

How to boost self-confidence

Self-confidence refers to a belief in your abilities, qualities, and judgment. It is the feeling of assurance and trust in yourself that comes from having a positive self-image and a sense of control over your life. When you possess self-confidence, you tend to be more resilient, take risks, and bounce back from failures. You are more likely to set ambitious goals for yourself and persist in the face of obstacles. Ultimately, self-confidence is an important aspect of mental health and well-being, as it contributes to a sense of self-worth and a positive outlook on life. Consider the following ways that you can boost your self-confidence.

Identify your strengths. Take time to reflect on your strengths and what you're good at. Write them down and remind yourself of them often. Set realistic goals. Setting achievable goals can help you build your confidence as you accomplish them. Start with small goals and work your way up.

Face your fears. Identify what's holding you back and confront it. Facing your fears can help you build confidence in handling difficult situations. Practice self-care. Taking care of yourself physically, mentally, and emotionally can help boost self-confidence. Make sure you're getting enough rest, exercising, and eating a healthy diet.



Surround yourself with positive people. Surround yourself with people who support and encourage you. Avoid people who bring you down or make you feel bad about yourself. Practice self-compassion. Treat yourself with kindness and understanding. Don't beat yourself up over mistakes or setbacks.

Learn new skills. Taking on new challenges and learning new skills can help you build confidence in your abilities. Focus on your accomplishments. Take time to celebrate your accomplishments, no matter how small they may seem.

Practice positive self-talk. Replace negative self-talk with positive affirmations. Tell yourself that you're capable, strong, and deserving of

success. Fake it until you make it. Even if you don't feel confident, try acting like you are. Stand tall, make eye contact, and speak with conviction. Over time, you may find that your confidence grows.

Use mindfulness to help improve your self-confidence. Mindfulness is the practice of being fully present and aware of your thoughts, feelings, and bodily sensations in the present moment without judgment or distraction. Mindfulness can help you develop a greater sense of self-awareness and self-acceptance when practiced regularly. By becoming more aware of your thoughts and feelings, you can better understand your strengths and weaknesses and develop a more positive self-image.

Additionally, mindfulness can help you cultivate a sense of calm and inner peace, which can help you feel more confident and less anxious in challenging situations. By being more present in the moment and less caught up in worries about the past or future, you can focus more on your goals and accomplishments and feel more confident in your abilities. Overall, incorporating mindfulness into your daily routine can be an effective way to improve your self-confidence and overall well-being.

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Going green: sustainable tips for handling food waste

Like many of us, you likely end up with some food waste in the kitchen. It might be a yellowing head of broccoli forgotten in the back of the fridge or thin ribbons of carrot peel discarded on the cutting board.

However, food scraps can be tough on the planet since decomposing food releases greenhouse gases – as well as being plain wasteful. Aside from planning your meals and buying only what you need, here are some ideas to transform food waste in your kitchen:

Rethink what's waste

Are your brown bananas, peeled onion skins and wilted celery really waste? Revisit them, and other foods, in a new way before tossing them out:

- Freeze brown bananas for future banana bread or smoothies.
- Stick your celery into a glass of water to help it perk up.
- Or, simmer the celery with onion skins, carrot peels and other veggie cut-offs to make a flavourful stock for soup, rice or other dishes.
- Toss leftovers into a casserole with

some cheese and tomato sauce.

- Dry or dehydrate fruit in the oven to add to granola, baked goods or trail mix.
- Pickling or canning fruits and vegetables is a trendy way to enjoy delicious new flavours and textures.

Create a composter

Many municipalities have an organic waste program, but you can always start composting in your backyard. A compost bin doesn't need to take up much space to work magic and it keeps the food scraps away from wildlife. Even a small one will transform your scraps to enrich the soil for your garden. You'll be growing vibrant blooms in no time.

What you should avoid with food scraps

Whatever you do with them, it's best to practice extreme caution if you opt to feed kitchen scraps to your animals. Even if this might seem like an economical way to put the food to good use, it can open the animals up to a host of health risks. Typical risks include not meeting their nutritional needs or they accidentally eat something poisonous to them.

Retro is back - even in food

(NC) Just like in fashion and home décor, there are food trends that take the world by storm every year. Some seem to come out of nowhere, while others slowly gather steam over time. See if you spot these three highlights this season.

Non-alcoholic spirit boom

A shift towards low or no-alcohol drinks that don't compromise on taste or texture has been gradually growing for years as innovation-minded, health-aware younger drinkers refuse to settle for hangovers. Now that Health Canada has recommended Canadians limit alcohol to two drinks a week, more of us are considering how we can ditch the booze without losing the party. Aromatic gin-like bottles are ruling this market. And while vodka, tequila and wine are harder to mimic, options exist and they're growing.

