

10 HEALTHY INDULGENCES FOR BUSY, WORKING ADULTS

614-523-3213 • info@wellnesscollective.com



Instead of thinking, “I can’t have that,” why not focus on what you might add or layer into your day and the good that comes along with it? Here are some healthy indulgences that have immediate and / or long-term health benefits.

The more you know, the more you can create healthy habits and healthy relationships with food.

Self-Care (in general)

You can’t pour from an empty cup, so it’s essential that you have moments everyday of rest, recovery, learning and nutrition to **recharge** and **cultivate resiliency**, the ability to bounce back from the stress of life.

Power Naps

While an extended nap may disrupt your sleep overnight, a 15 to 20-minute nap is proven to **boost memory**, cognitive skills, creativity and energy level according to WebMD. You might recharge you’re a phone a few minutes each day, how about your batteries?

Dark Chocolate

Dark chocolate (70% or higher) has a higher concentration of flavanols which may help to **protect the heart** and reduce the risk of diabetes according to Harvard (School of Public Health). Intake of 6g (one to two small squares) would be of benefit. Exceeding this might contribute to unwanted weight gain.

Healthy Fats

Fat is an essential macronutrient for your health. According to the Academy of Nutrition and Dietetics healthy fats to eat are: Omega-3 Fats (fatty fish, walnuts, canola oil, flaxseed and eggs) and Monounsaturated Fats (nuts, olive oil, avocado and peanut butter). Both types of fats will support you **feeling full**, while reducing blood cholesterol levels and your risk of heart disease.

Saying “No”

Time is one of your most precious assets. Avoid overcommitting by **pausing for a moment** before saying “yes” to a new demand of your time. A time audit – tracking your minutes each day – will show you if how you’re spending your time truly aligns with your core values.

Massage Therapy

Getting a massage, or other body work, is healing, restorative and taps into the relaxation response in the body which is an essential way to **bounce back** from the stress response. Excess tension is also linked to chronic pain so investing some time to reset the soft tissues in your body can be super effective.

Coffee & Green Tea

The health benefits of coffee are actually too robust to fully list here (no pun intended – haha). From protecting the liver to **improving cognition** and reducing risk of depression, you can feel okay about that coffee habit. The Mayo Clinic and several other organizations agree that the benefits may outweigh the risks. Green tea is rich in catechins, antioxidants that fight and may even prevent cellular damage, according to WebMD.

Hiring Expert Support

It may feel indulgent to hire professional support, but this can be a powerful part of your self-care process. Whether you seek out a personal trainer, health coach, counselor or chef, know that people **thrive** with education, accountability and human connection.

Lunch Away from Your Desk

Your desk may be just as dirty – or worse – than a public restroom. Beyond that, know that people really can't multi-task so performance suffers when you eat and work. Additionally, you're more likely to overeat when you're not mindful of the experience. Gift **yourself that time away** and bonus points for you if you can also step into some natural light.

Vacation Time, a Staycation or Just a Day Off

Everyone needs to take a day off on occasion. Athletes do it, so why not corporate athletes? By tuning in to your mood, energy level, stress and pace of your life, you'll become more aware of when it's time to **step away**. Modeling that it's okay to step away to practice self-care can create a powerful culture shift within teams and across the organization.

Looking for more ideas for a winning workday? Connect with us on social and follow our blog at www.wellnesscollective.com.



[@WellnessCollective](https://www.facebook.com/WellnessCollective)



[@WellnessCollective](https://www.instagram.com/WellnessCollective)



[@Wellness Collective](https://www.linkedin.com/company/WellnessCollective)