

90-Day

Women's Self-Care, Health & Wellness **GUIDE**



DiversityWomanMedia



CONFERENCE RESOURCES & HANDOUTS

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Women's Self-Care, Health & Wellness

INTENT	HEALTH	CONNECT	MOVE	CARE
DAY 1 Set goal(s) for first 30 days	DAY 2 Buy a new sustainable water bottle & establish drinking water regularly (min. 2L)	DAY 3 Identify a wellness "accountability" friend to help reach your goals	DAY 4 Walk a minimum of 8k steps (and do it every day moving forward)	DAY 5 Establish a Wellness Budget, with Coach DonnaKaye's sample template (pages 20-21)
DAY 6 Check-in with yourself to reflect on the past 5 days (what worked and what can be differently)	DAY 7 Support mood and eat with purpose: Mango Yogurt Pops w/Granola by Sodexo (page 25)	DAY 8 Call a friend, share one or more positive things that happened today	DAY 9 End all meetings 5 minutes early and either meditate and/or stretch	DAY 10 Review your skincare regime and try new products from No, Thank You (https://nty.co/) (page 10)
DAY 11 <i>Destress Without Stress</i> with Dr. Gilles LaMarche's Guides (pages 6-8)	DAY 12 Call your primary Doctor and schedule an annual physical	DAY 13 Sign up for World Pulse Community and share your stories and grow your network (page 13)	DAY 14 Increase walking to 10k steps daily (and do it every day moving forward)	DAY 15 Practice going to sleep at the same time AND rising at the same time every day
DAY 16 Feel good at any age with these 10 tips from Dr. Nancy O'Reilly (page 14)	DAY 17 Support sleep and eat with purpose: Egg-Veg English Muffin by Sodexo (page 24)	DAY 18 Connect with a mental health provider (in person or virtually)	DAY 19 Explore 50% For The Love Of Yoga (www.fortheloveyoga.com) with code: DiversityWoman	DAY 20 Apply high SPF sunscreen (or lotion with sunscreen) every morning (and reapply often)
DAY 21 Go on a journey with Dr. Michelle Robin's <i>Snackables</i> (deck or digital version) (page 9)	DAY 22 Give yourself a breast exam and learn more about screenings from City of Hope	DAY 23 Disconnect and have a no social media day (reflect on how you feel being offline)	DAY 24 Continue to increase walking to 15k steps daily (and maintain it moving forward)	DAY 25 Declutter your sleep sanctuary (bedroom)
DAY 26 Intentionally buy yourself flowers and place where you can enjoy them.	DAY 27 Call your OBGYN and schedule an annual appointment to discuss preventive care and potential risks	DAY 28 Participate in a study BY women, FOR women, about aging (page 16)	DAY 29 Check out the Peloton App (https://www.onepeloton.com/app) and find your new favorite workout	DAY 30 Play your favorite song(s) for a boost of endorphins



Women's Self-Care, Health & Wellness

INTENT	HEALTH	CONNECT	MOVE	CARE
DAY 31 Create a mini vision board for the next 30 days to guide the manifestation of one goal	DAY 32 Increase your daily water to 2.5-3L daily	DAY 33 Connect by disconnecting - avoid using digital devices and connect in person	DAY 34 Achieve 20k steps daily (and maintain it moving forward)	DAY 35 Add color and aromatherapy oils to your bath to provide full-spectrum hydrotherapy
DAY 36 Read Dr. Sheila Robinson's book, for <u>"Redefining Your Life D.I.E.T.: Transform How You Look, Feel, and Perform"</u>	DAY 37 Support resilience and eat with purpose: Salmon Tzatziki Burger by Sodexo (page 26)	DAY 38 Own your calendar and block of times designated only for work, meetings, rest and play	DAY 39 Find a "movement" friend and check in daily or weekly to achieve exercise targets	DAY 40 Target between 7-8 hours of sleep a night, with an earlier bedtime
DAY 41 Commit to approaching the day with optimism and reflect on what gives you hope	DAY 42 Call a Dermatologist and schedule an annual appointment	DAY 43 If overwhelmed, pause and reconnect with yourself by breathing through the moment	DAY 44 Add weight training to your weekly workouts (x3 week)	DAY 45 Take a vacation getaway with yourself (perhaps in <u>Myrtle Beach, SC</u>)
DAY 46 Check on your brain health with Daneen West's worksheet (pages 33-34)	DAY 47 Support mood and eat with purpose: Sweet Potato Turnovers by Sodexo (page 25)	DAY 48 Call a friend with the intent to only listen and be present for them	DAY 49 Try a new activity you want to explore like barre, kickboxing, surf class, crossfit, etc.	DAY 50 Listen to your favorite podcast (or discover a new one!)
DAY 51 Write down five (5) things you are grateful for in your life	DAY 52 Test an elimination diet to identify underlying sensitivities/allergies to certain foods	DAY 53 Disconnect Day Have a no social media day (reflect on how you feel being offline)	DAY 54 Dance to your favorite upbeat song and get the heart pumping	DAY 55 Take a better health challenge and use <u>Cigna's health and wellness resources</u>
DAY 56 Evaluate your career to ensure it aligns with your wellness	DAY 57 Learn more about enhancing your life from <u>AARP</u> (page 22)	DAY 58 Create your own personal Board of Advisors as a support network	DAY 59 Take a quiet walk at dawn and watch the sun rise	DAY 60 Self-check goals and see if new habits have been established