Fantastic fungi

Love them or hate them, mushrooms have long been known as a versatile and nutritious food, chock full of vitamins and minerals. A hot ingredient last year, the trend is expected to grow as consumers continue turning their eyes – and stomachs – towards more plant-based and sustainably grown eats. Keep an eye out for classics like cremini and portobello as well as more exotic Lion's mane or maitakes.

Nostalgic and retro treats

Comfort is king when it comes to popular foods, especially after the last few years. And what's more comforting than snacks from your childhood? But even classic treats and candy are getting a clean and contemporary makeover in a variety of forms including small batch artisanal hard candies, chewy gummies and puckering sour suckers. Look out for old-school flavours like tutti-frutti alongside more elevated tastes like rose, lychee or plum.



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The habits of happy people

Most people want to find happiness. When you are happy, you don't suffer. You enjoy life, your immunity rises, and your cheerful glow infects everybody around you. Although you can't be happy all the time, you can develop the habits of happy people and increase the odds of encountering joy. First, defining happiness is helpful so you know what to seek.

What is happiness?

Definitions of happiness vary from person to person. Some people believe it involves living in the moment. When you are present, you're free from worries about the past and future, so it's not too hard to be happy. But the happiness you glean from the present depends on you constantly performing the mind-blowing feat of not letting your thoughts drift into a different timeframe.

It's normal to consider the past and learn from experiences. However, you must also look at the future and make plans now and then. It's impossible to live entirely in the here and now. But you can still be happy.

Other people associate being happy with pleasure. Because pleasure comes with increased feel-good hormones, you're bound to feel more satisfied when you experience something pleasurable instead of unpleasant. Yet, you derive happiness from enjoying a temporary event, and the experience is transient. It fades with time, as does joy.

Happiness relates to well-being and contentment

Present moment awareness and pleasure bring temporary happiness. Long-lasting happiness is more stable. It stems from a sense of general well-being and contentment. These qualities don't depend on your surroundings or ability to focus on each second. They come from inner stability.

Happy people practice thoughts and behaviours that introduce emotional balance. As a result, they develop stability, resilience, and strength, which help them flow with life rather than fight against it when they meet challenges. Because the qualities stem from inner, not outer, resources, once acquired, they are ever-present.

Happiness flows when you cultivate a healthy mindset

Happy individuals pursue a mindset that serves them. To understand the concept, consider the emotions that make you miserable and what ignites them. For instance, jealousy, resentment, and ill will don't serve you. Happy people still face them occasionally but don't feed them.

They do their best to deal with issues they can change. They fall back on inner resolve when they can't transform their circumstances. They have the stamina that originates from balance. Because they don't pursue happiness from outer circumstances, they can be happy no matter what happens.

Recognizing that you can't hold two conflicting emotions simultaneously is crucial. If you are angry with someone and harbor animosity, your resentment is beneath the surface of every encounter you face. Until you let go and forgive, your negativity stalls happiness. You may enjoy a sense of fleeting joy. Sustainable happiness, however, is elusive.

The same goes if you see yourself as a victim. If you don't heal from suffering, it becomes part of you. Working through negative emotions like anguish, fear, and rage is vital. Otherwise, they block your joy.

Generosity breeds happiness

You won't find happy people grasping for riches or glory. These things may transpire, but content people don't reach for them. There's nothing wrong with wealth and stardom. They become dubious goals, however, when you are desperate for them. Until you get them, you can't be happy. Even if you have them, happiness might be elusive because they hinge on changeable circumstances.

Generosity, on the other hand, is yours to practice freely. Happy people love to help others, which increases their happy hormone production. They also receive joy from knowing they've done something worthwhile when they give.

Gratitude can make you happy

It's almost impossible to appreciate life without feeling terrific. When you are thankful, you realize you are blessed. You note all the ways life shows you beauty and gives you comfort, love, and kindness, and your happiness grows.

Happy folks have a habit of boosting gratitude every day. Some create a gratitude list each morning. Others keep a gratitude journal and jot down reasons they are grateful. They write about their love for their friends, family, pets, homes, and anything else that brings them joy or comfort or makes life easier.

People often devote considerable time to cultivating material wealth, success, and attractiveness, neglecting inner qualities promoting happiness. If you want to be happy, copy the habits of people who have previously reached your goal. Develop emotional stability and resilience, and share your joy to increase it intensely.

What to avoid when in conversation

The most important factor in being a good conversationalist is the ability to listen. To do that you should avoid the following bad habits according to the founders of Beyond Etiquette:

Interrupting

Interrupting not only expresses a lack of interest or respect for the speaker, but it also stops people from sharing the punchline or pearl of wisdom that might come at the end of their story. Let others finish their thoughts completely unless what you have to say is extremely urgent or related to an emergency.

