



# newsletter

January 2025

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## New Year Reset

The holidays can be a whirlwind of emotions and events. All of these ups and downs can impact the nervous system. A stressed nervous system can lead to fatigue, frequent headaches, muscle tension, digestive issues, decreased mood, brain fog, poor sleep, and more. Resetting the nervous system can positively impact mood, sleep, focus, brain function, emotional health, performance, clearer thinking, and a steady heart rate. With the holidays behind us, a nervous system reset may be something to consider to add to the resolutions list.

**Deep Breathing:** Daily slow, deep breathing can lower blood pressure, and reduce stress, and anxiety.

**Exercise:** Physical activity can help the nervous system by burning off adrenaline and releasing endorphins.

**Meditation:** Meditation can make you more aware of your thoughts and emotions and help you deal with them in a better way. Research shows that meditation can strengthen neural connections or even change the brain's structure.

**Massage:** Massage therapy can activate your parasympathetic nervous system, which can help to relax your muscles, slow your heart rate, and lower blood pressure.

**Acupuncture:** Acupuncture can gently stimulate neural pathways and body systems to balance the nervous system.

**Lifestyle Changes:** Getting enough sleep, reducing screen time, eating a balanced diet, staying hydrated, and reducing caffeine and alcohol can help reset your nervous system.

### Choosing a Balanced Diet for Nervous System Reset

*Five ways to calm the body with food:*

1. Choose whole fruits and vegetables
2. Look for foods with vitamins B, C, and D
3. Eat and drink foods with calcium
4. Increase your intake of omega-3 fatty acids and curcumin
5. Choose complex carbohydrates over simple sugars
6. Avoid low-nutrient foods



**FOR MORE INFORMATION PLEASE  
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# Vegetarian Victory Chili

Prep Time: 10 minutes

Cook time: 4 hours

Yield: 12 servings



## INGREDIENTS

- 2 cups chopped onions
- 1 cup diced carrots
- 1 cup diced celery
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 20-ounce can hominy
- 1 4-ounce can diced green chiles, undrained
- 1 15-ounce can red kidney beans, undrained
- ½ cup pearl barley
- 1 16-ounce jar mild salsa
- 2 cups low-sodium vegetable broth

## INSTRUCTIONS

1. Place all ingredients in a slow cooker.
2. Cook on high for 4 hours or low for 8 hours.

## NUTRITION FACTS

*Calories: 155, Carbs: 31g, Protein: 6g,  
Fat: 1g, Sodium: 560mg, Fiber: 7mg*

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