Women's Self-Care, Health & Wellness

INTENT	HEALTH	CONNECT	MOVE	CARE
DAY 61 Set one big goal to achieve in next 30 days (think something you want to conquer)	DAY 62 Support sleep and eat with purpose: Mediterranean Tuna Salad by Sodexo (page 24)	DAY 63 Do a brain detox and "pause" any toxic relationships that are not empowering you	DAY 64 Find a new place to explore and take a hike	DAY 65 Read (or reread) your favorite book
DAY 66 Give yourself a hug and express true love for your physical, mental and emotional self	DAY 67 Call an Optometrist and schedule an annual appointment	DAY 68 Call or visit a loved one you want to spend time with more often	DAY 69 Sign up for and walk or run a virtual or in person 5k (or more!) event	DAY 70 Give yourself a hand and foot massage
DAY 71 Revisit Diversity Woman's Wellness Wednesdays (www.diversitywoman.com/wellness_wednesdays/)	DAY 72 Support resilience and eat with purpose: Choco-Nut Rice Treat by Sodexo (page 26)	DAY 73 Spend time getting to know a colleague better (virtually or in person)	DAY 74 Experiment with chair stretching if you have no time to exercise	DAY 75 Do something creative (art, music, cooking, writing, etc.)
DAY 76 Spend the first 5 minutes when you wake up journaling to clear your thoughts and set your intentions	DAY 77 Call a Dentist and schedule an annual appointment	DAY 78 Offer an positive and intentional complement to a stranger	DAY 19 Plant something with "gardening therapy" and be under the sun with soil under your nails	DAY 80 Go on a date...with yourself and enjoy every moment
DAY 81 Tap into your resilience with coaching from Rasheda Hatchett (pages 11-12)	DAY 82 Eat with the season by buying fresh and organic produce at a local farmer's market	DAY 83 Write and mail a letter (pen and paper) to someone in your life	DAY 84 Find time to just move	DAY 85 Declutter your digital life (emails, unnecessary files, etc.)
DAY 86 Explore your next 90 days with a fitness guide like this one on Amazon	DAY 87 Call a Chiropractor and schedule an annual appointment	DAY 88 Spend time alone in a quiet space as a restorative practice to practice solitude	DAY 89 Take a walk at twilight and give gratitude for the day	DAY 90 Final self-check on goals including what new habits are established

SELF DIMENSION GRID

	10	20	30	40	50	60	70	80	90	100
1. I have several close friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I meditate / pray daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I exercise vigorously each day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I enjoy time spent with family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have set financial goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I am satisfied with my career.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am involved in community affairs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I enjoy reading books.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I make friends easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I have established spiritual goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I eat nutritious foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I write / call members of the family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I am earning the income I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I am involved in creative work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I belong to community associations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I attend seminars and take courses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I enjoy socializing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I attend church / synagogue / etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I am involved regularly in sports.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I enjoy family reunions / gatherings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I have a savings / investment plan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I have reached professional goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I volunteer for community projects.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I listen to audio learning programs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

