



**unify consulting group**

**“If you love life, don’t waste time, for time is what life is made up of”**

-Bruce Lee.

## A Message From Our Founder



Welcome to our first ever newsletter!!! My name is Fleur Yumol and we thought that another way we could provide

support to our clients and organizations would be to do a quarterly newsletter to discuss relevant topics of the day. We hope you will find these helpful and we welcome any feedback you might have.

One of my great passions in life is writing and yet I never seem to be able to sit and give myself the time to do this. Often times I will say to myself, “Ok Fleur, this weekend you are going to sit with a giant cup of tea and write all Saturday morning!” But come Saturday morning there is often something else that will take away that

time whether it is a chore of some sort, client crisis, an extra- long work out, as a result, I never get to it. I think part of the issue is that I tell myself I need a whole morning. I need 4 hours’ minimum to really pound out some good work. So, I got to thinking that maybe that is part of my problem. If I don’t end up having the four hours to write I don’t start at all. So, I thought what if I just set aside 30 min and just write as much as I can in that time? At least I get some done and maybe if I am super inspired all those other “crises” might be seen differently and I can prioritize something that really gives me energy.

Time is one thing we never get back. It goes by whether we take advantage of it or not. Therefore, it is up to us to decide what to do with that time and how we can set aside some of it to do the things that fill us up and give us the

energy to tackle all that is required to “adult” well.

I hope you are able to take something away from our newsletter and we look forward to providing you with great tips to stay ahead of the game of life.

## **Find Time to Unwind**

If you're like most people, things have been busy at work lately. And by "lately", I mean the past year or so with the worst of our recent economic recession behind us. We've had every bit of our scheduling fat stripped away. Conversations with friends, colleagues and coworkers have become comparisons of how busy we are:

"Hey, how are you?"

"Busy. You?"

"Busy."

"I'd ask about it, but I'm too busy right now."

Does this sound familiar to you? "Busy" is the new "fine." With companies and organizations running so lean, it can feel impossible to get out from underneath a crushing to-do list. However, your job or career shouldn't be a frantic scramble of catch-up, with little to zero time to stop, breathe and unwind.

Despite the importance of having the time to unwind, actually fitting it in between work, errands, and relationship responsibilities, it is much easier said than done. Even using one of the oldest tricks in the book by scheduling free time during your day doesn't always work out. Often it is too easy to see that time as flexible and end up encroaching on it with things that feel more important (even though, in the long run, they're probably not).

Coming back to work in January, reality will strike. Christmas is over. The new year has dawned. No more duvet days in your pyjamas, binge watching your favorite shows on Netflix and browsing the sales online.

You. Actually. Have. To. Work.

So as your January workload starts to ramp up, here is one simple trick you can use no matter how busy things get: instead of making vague promises or resolutions to yourself about finding free time, schedule a very specific activity that will help you unwind.

First of all, begin by taking some time to think through what you really want to make time for. For example, do you want to read a little every day, are you trying to fit in some exercise, are you looking to unwind with some TV at the end of the night, or do you want to catch

up with friends that you haven't seen in a while? Of course, you could have a lot of different answers to this question, but going through the thought exercise pushes you to identify the specific activities that will really help you unwind, relax and recharge the batteries.



From there, find the time to slot your chosen activity or activities

into your calendar. When you plan your week, treat your downtime activities as some of your major to-dos, setting aside time for them in the same way you would set aside time for a big meeting or a project you need to work on. Instead of penciling in an hour of “downtime” on Wednesday night, write “take a bubble bath” or “read a few chapters in a new book” or “watch Star Wars”.

Here are a few ideas to help you unwind:

- Go skating at Bowness Park
- Go to the theatre
- Go curling at St. Patrick’s Island
- Play a board game with friends or family

- Read a book in the bath
- Learn to cook an ethnic cuisine
- Taste Single Malt Whiskey at Eau Claire Distillery (Turner Valley)
- Go to a museum
- Throw out some stuff around your house you don’t need or use
- Pick up a hobby you have neglected

Go ahead, take the time to treat yourself and unwind. You’ll thank yourself later.

### **From Our Nutritionist**



*“I believe individuals and families can be empowered with nutrition education, coaching and tools they need to achieve optimum health.” ~ Jaime McNichol*

### **Smoothie Bowl**

Smoothie bowls are a new take on the classic smoothie...with the addition of a

few ingredients and some toppings is turned into a meal! Adding toppings to the top of your smoothie adds a crunch factor. The action of chewing simulates our digestion by releasing digestive enzymes and signalling our digestive system that food is on its way!



## Toppings

- Hemp hearts
- Unsweetened coconut flakes
- Additional fruit such as banana, apple, kiwi
- Naturally sweetened granola

## Directions

1. Blend all smoothie ingredients in a blender until smooth and add to a bowl
2. Top with the toppings and enjoy!

## On The Lighter Side of Life



## Smoothie

- 3/4 cup unsweetened pure coconut water
- 1 cup (or more) baby spinach
- 1 tsp chia seeds
- 1 scoop of unflavoured protein powder (see note)
- 1 chopped green apple or pear
- 1/2 avocado
- 1/2 banana
- Juice of half a lime
- 8 ice cubes