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Wellness NEWSLETTER

BRAIN INJURY AWARENESS MONTH Beyond the Diagnosis: Supporting Life After Brain Injury

Listening to Your Body Is Part of Recovery

Brain Injury Awareness Month highlights that recovery after a brain injury is not defined by a single timeline. One of the most important skills many individuals must relearn is how to listen to their body. Fatigue, headaches, sensory sensitivity, brain fog, or emotional changes are not signs of failure. They are signals that the brain needs care, rest, or adjustment. Honoring these cues can help prevent symptom flare-ups and support more sustainable healing over time.

Support Goes Beyond the Individual

Recovery also extends beyond the person with the injury. Families and caregivers are often navigating new responsibilities, emotional changes, and practical challenges all at once. Having clear, reliable resources can make this transition feel more manageable and less isolating. The [What to Expect After Brain Injury Guide](#) offers practical, step-by-step information to help survivors and caregivers plan for life after injury.

The guide helps address:

- Preparing the home for a safe return after hospitalization
- Returning to work, including accommodations and rehabilitation support
- Understanding the long-term health effects of brain injury
- Navigating changes in relationships and family dynamics
- Financial and legal planning after brain injury
- Brain injury risks, symptoms, and support considerations for children

Brain Injury Awareness Month reminds us that recovery is both internal and collective. Listening to the body, planning ahead, and leaning on trusted resources can help survivors and families move forward with confidence, patience, and care.

Source: <https://biausa.org/>



2 LIVESIMPLY: REVITALIZE YOUR NUTRITION

Eating With Intention and Balance

Learn how focusing on intention, balance, and small daily choices can help you build healthier eating habits that last.



3 HOW MOVEMENT IMPROVES MOOD

Everyday Exercise for Mental Health

Movement doesn't have to be intense to matter, regular activity can positively impact mental health.



4 Featured Recipe

CONNECTEDNESS
HEALTH TIP
CORNER



LiveSimply: Revitalize Your Nutrition: Eating With Intention and Balance

Revitalizing your nutrition doesn't require strict rules or dramatic changes. A LiveSimply approach focuses on intention, balance, and small choices that support your health over time. Rather than trying to change everything at once, sustainable nutrition is built through habits that feel realistic and supportive of daily life.

Build Awareness Around How You Eat

Eating with intention starts by slowing down and paying attention to your body's cues. How quickly you eat, how much you serve yourself, and how satisfied you feel afterward all influence overall nutrition. Simple adjustments—like pacing meals, being mindful of portions, and prioritizing whole foods—can help improve energy levels and support long-term health without feeling restrictive.

Intentional eating habits may include:

- Using smaller plates to support portion awareness
- Slowing down and chewing thoroughly
- Starting meals with vegetables or fiber-rich foods
- Keeping dressings, sauces, and condiments on the side

Support Nutrition With Everyday Habits

Nutrition doesn't exist in isolation. Grocery shopping with a plan, cooking at home more often, staying hydrated, moving regularly, and prioritizing sleep all influence how food supports your body. Making thoughtful swaps—such as choosing whole grains, adding more protein, or opting for less processed options—can strengthen your diet without eliminating foods you enjoy.

LiveSimply nutrition is not about perfection or rigid rules. It's about making consistent, intentional choices that feel balanced, approachable, and sustainable—one step at a time.

Source: [25 Simple Tips to Make Your Diet Healthier, 2024](#)

HOW MOVEMENT IMPROVES MOOD

Everyday Exercise for Mental Health



Movement is one of the most accessible tools we have for supporting mental health. You don't need intense workouts or long training plans to feel the benefits. Even small amounts of everyday movement can play a meaningful role in improving mood, reducing stress, and supporting emotional balance.

Why Movement Matters for Mental Wellbeing

Physical activity supports mental health both chemically and psychologically. Movement helps regulate stress hormones, supports better sleep, and encourages a sense of accomplishment and routine. Over time, these effects can contribute to improved mood and greater emotional resilience.

Regular movement has been shown to support:

- Reduced feelings of stress, anxiety, and tension
- Improved mood and emotional regulation
- Increased energy and mental clarity
- Better sleep quality
- Greater sense of control and wellbeing

Making Movement Part of Daily Life

Exercise doesn't have to be structured to be effective. Walking, stretching, gardening, dancing, or gentle strength work all count. The key is consistency, not intensity. Choosing activities you enjoy makes movement feel supportive rather than like another task to check off.

Everyday movement creates space to reset, reconnect with your body, and support mental health in a sustainable way. When approached with flexibility and self-compassion, exercise becomes less about performance and more about feeling better—physically and emotionally—one step at a time.

Source: [Regular physical activity can boost mood, 2023](#)

FEATURED RECIPE

Slow Cooker Corned Beef and Cabbage

Dairy Free, Egg Free, Gluten Free, High Protein

 6 SERVINGS |  8 HOURS + 15 MINUTES PREP



INGREDIENTS

- 1 (3- to 4-lb) corned beef brisket, point or flat, fat cap removed
- 1 large white or yellow onion, thickly sliced
- 4 garlic cloves, minced
- 2 dried bay leaves
- 1 ½ pounds small red potatoes (1½- to 2-inches diameter), cut in half if large
- 8 oz carrots (about 4 medium), peeled and cut into 2-inch pieces
- 1 ½ cups liquid (use [low-sodium chicken broth](#), beef broth, water, or a stout beer, such as Guinness).
- 1 small or ½ medium green cabbage, cut into thin wedges
- Optional for serving: chopped fresh parsley, [coarse grain mustard](#), horseradish sauce

DIRECTIONS

1. Remove the corned beef from its packaging and rinse well under cold running water. Pat dry with paper towels and set aside.
2. In the bottom of a large 6- to 8-quart slow cooker, spread out the sliced onions and garlic.
3. Place the corned beef brisket, fat side up, over the onions. Sprinkle the included seasoning packet over top of the corned beef, and top with the bay leaves.
4. Add the potatoes and carrots around the corned beef.
5. Pour liquid of choice (broth, water, or beer) into the slow cooker over the vegetables.
6. Cover and cook on the low setting for 8 to 10 hours.
7. When about 2 hours of cooking time remains, remove the lid and arrange the cabbage wedges over the beef and vegetables.
8. Replace the lid and continue cooking for 2 hours, until the brisket is fork tender.

Source: <https://therealfooddietitians.com/corned-beef-and-cabbage/>

NUTRITION

Serving Size: 4 oz meat and 2 cups veggies

Per Serving:

Calories: 409
Carbohydrates: 11g
Saturated Fat: 10g
Total Sugars: 6g

Per Serving:

Protein: 35g
Fiber: 5g
Sodium: 895 mg