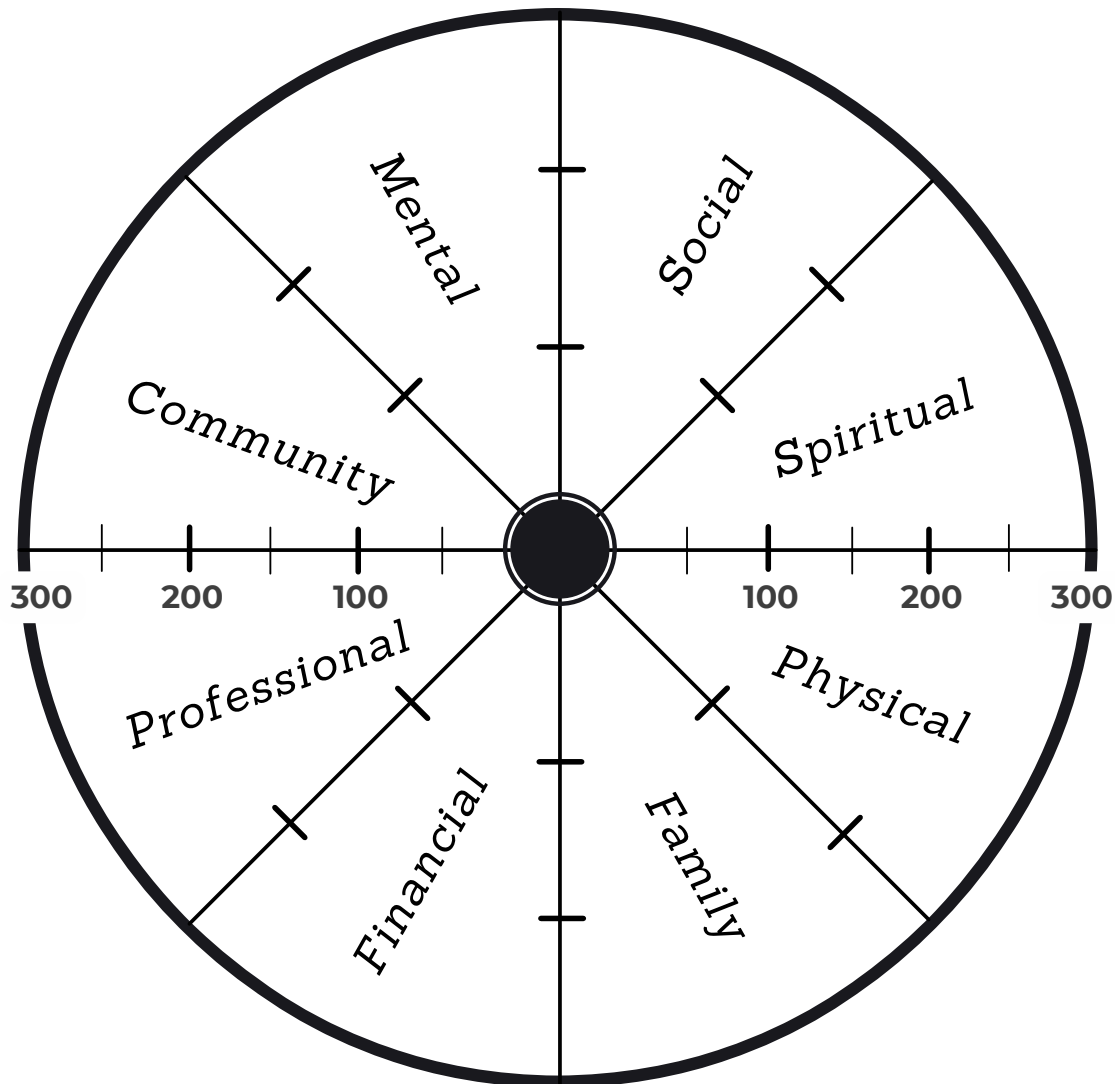
The purpose of the Self-Dimension Grid is to rate yourself in the major areas of your life. Numbers 1, 9 and 17, for example, relate to your social life. Numbers 3, 11 and 19 cover the physical areas of your life. Check the box that describes how true each statement is of you - 10%, 20%, 30% etc. through 100%. Then, go on to the next page and transfer your percentage scores for each of the 24 items from the Grid to the corresponding numbers on the Balanced Living Chart. This will group each of your scores into eight major areas of your life.

