

LIVING WELL

HOUSEPLANTS FOR YOUR HEALTH

More than just a growing trend, houseplants are firmly rooted in our hobbies and home decor. But did you know they can have a positive impact on your health? Research shows some plants can improve air quality and strengthen your overall well-being. Consider adding these plants around your house for a healthy boost.

Known as a natural air filter, an **elephant ear plant** can also treat insect stings. Its large, heart-shaped leaves make it a standout addition to any home decor.

Easy to care for, the **spider plant** is able to remove formaldehyde from the air. This plant produces a lot of oxygen, which can help you breathe more naturally while sleeping.

A **peace lily** can remove carbon dioxide and mold spores from the environment. It promotes restful sleep and doesn't require much maintenance.

While houseplants offer numerous health benefits, some can be harmful if ingested. Be sure to keep toxic plants, like English ivy and philodendron, out of reach of children and pets.

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THE BENEFITS OF WORKING FROM HOME


ENVIRONMENTAL BENEFITS
Lowering the total number of commuters on the road each day can contribute to a greener environment. This translates into reduced carbon emissions and a smaller ecological footprint.

IMPROVED PRODUCTIVITY
Studies have shown remote workers can be more productive than their in-office counterparts due to the elimination of distractions commonly found in an office environment.

ECONOMICAL ADVANTAGES
Employees save on commuting costs, parking fees and expenses related to professional attire and restaurant meals, while employers can reduce spending associated with office space and other overhead costs.

BROADER RECRUITMENT
Telecommuting opens up opportunities to hire talent from anywhere in the country. This allows organizations to tap into a wider range of skills and expertise, potentially leading to higher-quality recruits.

The benefits of remote work can vary depending on individual preferences, job requirements, and the organization's culture and policies. Collaborating to determine what's best for everyone is the ultimate goal.



The landscape of corporate office space has changed significantly over the last few years. Ironically, this new landscape feels more familiar than ever before. That's because working from home, also known as remote work or telecommuting, has become widespread among the U.S. workforce. Here are some advantages both employees and employers can enjoy with remote work.

INCREASED FLEXIBILITY
Greater control over daily schedules can lead to a more harmonious work-life balance, increased job satisfaction and reduced stress. Remote working arrangements can also attract talent who prioritize flexible work environments.

REDUCED COMMUTING
One significant benefit of working from home is the reduction in travel to and from an office, which is often time-consuming, stressful and expensive.

TIPS FOR PRODUCTIVE CONVERSATIONS

Mastering the art of productive conversations can help foster meaningful connections. Here are three tips to help enhance your communication skills.

Listen well. Almost everyone is guilty of selective listening, where another person's words are filtered through our own biases. Instead, try active listening by giving nonverbal cues, reflecting on what's being said and not interrupting.

Discover commonalities. While there's nothing wrong with having differences of opinion, focusing on similar beliefs and experiences can create a stronger connection. Realizing each other's priorities can move conversations in a constructive way.

Ask open-ended questions. Rather than asking simple yes or no questions that don't move a conversation forward, try open-ended questions that allow others to express themselves.

A SMART WORKOUT DOESN'T HAVE TO BE A PAIN

Your exercise routine doesn't have to be all or nothing. Even a 10-minute walk or taking the stairs instead of the elevator can be beneficial. Just three minutes into a workout, the body begins to reap the rewards of endorphins, serotonin and dopamine. When released in the brain, these chemicals can alleviate pain and elicit feelings of satisfaction and pleasure.

Conversely, too much intensity can lead to injury, burnout or both. Follow these tips to maintain a balanced and effective workout routine.

- 📍 Boost your energy with a pre-workout snack such as a banana, nuts or yogurt.
- 📍 Minimize distractions so you can pay full attention to your workout.
- 📍 Increase intensity by slowing down your movements and focusing on strength and control.
- 📍 Concentrate on the muscles you're using.
- 📍 Keep breaks between reps short to maintain an elevated heart rate.
- 📍 Mix up your routine to add variety and prevent plateauing.



Stay committed and healthy by simplifying workouts and leaving perfectionism behind. Remember, smarter workouts are good for brain health, too.

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PROSPECT'S NAME
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CITY ST ZIP



EDIBLE COOKIE DOUGH

SWEET VEGAN TREAT

BROUGHT TO YOU BY



INGREDIENTS

- 1 cup almond flour
- ¼ cup coconut flour
- ½ tsp. salt
- ¼ cup, plus 1 Tbsp. pure maple syrup
- 3 Tbsp. refined coconut oil, melted
- 1 Tbsp. vanilla
- ¼ cup dairy-free chocolate chips

DIRECTIONS

In a medium bowl, whisk together flours and salt, breaking up any clumps. Add maple syrup, coconut oil and vanilla. Stir until well combined. Fold in chocolate chips.

Serve immediately or store in refrigerator. Bring dough back to room temperature before serving.

