Begin your 2012 Happiness Project!

If you’re wondering whether being a part of such a group would indeed boost your happiness, I believe the answer is yes: in two ways.

First, making and keeping a happiness-related resolution will make you happier. Feeling in better control of our circumstances, cultivating an atmosphere of growth, making an effort to ensure that our lives reflect our values -- these steps will make you happier, and a happiness-project group will help you accomplish this.

Second, wholly apart from the purpose of the group, just being part of a new group will make you happier. Meeting new people, pushing yourself in a new direction, being part of something -- these aspects of a happiness-project group will boost your happiness, as well. Being part of a group will help you feel accountable for keeping your resolutions, which is why people join groups like Weight Watchers and Alcoholics Anonymous. You’re much more likely to stick to a difficult resolution if you know you’ll be asked to report on your progress -- or lack of progress.

“There is no duty we so much underrate as the duty of being happy.”

Robert Louis Stevenson

IPFW Happiness Project

- The IPFW Happiness Project is a program to help you define happiness and health, all in one. By setting healthy goals and focusing on positive life choices, your happiness will improve.
- As a group or individual, you can learn more about your health, new fitness ideas, and how to be a happier you!
- The IPFW Happiness Project begins on Monday, January 9 with initial assessments and the program begins on Monday, January 16.

Creating A Healthier U in 2012

January

Begin your happiness project!

In January, resolve to begin the new year by creating a healthier, happier you! How can you do that? Create your happiness project. Your happiness project is possible by “taking small, concrete steps in your daily life,” says Gretchen Rubin. You can choose one aspect of your happiness to work on or you can choose a different daily goal, it’s up to you! Your bookmark, delivered to everyone on campus, will challenge you to write one thought of happiness for the day.

“How Monthly Healthier U Bookmarks Work:

1. Bookmarks arrive through campus mail before the beginning of the month.
2. Earn as many points as you can throughout the month.
3. No matter how many points you earn, return your bookmark to Jen Roherty in WU 234.

Points accumulate throughout 2012 to earn prizes!

Don’t waste time leaving campus to visit the doctor for a simple illness!
Visit the IPFW Health and Wellness Clinic Monday—Friday
8:30 AM—4:30 PM
Walk-ins accepted until 4 PM.
Call ahead for a speedy appointment!
481-5748
Recipe of the Month

Winter Beet and Cabbage Slaw

Ingredients:
- 6 medium beets, trimmed
- 1/2 cup apple cider vinegar
- 1/4 cup granulated sugar
- 2 tablespoons whole-grain Dijon mustard
- 1 1/2 teaspoons caraway seeds
- 1/3 cup vegetable oil
- 8 cups thinly sliced red or green cabbage (about half of large head)
- 2/3 cup chopped onion
- 1/4 cup (packed) chopped fresh dill
- 3 cups coarsely grated peeled carrots (about 3 large carrots)

1. Preheat oven to 400°F. Wrap beets in foil, enclosing completely. Bake beets until tender, about 1 hour 15 minutes. Cool. Peel and coarsely grate beets.
2. Whisk vinegar, sugar, mustard and caraway seeds in large bowl to blend. Gradually whisk in oil. Add cabbage, onion and grated beets to dressing and toss to coat.
3. Let stand 45 minutes, tossing occasionally. Stir in dill. Mix 2 1/2 cups carrots into cabbage mixture. Season with salt and pepper. Sprinkle remaining grated carrots over and serve.

http://www.thefoodtrust.org

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