BALANCED LIVING CHART

Social	Spiritual	Physical	Family
1. _____	2. _____	3. _____	4. _____
9. _____	10. _____	11. _____	12. _____
17. _____	18. _____	19. _____	20. _____
TOTALS			
_____	_____	_____	_____
Financial	Professional	Community	Mental
5. _____	6. _____	7. _____	8. _____
13. _____	14. _____	15. _____	16. _____
21. _____	22. _____	23. _____	24. _____
TOTALS			
_____	_____	_____	_____

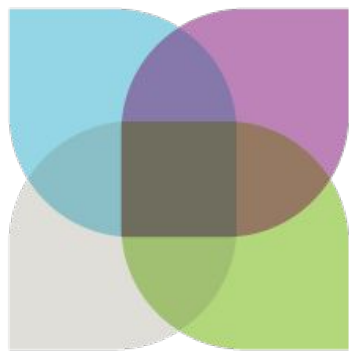
After transferring your percentage scores from the Self-Dimension Grid to the spaces indicated above, add the totals under each heading for the eight areas of your life and turn to the Wheel of Life.

WHEEL OF LIFE



Transfer the total points for each of the eight categories from the Balanced Living Chart to the Wheel of Life above by plotting your percentages with a pencil mark at the appropriate place along the spoke of the wheel directly below the title of each category.

When you've plotted all eight points, connect them together into a single continuous shape all the way around the wheel. This will give you a revealing perspective on the pattern and design of your own wheel of life.



SMALL CHANGES

Big Shifts®

Learn about *Snackables* with Dr. Michelle Robin

What is a “snackable”? Let’s be real, life is hard, leaving you little time to make changes you have always wanted for yourself. And when you do make time, there’s so much information out there, it can feel overwhelming to know where to begin. May we introduce you to “a snackable” – just one card per week that was created to be short, sweet, filling, and easily digestible for one year, so you can start your journey towards your best self.

Being healthy takes more than being diligent in one area of wellness (e.g. just exercising or just eating whole foods). It requires attentiveness to your whole person – spirit, mind, and body. Each card in the deck is marked with one of the Quadrants of Well-Being, all designed to create a framework for you to feel whole in all areas of your life. Over the next 52 weeks, you will see how small changes ultimately lead to the biggest shifts in your life.

SNACKABLES DECK

<https://smallchangesbigshifts.com/product/snackables-deck/>

SNACKABLES DIGITAL

<https://smallchangesbigshifts.com/product/digital-snackables-deck/>



Disclaimer: The services and content provided by Small Changes Big Shifts®, by any method of delivery (e.g. programs, materials, etc.), is for education purposes only and is not to be considered medical advice.

no, thank you.™

Unbiased Skincare Powered by CBDa

UNBIASED SKINCARE

No, Thank You is a performance-driven skin and body care line built upon inclusivity, backed by science and supercharged with full-spectrum CBDa.

BEING A BADASS HEROINE

Why the name No, Thank You? A big part had to do with my journey in the finance industry. As I climbed the ladder, I realized that there were mostly men around me and I had questions:

Where were the female CEOs? Why were women always in supporting roles but never heading the entire company?

I knew it was time to make my own mark, be the change I wanted to see and build a business that aligned with my values:

inclusivity, empowerment and **self-care**.

REBELS WITH A CAUSE

We're programmed to say yes to everything even if it doesn't serve us but there is power in saying **NO**. No, Thank You is all about being rebels with a cause, saying **NO** to all the B.S. in the beauty industry: miseducation, unrealistic beauty standards and lack of transparency.

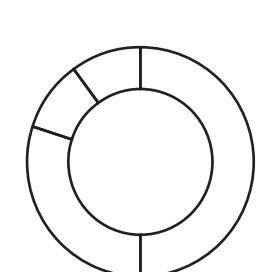
Our goal is to provide you with the best, no-nonsense, full-spectrum CBD formulas out there to support your skin and help reframe the relationship you have with it. Join me on the journey!



Zain Pirani

CO-FOUNDER AND CO-CEO OF NO, THANK YOU

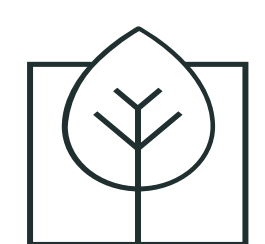
Ready to find the right
products for you?



Full-Spectrum
Cold Extract CBDa



No animal
testing



Naturally-derived
ingredients



Fully recyclable
packaging



3rd party
lab tested





LEADERSHIP COACHING

Rasheda Hatchett Media provides leadership coaching and training for highly motivated leaders ready to up-level their lives, take their careers to the next level, and transform the culture of their organizations



We serve an array of leaders, managers, and directors who are:

» New to leadership:

Those ready to learn how to transition to the boardroom and show up audaciously.

