

## HEALTHY LIVING WITH TAMMY

## THE MONTHLY BUZZ REFLECT & RESET



Hello Everyone! I hope you all are doing well! It is so hard to believe 2024 has one month left, and it's here! Man how time has flown, right? During this time it is so easy to get caught up in the holiday season, and forget to reflect on the blessings of life, and your personal growth, and take a reset for the days ahead. Taking that time is so important not only for yourself but those around you. In this month, I prompt you to reflect and reset so we can be more aware of our healing environment and our personal needs, so 2025 can be the best to come! Here are some ways we can do that for ourselves!

- **Celebrate Your Wins:** Take time to acknowledge your achievements, big or small. Write them down to see how far you've come.
- **Learn From Challenges:** Reflect on areas where you struggled. What were the obstacles, and how can you approach them differently in days ahead?
- **Gratitude Exercise:** Write down things you're grateful for from this year. Remember, gratitude is the right attitude!
- **Set SMART Goals:** Make your resolutions specific, measurable, achievable, relevant, and time-bound.
- **Focus on One Area at a Time:** Choose a few priorities for the new year, such as improving sleep, increasing physical activity, or eating more whole foods.
- **Create a Vision Board:** Use images, quotes, and words to visualize what you want to achieve in 2025. This can serve as daily motivation.

With all this in mind, remember, you are so much more than your achievements, challenges, or circumstances. Take a moment to pause, breathe deeply, and remind yourself, You are whole. You are enough. You are so much more.



# The Gift of Giving

As the holiday season fills the air, it's a perfect time to reflect on the act of giving. Beyond bringing joy to others, generosity has profound benefits for your physical and mental health. Here's how giving can improve your well-being and ideas to incorporate it into your life.

There are many benefits to giving, studies show that it can boost happiness. Acts of kindness release feel-good hormones like dopamine, which enhance your mood and creates a "helper's high." It can also lower stress, helping others can lower cortisol levels, reducing stress and its harmful effects on the body.

Giving, fosters a sense of community and builds meaningful relationships, which are key to emotional well-being. It encourages a healthier lifestyle. Volunteering often involves physical activity, whether it's walking, cooking, or organizing, which keeps you active, and it promotes longevity. Studies suggest that individuals who regularly give their time or resources are likely to live longer, healthier lives.

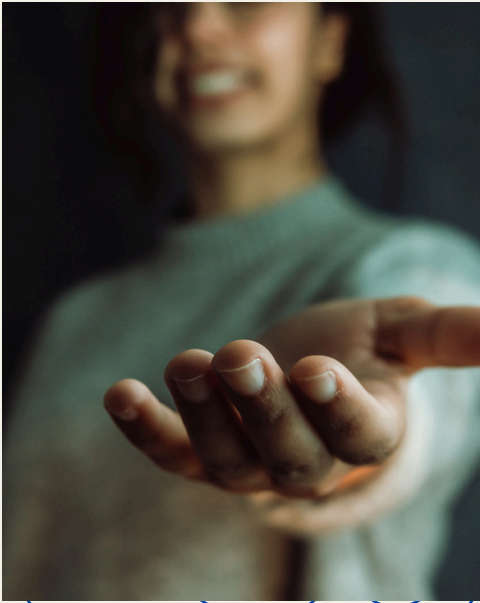


There are many ways of giving, not just of gifts, and they all are just as impactful. Generosity isn't about material gifts, it's about intention. Whether it's your time, a kind word, or a simple gesture, giving without expecting anything in return is the ultimate act of selflessness and connection. **Here are some ways to give this season.**

- 1. Volunteer Your Time:** Help at a local food bank or shelter, Visit senior homes or hospitals to spread holiday cheer, Join clean-up events or donation drives.
- 2. Donate to a Cause:** Contribute to charities that align with your values, Support small businesses or organizations in need, participate in clothing, food, or toy drives
- 3. Acts of Kindness:** Pay for someone's coffee or groceries, Write heartfelt letters to friends or family, Offer help to a neighbor with errands or tasks.
- 4. Practice "Green Giving":** Gift eco-friendly, sustainable items, Plant trees, pick up trash, or donate to environmental conservation programs.
- 5. Teach Children the Joy of Giving:** Create handmade gifts together, Encourage them to donate toys or books they've outgrown, Participate in family volunteer activities.