Overusing sarcasm

Sarcasm is a hit or miss in most conversations, especially if people don't know your sense of humour, be mindful of your audience and determine if it's the right time or place. Remember, if you have to ask whether or not it's appropriate, it's most likely not.

Scrolling while speaking

Being distracted by your phone is one of the rude conversation habits that are more popular than ever before. If you use your phone during a conversation, it might signal boredom, that you'd rather be elsewhere, or that whatever is happening on your phone is more essential.

One-upping the other person

Someone else sharing their experience with you doesn't require you to counter with your own. Your friend or co-worker is simply sharing a personal experience with you. You do not need to chime in with how you recently had the same experience but even better.

Not reading the room

If there's one thing you take away from this list of rude conversation habits, it's the importance of reading the room. This expression is popular because it speaks to the need for self-awareness as well as the awareness of others. Your conversation topics, tone, and volume need to be streamlined to the setting and the people around you.





How fibre helps your digestive system

It doesn't matter the reason. If you suffer from the uncomfortable and even painful condition of constipation, finding foods that will help move things along is vital to finding relief. If your bowels are backed up because you are pregnant, have just recently had surgery, or some other reason, you should look for foods high in fibre and low in fat.

The most effective way to alleviate the effects of constipation is to increase your daily intake of dietary fibre. Fibre gives your stools bulk and helps soften them up.

In plant-based foods, there are two different kinds of fibre that can help alleviate constipation:

Insoluble fibre - does not dissolve in water and adds moisture and bulk to your stools.

Soluble fibre - absorbs water and binds with the fatty acids to form a substance similar to gel that helps keep your stools soft.

You must be aware that overeating fibrous food over a short period can be just as hard on the digestive system as not eating enough and can result in bloating and gas. Increase consumption of fibre in relation to your tolerance. You should ease off a little if you experience bloating or excessive gas. Therefore, you must take it slowly when adding fibrous food to your diet.

Here are a few examples:

- Whole grains
- Fruit
- Vegetables
- Beans and legumes
- Nuts and seeds

If you are suffering from constipation, the following foods contain trans fat, saturated fats, and/or refined wheat and contain very little fibre. This is a combination that will give you more trouble, not relief. **Try to avoid:**

- White bread
- Snacks like crackers and chips
- Red meat
- Processed meats like salami, sausages, and hotdogs
- Fried foods like fried chicken and fries
- Fast foods like pizzas, tacos, and burgers
- Cheese
- Baked goods like cookies and cupcakes.

It is also a good idea to avoid alcohol. Alcohol is a diuretic that encourages excessive urination and can cause dehydration. Therefore, as dehydration can contribute to your constipation, you are best avoiding alcoholic drinks when you are suffering from bouts of constipation.

Fruit and veggies help relieve constipation

You should consider your diet if you are suffering from constipation and seeking relief. What you eat and drink or don't eat and drink can have a considerable impact.

One of the best food groups for tackling constipation is vegetables, green leafy vegetables in particular. As well as being high in insoluble fibre, they contain many nutrients, minerals, and vitamins vital for good health.

If, like many people, you find it hard to digest certain vegetables, don't worry. You can still get the desired benefits by cooking them.

The best vegetables to include in your diet when you suffer from constipation include:

- Zucchini
- Swiss chard
- Squash
- Spinach
- Red potatoes with skin-on
- Peas
- Lettuce
- Kale
- Green beans
- Carrots
- Cabbage
- Brussels sprouts
- Broccoli
- Asparagus
- Artichoke hearts

Another great type of food is fruit. Besides being high in nutritional value, most are excellent sources of the dietary fibre you need.

Dried or fresh, the choice is yours. Some, such as prunes, have the additional ingredient of cellulose. This is perfect for constipation as it increases the amount of water in your stools and encourages fermentation, which adds weight to the stool.

Others, like pears and apples, have pectin, which is known to increase the volume of water while increasing the speed of stool movements through your intestine.

Some fruit you should consider adding to your diet include:

- Strawberries
- Raspberries
- Plums
- Pineapples
- Pears
- Peaches
- Papayas
- Kiwis
- Grapes
- Figs
- Blueberries
- Apricots
- Apples

In addition, you should consider adding the following dried fruits to your diet:

- Raisins
- Prunes
- Dried figs
- Dried apricots
- Dates



Ways to find more time in your day

Running Out of Time Every Day? Here's What You're Doing Wrong

We've all had the feeling of not having enough hours in the day to complete our tasks and the realization that if we had more time, we could get everything done. Unfortunately, these work expectations are placed on us by society, but if the feeling of having insufficient time is a frequent one, it's time to face the problem. If you feel that time is always running away from you there is probably a good reason for it, and you probably participate in a number of these time-wasting activities.