» Preparing for a new role:

Those ready to take steps to develop the skills needed to thrive in their next role

» Honing their craft:

Those ready to proactively work on the leadership, communication, and resilience skills needed to adapt to our ever-changing workforce

Our coaching program prepares women on the rise to:

- ✓ Up-level your communication skills
- ✓ Own your unique voice
- ✓ Lead with confidence
- ✓ Elevate your personal SuperPower
- ✓ Retain talented team members
- ✓ Inspire your team to greatness
- ✓ Increase your organizational value



Apply at:

[Bit.ly/AudacityToTHRIVE](https://bit.ly/AudacityToTHRIVE)
RashedaHatchettMedia.com
206-736-0826

PROFESSIONAL DEVELOPMENT

2022 ORGANIZATIONAL RESILIENCE SERIES

Rasheda Hatchett Media, LLC is a coaching and consulting firm providing resilience education for leaders and organizations. We believe that an organization is only as healthy as its employees. Healthy employees are more productive and engaged. However, research shows that some 77% of the U.S. workforce experiences burnout, and 84% of millennials report feelings of burnout. It's time to implement resilience education and programming to prevent and reverse this avoidable and costly problem.



BURNOUT PREVENTION AND RECOVERY STRATEGIES

Would you like to learn the key strategies to take your employees from burnout to empowered? There is a significant relationship between burnout, employee engagement, and anticipated turnover. This workshop will provide you with the tools to help your team prevent and recover from burnout. We'll outline the fundamentals of P.A.A.P. (Prevent, Access, Address, Provide), and provide actionable steps to prevent and recover from burnout.



TALENT RETENTION USING THE 4 R'S OF RESILIENCE

Resilience has long been touted as an invaluable skill to help you prevent burnout, better deal with adversity, and thrive through tough times. This interactive workshop will help you develop your personal resilience while giving you strategies to help your team become more resilient and better equipped to deal with adversity, leading to reduced burnout and a lower turnover rate.



CREATING A CULTURE OF RESILIENCE

Creating culture change requires intentional action; it also requires leading from a place of resilience to empower your organizations' superpower. Learn the seven components of a Resilient Culture. Through this workshop, you'll learn the skills, mindsets, and tools to help you and your team build a culture of resilience.



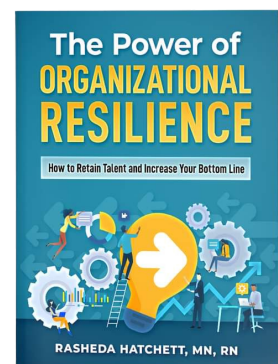
RESILIENCE BASED LEADERSHIP

Great leaders inspire and motivate their teams through authentic connections, genuine appreciation of their team, and their leadership values. This workshop will explore how our values, actions, mindset, and communication affect how we are perceived as leaders. Attendees will work interactively to learn and practice ways to improve their leadership skills through the lens of resilience.



THE WINNING TEAM FORMULA

For a team to win and thrive, a secret sauce must be present. We'll discuss the components of a winning team common team vulnerabilities and address them as a means of prevention, and set your team up to respond effectively to adversity. In addition, participants will have the opportunity to create a team charter to help improve your high-performing winning team.



CONTACT US

206-736-0826

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WORLD PULSE

Log on. Rise Up.

