



## Is Happiness Difficult to Achieve?

### 10 Reasons, 10 Solutions

Excerpts from Psychology Today By Linda Esposito, LCSW .

Most of us get happy all wrong. This is because we were raised to think that life is supposed to make us feel good. We were taught to avoid pain like the plague, because negative events cause negative emotions, and negative feelings are not meant to be felt. The result is that we grow up pain-averse and we crumble at the first signs of stress because our emotional training wheels never came off. While roadblocks to happiness do exist, the good news is they are all within our control. Here is a look at the common thieves of happiness and how to change them to work in your favor.

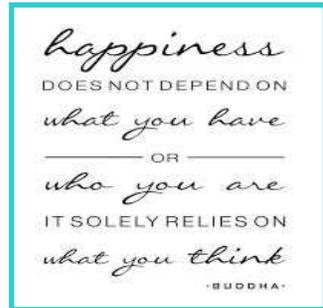
**1. Fear.** Fearing change is normal. Staying mired in misery, is not. Most of us have the fear of the unknown, of failure, of what people may say, and the fear of risking our security blanket in the name of safety and predictability. It takes courage to step outside of your comfort zone. Take a tip from Eleanor Roosevelt: "You wouldn't worry so much about what others think of you if you realized how seldom they do."

**2. Chasing self-esteem.** It has almost become a truism in our culture that we need to have high self-esteem in order to be happy and healthy. But as research is now starting to demonstrate, the need to continually evaluate ourselves positively comes at a high price.

What's the antidote? Develop self-compassion. Self-compassion means to see ourselves realistically, and just as fallible as the next guy or gal. The feel-good emotions of self-compassion are highly stable because they are based on our intrinsic self-worth. Research has shown that self-compassion offers the same benefits as high self-esteem, such as reduced anxiety and depression and elevated happiness.

**3. External rewards.** Happiness is an inside job. Sometimes we veer so far outside of our minds in search of happiness that these external pursuits block our path. The best things in life are created and cultivated — good, solid relationships, positive experiences and loving memories. Material goods will not shower us with feel-good emotions and meaning.

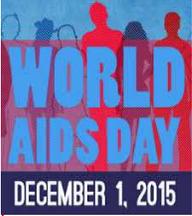
**4. "When I reach this goal..."** Life doesn't honor the perfect time. Waiting for the future is to sit with anxiety, while the world passes by. We postpone our happiness until a time in the future when everything is just right. Only that time never comes. The truth is, happiness is not mystic or fated. This preemptive worrying is a waste of time if ever there was one. It's so easy to get caught up in the tomorrow game. And all the while today's precious moments are passing us by. *Continue pg.3*



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## The AIDS Memorial Quilt, History of the Quilt.

In June of 1987, a small group of strangers gathered in a San Francisco storefront to document the lives they feared history would neglect. Their goal was to create a memorial for those who had died of AIDS, and to thereby help people understand the devastating impact of the disease. This meeting of devoted friends and lovers served as the foundation of The NAMES Project, AIDS Memorial Quilt. Today the Quilt is a powerful visual reminder of the AIDS pandemic. More than 48,000 individual 3-by-6-foot memorial panels — most commemorating the life of someone who has died of AIDS — have been sewn together by friends, lovers and family members. This is the story of how the Quilt began...

The Quilt was conceived in November of 1985 by long-time San Francisco gay rights activist Cleve Jones. Since the 1978 assassinations of gay San Francisco Supervisor Harvey Milk and Mayor George Moscone, Jones had helped organize the annual candlelight march honoring these men. While planning the 1985 march, he learned that over 1,000 San Franciscans had been lost to AIDS. He asked each of his fellow marchers to write on placards the names of friends and loved ones who had died of AIDS. At the end of the march, Jones and others stood on ladders taping these placards to the walls of the San Francisco Federal Building. The wall of names looked like a patchwork quilt.

Inspired by this sight, Jones and friends made plans for a larger memorial. A little over a year later, he created the first panel for the AIDS Memorial Quilt in memory of his friend Marvin Feldman. In June of 1987, Jones teamed up with Mike Smith and several others to formally organize the NAMES Project Foundation. Public response to the Quilt was immediate. People in the U.S. cities most affected by AIDS — Atlanta, New York, Los Angeles and San Francisco — sent panels to the San Francisco workshop. Generous donors rapidly supplied sewing machines, equipment and other materials, and many volunteered tirelessly.

