

# Breakroom Buzz

## 10 Ways to be More Positive

Research shows that more happiness and positivity cause us to be three times more creative, 23% less tired, and 31% more productive in life.

Based on research presented by Dr. David Schramm of Utah State University, here are ten ways to become happier and more positive:

1. **Give thanks** or practice gratitude
2. **Smile more** – it's contagious
3. **Get moving** – practice regular exercise
4. **Use your character strengths**
5. **Start your day off right with something positive**
6. **Find your flow** – that moment when engaging in something so enjoyable that nothing else seems to matter
7. **Pay attention** – be mindful
8. **Practice kindness**
9. **Drop grudges and forgive**
10. **Cherish your friends**

Implement one of these into practices in your lives to improve your personal well-being. Watch a recording of the webinar "Happy Hacks for More Positivity", online at [go.illinois.edu/HCERecordings](http://go.illinois.edu/HCERecordings)

Source: Dr. David Schramm, Family Life Specialist, Utah State University.  
[go.illinois.edu/positivity](http://go.illinois.edu/positivity)  
 Adapted by Tessa Hobbs-Curley, Family Life Educator

## Fight Osteoporosis with Vitamin D



Vitamin D helps the body absorb calcium, a critical component for bone health

5-30 minutes of sun exposure, between 10 a.m. and 4 p.m., either daily or at least twice a week to the face, arms, hands, and legs without sunscreen leads to sufficient vitamin D synthesis

Food sources of Vitamin D include: Fatty fish (tuna, salmon, ect.), cod liver oil, egg yolks, cheese, mushrooms, milk, & soy products

Vitamin D is the "sunshine vitamin" because the body makes vitamin D when exposed to the sun

Source: National Institute of Health, Office of Dietary Supplements.

## What's in Season? Asparagus



- 1 lb. asparagus
- 8 oz. whole wheat rotini pasta
- 1 Tbsp. olive oil
- 2 tsp. garlic powder
- 1 tsp. ground black pepper
- 1/2 cup basil pesto
- 1/2 cup sun-dried tomatoes, julienne cut
- 1/3 cup feta cheese

1. Preheat oven to 425°F. Wash hands with soap and water. Wash asparagus and trim off tough ends. Toss asparagus with olive oil, garlic, and pepper. Roast for 8-12 minutes or until tender. Once cooled, cut into one-inch bite-size pieces. Set aside.
2. Boil pasta until tender or as directed on the box. Drain and rinse pasta with cool water.
3. Place tomatoes in a microwave-safe bowl, cover with water and heat for 1-2 minutes until rehydrated.
4. Combine pasta, asparagus, pesto, tomatoes, and feta cheese in a bowl. Serve warm or cold.

Learn more at:  
[go.illinois.edu/freshasparagus](http://go.illinois.edu/freshasparagus)

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