**You can make an
impact!**

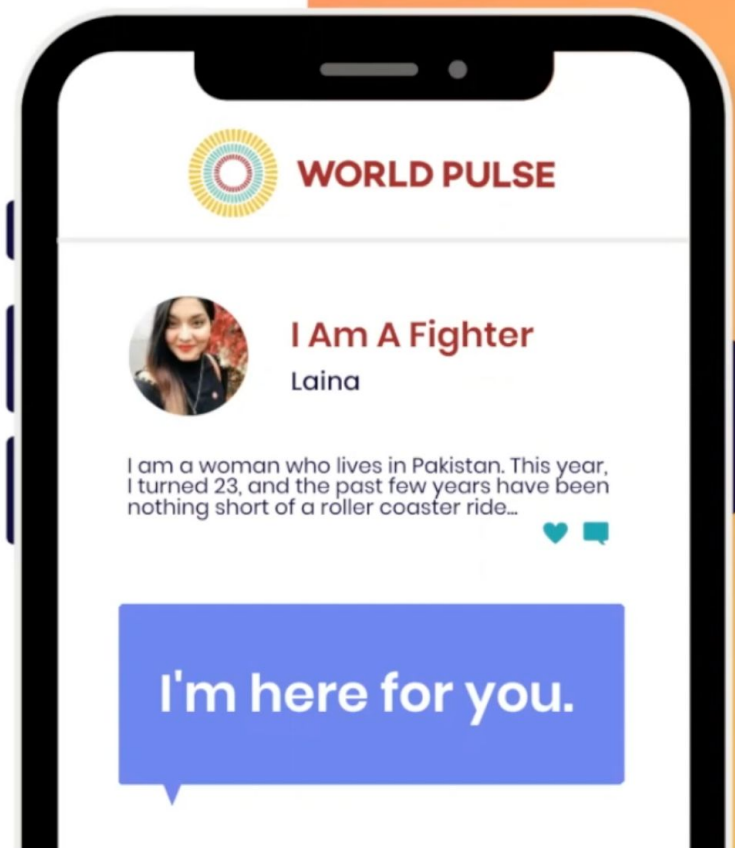
1. Become an Encourager. Join World Pulse and change lives by reading stories and making encouraging comments.

www.worldpulse.org

2. Sign up and join a monthly World Pulse Encourager Party.

3. Become a World Pulse Changefunder.

[Invest in the Voices!](#)



10 WAYS

to feel good at any age!

We can all feel good and live healthy, vibrant, productive lives today, tomorrow, and in the years to come. Here's how:

1 - Get Real

Don't compare yourself to the images of "perfection" online. You're not seeing the real woman, you're seeing them at their carefully curated, often photoshopped best.

2 - Recognize Anxiety and Let Go of Stinking Thinking

Diaphragmatic breathing, exercise, and meditation are all simple but effective ways to overcome anxiety.

3 - Reduce Stress

A 2020 study showed people experiencing "unbearable" stress lost nearly three years from their life expectancy. Remove the stressor or learn how to react to it in a healthier way.

4 - Focus on Your Own Health and Wellbeing

It's not how long you live; it's how WELL you live. Focus on your health and prioritize your well-being as high as those you love and care for.

5 - Be the CEO of You/Self Care

Good health is a circular process of making sure all systems are in balance –body, mind, and spirit – and working cooperatively to create good health.

6 - Get Moving/Exercise

Exercise is the apple that keeps the doctor away, so take a bite and keep moving. Take time to figure out what is fun for you and build it into your lifestyle.

7 - Build Your Community/Find Your Sisters

It's our relationships with other people that makes our lives worthwhile. That's why we need to build our communities and those relationships intentionally.

8 - Do What You Love – Love What You Do

Find your passion and purpose and you may find a new career. Be fearless. Keep your options open and your eyes open to possibilities.

9 - Ask for What You Want

Why is one woman happier and more satisfied with herself and her body than another woman? Simple. She knows that we get what we ask for, and by asking, she can create her world to benefit herself.

10 - Find Your Voice and Use It!

Know that we make a difference in this world and that with all of our talents, we can fight invisibility from the inside out.

Smart, Amazing

Conversations with
DR
NANCY

Smart, Amazing Conversations with Dr. Nancy is a podcast for smart, amazing women (and men) like you. Every guest has their own special and unique stories. Those stories connect us, help us understand one another, and give us the tools we need to become the best version of ourselves.

If you enjoy these *Smart, Amazing Conversations*, please like and subscribe on Apple Podcasts, Spotify, Amazon, or wherever you listen to your favorite podcasts, and share with your friends!



