay the seasoned chicken thighs in one layer in the skillet. Cook for 5-6 minutes then flip and cook another 5-6 minutes, until cooked through 165°F (75°C). If chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside.
4. In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped parsley, garlic, hot sauce, red crushed chili pepper flakes, and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock and reduce the sauce for a couple of minutes, until slightly thickened.
5. Push green beans to the side and add cooked chicken thighs back to the pan and reheat quickly. Adjust seasoning with pepper and garnished with more crushed chili pepper, fresh parsley, and a slice of lemon if you like. Enjoy!