On October 11, 1987, the Quilt was displayed for the first time on the National Mall in Washington, D.C., during the National March on Washington for Lesbian and Gay Rights. It covered a space larger than a football field and included 1,920 panels. Half a million people visited the Quilt that weekend. The overwhelming response to the Quilt's inaugural display led to a four-month, 20-city, national tour for the Quilt in the spring of 1988. The tour raised nearly \$500,000 for hundreds of AIDS service organizations. More than 9,000 volunteers across the country helped the seven-person traveling crew move and display the Quilt. Local panels were added in each city, tripling the Quilt's size to more than 6,000 panels by the end of the tour.

The last display of the entire AIDS Memorial Quilt was in October of 1996 when The Quilt covered the entire National Mall in Washington, D.C. Today there are NAMES Project chapters across the United States and independent Quilt affiliates around the world. Since 1987, over 14 million people have visited the Quilt at thousands of displays worldwide. Through such displays, the NAMES Project Foundation has raised over \$3 million for AIDS service organizations throughout North America.

The Quilt was nominated for a Nobel Peace Prize in 1989 and remains the largest community art project in the world. The Quilt has been the subject of countless books, films, scholarly papers, articles, and theatrical, artistic and musical performances, including "Common Threads: Stories From The Quilt" which won the Academy Award as the best feature-length documentary film of 1989. The Quilt has redefined the tradition of quilt-making in response to contemporary circumstances. A memorial, a tool for education and a work of art, the Quilt is a unique creation, an uncommon and uplifting response to the tragic loss of human life. [www.aidsquilt.org/about/the-aids-memorial-quilt](http://www.aidsquilt.org/about/the-aids-memorial-quilt)



**A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.**





*Eat Smart, Move More... Maintain, don't gain! Holiday Challenge.*

## Increase Your Steps

Regular walking helps reduce stress, anxiety, and depression as well as boosts self-esteem and improves sleep. Thirty minutes a day spent walking can lead to benefits such as reduced body fat, lower bad cholesterol and blood pressure, increase energy, and reduce the risk of chronic diseases like diabetes, cancer, and heart disease. If you are already active, try adding 1,000 steps each day until you are walking at least 10,000 steps (5 miles) per day.

For weight loss and weight maintenance it is recommended to walk 10,000 steps per day. On average, we walk 2,000-3,000 steps in daily activity, so in order to reach the 10,000 steps we need to incorporate *planned* walks.

If you are a **beginner**, set a goal for 4,000 steps. This would mean walking a little more than 500 steps each day. Start off slow, then next day, increase your steps a little more, and so on, until you reach a total of 4,000 steps (2 miles) by next week. To calculate your distance, use a pedometer or website/smartphone app such as [MapMyWalk.com](http://MapMyWalk.com). Encourage your family and friends to go on daily walks with you.

[holidaychallenge@esmmweighless.com](mailto:holidaychallenge@esmmweighless.com)

## Is Happiness Difficult to Achieve?



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**5. Negative thoughts,** A crucial psychological lesson is learning that our thoughts form our emotions, and not the other way around. It's common to believe that we can't help our feelings, but this is simply untrue. Negative thoughts can seem automatic because they've become ingrained in our thought process. Complicating matters is that many of our thoughts are unconscious. The sister to uncovering unconscious thoughts is a therapy technique called Cognitive Behavioral Therapy (CBT). The quality of our thoughts means everything to happiness.

**6. Comparison,** We are bombarded with reminders that our better self is waiting in the wings. The thing is we're viewing edited reality. Comparison really is the thief of joy.

**7. Living in the past,** Few things are sadder than seeing someone stuck in an endless cycle of replaying their glory days. As the saying goes, 'youth is wasted on the young.' The thing about the past is we would all go back and change the unsavory parts if we could. Regretting what you did or didn't do is futile because you were a different person back then. Plus, we are constantly evolving.

**8. Loose boundaries,** Healthy boundaries are the key to happiness. For example, when anyone pushes boundaries that negatively affect you or your family, remain firm, but loving: "I appreciate the time we had today, but we have to get going."