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DrNancyOreilly.com/podcast



Dr. Sheila Robinson | You Have the Power in You



Anne Beiler | You Have All You Need to Achieve Your Life's Purpose



Elissa Fisher Harris | Channeling Adversity into Living a Life on Purpose



Linda Rendleman | How A Champion of Women Lifts Women Up and Transforms Lives



Angelina Rosario | Transforming Pain into Purpose



Sarah, Duchess of York | The Art of Giving as a Way of Life



Jon Macaskill | How to Take Control with Mindfulness and Meditation



Michele Weldon | Life, Work and Meaning—A Thoughtful Respite for Our Times

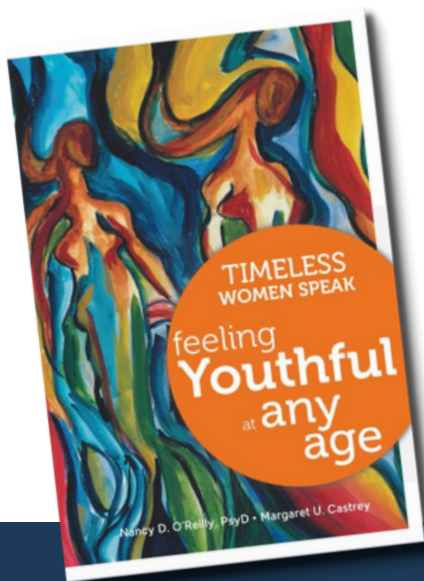


Dr. Jacqueline Sanderlin | How a “Why Not” Attitude Can Awaken Possibilities



Tiffany Shlain | Give Your Tech a Day of Rest and Reconnect with Yourself

A Study by Women, for Women.



We're updating the 2008 study that served as the basis for Dr. Nancy's book, *Timeless Women Speak, Feeling Youthful at Any Age*, to find out how women are feeling today.

We invite you to join us.

Your input is important and will help us learn how women's attitudes about aging have changed and how they have stayed the same.

Go to: www.drnancyoreilly.com/survey



Complete the survey today and be automatically entered into a drawing for a \$50 Amazon gift card!

**DR
NANCY**

“*In This Together* will help us to create community, success, and well-being.”

— Gloria Steinem

Are you ready to take your career to
the next level?



The groundbreaking *In This Together - How Successful Women Support Each Other in Work and Life* by Dr. Nancy D. O'Reilly is now available on audiobook.

Download your copy today!

    @DrNancyOReilly
www.DrNancyOReilly.com



In This Together is a must read for women of all races, cultures, and backgrounds. This important and timely book brilliantly details how we as women can inspire and empower one another to build on our strengths and gain success in our workplaces, families, communities, society, and our world.” —Dr. Sheila Robinson

Smart, Amazing

Conversations with
DR
NANCY

If you want to take your leadership lessons with you on the go, you need *Smart, Amazing Conversations with Dr. Nancy*, a podcast that looks closely at stories of life and leadership for smart, amazing women (and men) like you.



Gloria Feldt

**The Power of
Intentioning
to Advance
Women's
Leadership**



Renessa Boley
Layne

**How to Find
Your Dream Job
and Get Highly
Paid for the
Work You Love**



Pat Mitchell

**Why the
World Needs
a Dangerous
Woman**



Jeffery Tobias
Halter

**Calling All
Men—Stand Up
and Advance
Women**



Dr. Sheila Robinson

**Diversity and
Inclusion—
The Way Out
of Systemic
Racism Together**



Sarah,
Duchess of York

**The Art of
Giving as a
Way of Life**



Monica
Nyiraguhabwa

**How Girl Up
Initiative Uganda
Empowers
Girls to Lead**



Luz Reyes-Martin

**Why We Need
More Women
in Government
and How to get
Them to Run**



Ed Martin

**OmniWin Focus
Recognizes That
We're Much
Better Together**



Jamia Wilson

**Say Yes
to Get Your
Voice Heard**



Rachel Vogelstein

**A Women-less
History Teaches
Girls They Are
Worth Less**



Trudy Bourgeois

**Stop Blaming
and Start
Playing: Women
Find Your Voice**



Stacey Tisdale

**Why Change Your
Conditioning
About Money**



Tiffany Shlain

**Give Your Tech
a Day of Rest
and Reconnect
with Yourself**



Rebecca Sive

**Push Her
Forward and
Vote Her In**



Lift Women Up

Our history is built on our work as powerful leaders, passionate advocates, and dedicated forces for change. Today, we're perfectly positioned to become leaders in the communities we call home, in the workplace, and in the world. Each and every one of us has the capacity to drive change – it starts by coming together to **#LiftWomenUp**.

We Can:

- Support women running for office
- Sponsor, mentor, or help a woman
- Work together to close the pay gap
- Train and elevate women
- Engage our **#maleallies**

You can Lift Women Up by downloading the 2022 Lift List. This free checklist features 52 weeks of simple actions we can all take to help women step into their power and increase their impact. www.liftwomenup.com

A photograph of three women laughing together. The woman in the center is a Black woman with curly hair, wearing a light pink shirt. The woman on the left is a white woman with short grey hair, also wearing a light pink shirt. The woman on the right is a white woman with blonde hair, wearing a light pink shirt. They are all smiling and laughing, with their arms around each other. The background is a blurred outdoor setting.