**"No act of kindness,  
no matter how small,  
is ever wasted."  
– Aesop**





# 12 Days of Giving Challenge

This holiday season, embrace the spirit of giving by joining the **12 Days of Giving Challenge**. Each day, complete a small act of kindness or generosity to make someone's day brighter. Here's a simple guide to get started!

- Day 1: Share a Compliment** Brighten someone's day with a genuine compliment—whether it's a friend, coworker, or a stranger.
- Day 2: Donate to a Cause** Give to a local food bank, animal shelter, or a charity you care about.
- Day 3: Write a Kind Note** Send a handwritten letter or a heartfelt email to someone you appreciate.
- Day 4: Support a Local Business** Shop small or leave a positive review for a local business you love.
- Day 5: Offer Your Time** Volunteer at a local organization or help a neighbor with errands or tasks.
- Day 6: Spread Positivity Online** Share an uplifting post, leave a kind comment, or express gratitude on social media.
- Day 7: Pay It Forward** Buy coffee for the person behind you in line or surprise someone with a small treat.
- Day 8: Declutter and Donate** Go through your home and donate gently used items to a shelter or thrift store.
- Day 9: Make Someone Laugh** Share a funny story, a joke, or a moment of joy with someone who needs it.
- Day 10: Cook or Bake for Others** Prepare a meal or bake cookies to share with a neighbor, coworker, or friend.
- Day 11: Be Present** Spend quality, distraction-free time with a loved one or someone who needs company.
- Day 12: Express Gratitude** Reflect on the people who've made an impact on your life this year, and let them know how much they mean to you.

- **Keep It Simple:** Small, thoughtful actions can make a big difference.
- **Get Others Involved:** Invite friends, family, or coworkers to join the challenge.
- **Reflect Each Day:** Journal or take a moment to reflect on how giving made you feel.

**By the end of the 12 days, you'll not only spread joy to others but also experience the true meaning of the season, connection, kindness, and love. Are you ready to start?**

# Superfood Dark Chocolate Bark



Let's get healthy this Christmas! Dark chocolate and superfoods are packed with nutrients and bioactive compounds that provide various health benefits. Dark chocolate is rich in antioxidants, and contains flavonoids, which help neutralize free radicals, reducing oxidative stress. It can improve blood flow, lower blood pressure, and enhance heart health due to its ability to improve vascular function. It's a mood booster! As it stimulates the production of endorphins and contains serotonin precursors, promoting feelings of happiness. Dark chocolate is also known to help brain function and can enhance cognitive performance by improving blood flow to the brain and providing neuroprotective effects. It's mineral-rich, Packed with magnesium, iron, copper, and manganese, essential for metabolic and cellular functions. Here is a super easy tasty treat to try, that has lots of benefits to it!

## What You Need :

- 2 cup dark chocolate chips
- 2 tsp mushroom powder
- 10 brazil nuts, chopped
- 4 tbsp goji berries
- 3 tbsp pumpkin seeds
- 1 tbsp hemp seeds
- 1 tbsp cacao nibs
- 1 tsp bee pollen

## How To Make :

1. Line a small baking sheet with parchment paper.
2. Melt the dark chocolate, in the microwave at 20 second intervals, stirring between, or on the stove, over low heat.
3. Once the chocolate is melted, mix in the mushroom powder.
4. Pour the chocolate on the lined baking sheet. Spread out to about ¼ inches thick.
5. Add the toppings, then place the bark in the fridge or freezer for 30 minutes to set.
6. When set, cut bark to desired pieces, and store in sealed container, room temp, or fridge

# Mindful Moments

**These affirmations can help ground you in the present moment while celebrating the joy and meaning of the season.**

**Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.**

1. "I welcome the joy and peace of this holiday season into my heart."
2. "I am grateful for the love and connection that surrounds me."
3. "I find moments of calm amidst the holiday hustle."
4. "My heart is open to giving and receiving in equal measure."
5. "I create memories that nourish my soul and bring me joy."

**As the new year approaches, it's the perfect time to reflect on your goals, dreams, and aspirations. A vision board is a powerful tool to visualize what you want to achieve and manifest your ideal life. Vision boards help with clarity, focus, visualization, and inspiration. I have found this tool to be so helpful for me and my life journey, and I would love to share that with you! Stay on the lookout for an email for an interactive vision board guide to lead you into the best 2025 year for you!**



I hope you enjoyed reading this month's newsletter.

Have questions or feedback?

I'd love to hear from you! You can reach me at:

[healthylivingwithtammy@gmail.com](mailto:healthylivingwithtammy@gmail.com)

Blessings to you all!

~ Tammy

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