**9. Neglecting gratitude,** There's a whole host of reasons why we should make gratitude a daily practice -- research has shown that being thankful has many positive effects such as improved health, better immune systems, feelings of connection, and higher levels of collaboration. When we wallow in what we don't have, we squander our emotional energies.

**10. Forgetting about the process,** Sometimes we make life harder than necessary. Happiness is not a means to an end, for there is no "Destination Happy". Sure we experience joyful moments and blissful memories, but life is about the journey and enjoying the steps along the way. When we let go of our limited view of happiness, we accept that life is full of ebbs and flows where some days are great, others are good, and some are bad. And that's okay. Cultivating happiness is as much about handling adversity as it is about embracing the beauty in everyday moments.



## What are Antioxidants?



# We ♥ Antioxidants

Antioxidants are man-made or natural substances that may prevent or delay some types of cell damage. Antioxidants are found in many foods, including fruits and vegetables. They are also available as dietary supplements. Examples of antioxidants include

- **Beta-carotene, Lutein and Lycopene** is a naturally occurring chemical that gives fruits and vegetables a red color. They are a group of red, orange, and yellow pigments called carotenoids. Beta-carotene and other carotenoids provide approximately 50% of the vitamin A needed in the American diet. These antioxidants can be found in fruits, vegetables, and whole grains. It can also be made in a laboratory as a supplement. They are useful in preventing certain cancers, heart disease, eye diseases and much more.
- **Selenium** is important for reproduction, thyroid gland function, DNA production, and protecting the body from damage caused by free radicals and from infection. It is found in seafood, meat, poultry, eggs, dairy products, breads, cereals and other grain products.
- **Vitamin A** can come from plant or animal sources. Plant sources include colorful fruits and vegetables. Animal sources include liver and whole milk. Vitamin A is also added to foods like cereals
- **Vitamin C** is important for your skin, bones, and connective tissue. It promotes healing and helps the body absorb iron. Vitamin C comes from fruits and vegetables. Good sources include citrus, red and green peppers, tomatoes, broccoli, and greens.
- **Vitamin E**, plays a role in your immune system and metabolic processes a good sources of vitamin E include: Vegetable oils, Margarine, Nuts and seeds, Leafy greens. Vitamin E is also added to foods like cereals. Most people get enough vitamin E from the foods they eat.
- **Vegetables and fruits are rich sources of antioxidants.** There is good evidence that eating a diet with lots of vegetables and fruits is healthy and lowers risks of certain diseases. But it isn't clear whether this is because of the antioxidants, something else in the foods, or other factors.

NIH: National Center for Complementary and Integrative Health



# Healthy Eats

Around the world!

## ARUGULA WATERMELON SALAD.

### Ingredients

For the vinaigrette:

1/4 cup freshly squeezed orange juice

1/4 cup freshly squeezed lemon juice (2 lemons)

1/4 cup minced shallots (1 large)

1 tablespoon honey

1/2 cup good olive oil

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Salad:

6 cups baby arugula, washed and spun dry

1/8 th seedless watermelon, rind removed, and cut in 1-inch cubes

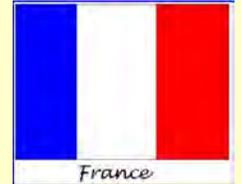
12 ounces good feta cheese, 1/2-inch diced

1 cup (4 ounces) whole fresh mint leaves, julienned

### Directions

Whisk together the orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.

Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately. 2009, Ina Garten, All Rights Reserved



## Raspberry and Pear Buttermilk Cobbler



### Ingredients:

1/4 cup maple syrup

1 teaspoon cornstarch

3/4 pound pears, pitted and thickly sliced

1 container raspberries

1/4 cup (1/2 stick) butter, cut into large pieces

1 cup all-purpose flour

2 teaspoons baking powder

1/4 teaspoon fine sea salt

1 1/4 cup low fat buttermilk

### Directions:

Preheat the oven to 375F. In a medium bowl, whisk together maple syrup and cornstarch. Add pears and raspberries and toss gently to coat; set aside. (you can substitute any fruit combination you like or according to what is in season just keep the portions the same).

Put butter into an 8-inch round or square glass or metal cake pan. Heat in oven just until butter is melted, 2 to 3 minutes, then remove and set aside.