Lift
women
UP

[illegible]

Sample Wellness Budget	
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[illegible]



ENHANCING THE QUALITY
OF LIFE FOR ALL AS WE AGE

- **EXPERT INTERVIEWS | The Six Pillars of Brain Health**
<https://www.aarp.org/health/brain-health/global-council-on-brain-health/six-pillars-interviews/>
- **INFORMATION | The Longevity Economy**
<https://www.aarp.org/research/topics/economics/info-2019/longevity-economy-outlook.html>
- **PODCAST | Living to 100**
<https://www.aarp.org/podcasts/take-on-today/info-2020/living-to-one-hundred.html>
- **RESOURCES | Disrupt Aging**
<https://www.aarp.org/disrupt-aging/>



HOW TO CONTACT US

Send your questions,
ideas, and suggestions
to **DEI@AARP.org**



**Office of Diversity,
Equity & Inclusion**



ALIGNING YOUR FOOD CHOICES TO
SUPPORT SELF-CARE, HEALTH &
WELLNESS



EATING WITH A PURPOSE

Cristina Caro, MBA, RDN, LDN
Lifestyle Dietitian & Wellness Manager



RECIPES FOR SLEEP SUPPORT



Egg-Veg English Muffin



Turkey Apple Quichelettes



Zucchini Oat Muffin



Mediterranean Tuna Salad



Fresh Mozzarella Turkey Wrap





RECIPES FOR MOOD SUPPORT



Pumpkin Pancakes



Fish Tacos with Mango Slaw



Shrimp Pesto Pizzetta



Mango Yogurt Pops w/Granola



Sweet Potato Turnover





RECIPES FOR RESILIENCE SUPPORT



Chicken Black Bean Quesadilla



Salmon Tzatziki Burger



Ham, Egg, Cheese Sandwich



Choco-Nut Rice Treat



Trail Mix Parfait



Making the Shift

Start with a general awareness of your body and needs.

- ☐ appetite regulation
- ☐ emotional balance
- ☐ healing / recovery
- ☐ mental clarity
- ☐ physical activity
- ☐ quality sleep
- ☐ resilience to stress
- ☐ _____

If you have more than one pressing need, rank them in order of importance.

Making the Shift

Define your Eating Intention

What is your health and wellness priority?

This will become your intention.

What foods will serve the purpose of your intention?

Anti-inflammatory, calming, energizing, something else

What key food values drive your choices?

Together with your purpose, these will form your eating principles to honor your health and taste buds while making you feel better.

Making the Shift

Track your Eating

Note your eating schedule (times/locations).

Note your food preferences for specific mealtimes.

cold/warm, liquid/solid, bland, savory, sweet

Note how you feel while you are eating and one hour after eating.

Note any changes you wish to make in your food choices.

Eat Mindfully

As you eat, engage your senses.

Notice aroma, food temperature, texture, visual appeal, flavor.

Bring to mind the purpose the food serves towards your body.

Does what you eat support what you value?

This exercise helps to intentionally choose foods rather than satisfy an impulse or what is convenient.

PLANNING YOUR PLATE

Eat a variety
of foods from
the 5 food
groups

Dairy
Fruit
Grain
Meat/
Alternative
Vegetable

Grain/
starch

Fist-size
of
protein

At least
two
different
colors
among
plants

At least 3 food
groups for
meals

At least 2 food
groups for
snacks

LEARN MORE

www.mindful.sodexo.com
www.us.sodexo.com/careers
www.us.sodexo.com



• Cristina.Caro@Sodexo.com



• www.mindful.sodexo.com



EXPLORING FOCUS

Worksheet // Brain Health Coach

*"My mind is like my Internet browser
19 tabs open
3 of them are frozen and
I have no idea where the music is coming from"*

PRE-WORK

What steals your focus?

IN-SESSION

What else could be stealing your focus?

What are some possible paths forward that you can take?

1

2

What support or resources might you need?

*What is one small brain-boosting action you could take
in the next 24 hours?*



BRAIN-BOOSTING CHECKLIST



SLEEP COACHING



SET YOUR INTENTIONS

[illegible]