

March 2019

International Day of Happiness: March 20

This day was created to promote initiatives that spread happiness to all. It is recognized by all 193 member states of the United Nations. So celebrate and be happy!

- **Choose happiness:** Research continues to show that happiness is a choice, a state of mind. So do what makes you happy! Smile, share, eat healthily, exercise, be grateful, give back, think positively, spend time with friends and family, spend time alone, be mindful, dream, listen to music, say thank you and mean it, say YES.
- **Spread happiness:** While you are doing whatever it is that makes you happy, don't forget to do what you can to make others happy! Happiness is contagious. A simple smile can make even a stranger's day much brighter. And bonus - helping others is a proven strategy to boost your own mood!
- **Get social:** Post on Instagram, Facebook or Twitter how you are celebrating International Day of Happiness and use the hashtag #TenBillionHappy.

Sleep Hygiene:

Daylight Saving Time begins March 10!

What is sleep hygiene? A variety of practices and habits that are necessary for good sleep quality and full daytime alertness.

Why is it important? Obtaining healthy sleep is important for both physical and mental health. It can also improve productivity and overall quality of life.

How can I improve it?

- **Limit daytime naps to 30 minutes.** A short nap of 20-30 minutes can help to improve mood, alertness and performance, but too long and it will disturb your normal sleep cycle.
- **Avoid alcohol, caffeine & nicotine close to bedtime.** Alcohol is known to help you fall asleep faster, but it can disrupt sleep in the second half of the night as the body begins to process the alcohol.
- **Exercise.** You knew I was going to say that, right? As little as 10 minutes of aerobic exercise, such as walking or cycling, can drastically improve nighttime sleep quality.
- **Establish a relaxing bedtime routine.** A regular nightly routine helps the body recognize that it is bedtime. This could include taking a warm shower or bath, reading a book or light stretches. When possible, try to avoid backlit screens.
- **Make a pleasant sleep environment.** Bedding should be comfortable. The room should be cool – between 60-67 degrees. Turn off bright lights. Consider using white noise machines, humidifiers, fans and other devices that can make the bedroom more relaxing.

There's an App for That!



Relax Melodies

Select some relaxing sounds, add a dash of nature, combine with a melody, and your sleep-inducing soundtrack is complete. Mindfulness meditations can be laid over the top of the mix to lure you soundly to sleep.

Cost: Free
Available on iOS & Android

Healthy recipe: Greek Turkey Burgers with Spinach, Feta & Tzatziki



Source: eatingwell.com

Ingredients

- 1 frozen chopped spinach, thawed
- 1 pound 93% lean ground turkey
- ½ cup crumbled feta cheese
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 small wheat hamburger buns
- 4 tablespoons tzatziki
- 12 slices cucumber
- 8 thick rings red onion

Directions

- Preheat grill to medium-high.
- Squeeze excess moisture from spinach.
- Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well.
- Form into four 4-inch patties.
- Oil the grill rack. Grill the patties until cooked through and no longer pink in the center, 4 to 6 minutes per side. (An instant-read thermometer inserted in the center should register 165°F.)
- Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.

Community Events

UW Oshkosh Shamrock Shuffle

Saturday, March 16, 2019; Oshkosh, WI

The UW Oshkosh Shamrock Shuffle is a 5K walk/run chip-timed event for all ages. This family-friendly event is a great way to start your St. Patrick's Day celebrations. Proceeds from the shuffle will benefit the Oshkosh Area United Way, the UWO PD K9 Unit, and the Student Recreation & Wellness Scholarship fund. **Cost:** \$20; **Website:** uwosh.edu/recreation/shamrock-shuffle/