In a medium bowl, whisk together flour, baking powder and salt. Stir in buttermilk and mix until just combined to make a thick batter. Pour into pan over melted butter without stirring. Scatter reserved fruit mixture evenly over top of batter and bake until golden and bubbly, 50 to 55 minutes.  
Serves 8 (Wholefoods).

*What's in Season?* Which ones are high in antioxidants?

Avocado, Bell Pepper, Carambola (star fruit), Cucumber, Eggplant, Grapefruit, Guava, Mushroom, Orange, Passion Fruit, Peanuts, Radish, Snap Bean, Squash, Sweet Corn, Tangerine, Tomato, Cabbage, Lettuce, Strawberries, Cauliflower and Celery. They are all good for you, the ones in red are higher in antioxidants.



# Healthy Eats

Around the world!

## Potato-Zucchini Latkes with Basil

A new version of an old favorite, potato pancakes are popular for Hanukkah, some say latkes come from Italy, some say they come from Romania. We say they are delicious! Serve with applesauce and/or sour cream.

### Ingredients

- 1 large baking potato (about 10 oz), peeled and quartered lengthwise
- 1/2 onion, peeled and quartered
- 1/4 cup flour
- 1 egg
- Coarse salt and pepper
- 1/2 teaspoon baking powder
- EVOO or peanut oil, for frying
- 2 medium zucchini (about 8 oz)
- 2 tablespoons chopped fresh basil



### Directions

Using a food processor fitted with a coarse grating disk, grate the potato and onion; discard any large pieces. Transfer the mixture to a clean dish towel and squeeze out any excess liquid, then transfer to a large bowl. Stir in the flour, egg, 3/4 tsp. salt, 1/4 tsp. pepper and the baking powder. Trim and quarter 2 medium zucchini (about 8 oz.). Using food processor fitted with coarse grating disk, grate zucchini. Transfer to medium bowl and toss with 1/2 tsp. salt. Let stand, 10 minutes; squeeze to drain. Add zucchini to potato-onion mixture; squeeze mixture dry again. Add 2 tbsp. chopped fresh basil to batter before frying latkes.

In a medium skillet, heat 1/4 inch oil over medium-high heat until hot but not smoking. Working in 5 to 6 batches, drop 2 tbsp. scoops of batter into the pan about 2 inches apart. Using a spatula, flatten the batter into disks. Cook, turning once, until browned and crisp, about 5 minutes. (Lower the heat if the latkes darken too quickly.) Drain on paper towels. Yield: 1 1/2 dozen Prep: 10 mins Cook: 25 mins © Copyright 2015, Meredith Corporation. All Rights Reserved



### Directions:

**Step 1: Make Mashed Cauliflower**, Preheat the oven to 400° F. Steam cauliflower for about 10-12 minutes or until very tender, then transfer to a food processor. Add minced garlic and pulse several times until smooth and creamy.

**Step 2: Mix**, Transfer mashed cauliflower into a large mixing bowl. Add in two whole eggs, cheddar cheese, Nonfat Greek yogurt, salt and pepper and mix together. In a separate bowl, beat egg whites until stiff. Then, slowly fold the egg whites into the cauliflower mixture.

**Step 3: Bake**, Coat a mini muffin pan with cooking spray of your choice. Then fill the cups to the top with the cauliflower mixture. Bake for 20-25 minutes, until golden brown. Remove from the pan, and set on a cooling rack. Makes: 24 small Biscuits.

This recipe from Caroline Bartha, Thanks! If you have a recipe to share, e-mail it to: [Kristin.Halldorsdottir@flhealth.gov](mailto:Kristin.Halldorsdottir@flhealth.gov)



## Cheesy Cauliflower Biscuits

### Ingredients:

- 1 cauliflower head, leaves removed
- 3 garlic cloves, minced
- 1/3 cup nonfat Greek yogurt
- 1/2 cup cheddar cheese, shredded
- 2 eggs
- 2 egg whites
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

Please consult your healthcare provider before starting any diet or exercise program.



## Contact Us:

**Kristin Halldorsdottir**  
954-467-4700 x 3009

**Latonya Delaughter**  
954-467-4700 x 5806

**Nickey Lewin**  
954-467-4700 x 4004

DOH-Broward Employee Wellness



**The Walking Club,  
meets at noon in front of  
the Administration Building every  
Monday, Wednesday and Friday.  
Mark your calendars!**