You Lose Track of Time

If you find yourself checking your watch many times a day and wondering where the time went, you probably haven't devised a way to optimize your time effectively and streamline your daily workload. If this is the case, it's no wonder that you don't know where your time is going and that you feel anxiety over not being able to complete all your tasks every day. You need to track your time throughout the day in order to fit all your tasks in. Set alarms on your phone to keep track of time, or try time-tracking apps to follow how you use time daily.

You Don't Have a Schedule

Making any time management plan successful means making plans in relation to how you'll be spending the hours across the day and which tasks you'll be prioritizing. Two of the main missteps of time management are allocating too little time to get tasks done and misjudging how much can be done in a day. To rectify this, make a schedule for every day with a timetable for every task that you need to complete, with extra time included for interruptions across the day.

You Don't Wake Up Early Enough

The world is run on a morning-to-night schedule with the result that morning people are able to get more accomplished and end up being more productive across the day. Even if you're not a morning person and find

yourself more productive at night, attempt to wake up earlier every morning until you've got to the point of having a few more hours to accomplish tasks every day.

You Multitask

There are very few people that are truly able to multitask effectively. Most people fare poorly at this skill. If you have run out of time, you will probably want to try to complete as many tasks as possible at the same time and in the same amount of time. Although this at first seems like a good way to save time, it isn't. When you try to complete a number of tasks at once, you diminish your ability to finish them successfully and are left with more time required to complete them all. Multitasking is actually unproductive and also diminishes the quality of work produced.

You Don't Prioritize

When you have the feeling that you have no time left in which to complete your tasks, it usually means that there is a large task that you can't complete rather than several simple and easy tasks. This is probably due to not planning your time effectively. Think of your biggest goals to put the drive back into your everyday life and plan your schedule around getting your most important tasks finished first.

You Aren't Getting Enough Sleep

Insufficient sleep patterns have been shown over and over again to result in a negative impact on health and productivity. If you are not getting enough sleep every night, your performance will always be worse than it would ordinarily be, even with the assistance of coffee and energy drinks.

Whenever you feel that there aren't enough hours in the day to get everything done, realize that you have no control over time but rather your habits and responses to time. Use these habits and activities to be more productive and more focused on performing your tasks well and your timing for tasks will then fall into place.

Email etiquette tips

Emails, texts, and messaging programs have certainly changed our way of working. On the positive side, we probably accomplish more now that we don't need to stop what we are doing to talk to someone to convey a simple message, but with every positive comes a negative.

Here are a few rules from mindtools.com to help you get your emails noticed, acted upon and taken the right way.

Don't over communicate by email

Email is not as secure as you might want it to be, particularly as people may forward emails without thinking to delete the conversation history. Avoid sharing sensitive or personal information in an email, and don't write about anything that you, or the subject of your email, wouldn't like to see plastered on a billboard by your office. Whenever possible, deliver bad news in person. This helps you to communicate with empathy, compassion, and understanding.

Make good use of subject lines

A newspaper headline has two functions: it grabs your attention, and it summarizes the article, so that you can decide whether to read it or not. The subject line of your email message should do the same thing. A blank subject line is more likely to be overlooked or rejected as "spam," so always use a few well-chosen words to tell the recipient what the email is about. You may want to include the date in the subject line if your message is one of a regular series of emails, such as a weekly project report. For a message that needs a response, you might also want to include a call to action, such as "Please reply by November 7."

Keep messages clear and brief

Keep your sentences short and to the point. The body of the email should be direct and informative, and it should contain all pertinent information. People are more likely to read short, concise emails than long, rambling ones, so make sure that your emails are as short as possible, without excluding necessary information.

Check your tone

When we meet people face-to-face, we use the other person's body language, vocal tone, and facial expressions to assess how they feel. Email robs us of this information, and this means that we can't tell when people have misunderstood our messages. Your choice of words, sentence length, punctuation, and capitalization can easily be misinterpreted without visual and auditory cues. "Please" and "thank you" goes a long way, whether written or spoken.

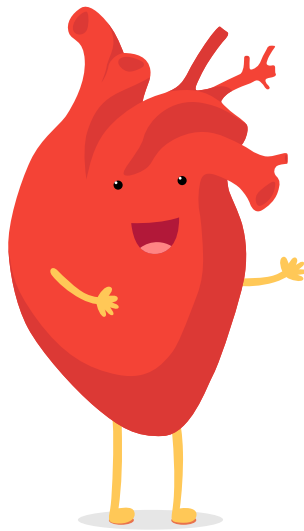
Proofread

Take a moment to review your email for spelling, grammar, and punctuation mistakes. Your email messages are as much a part of your professional image as the clothes you wear, so it looks bad to send out a message that contains typos. As you proofread, pay careful attention to the length of your email.

Choose simple diet and lifestyle changes for better heart health

Heart failure is the result of damage to the heart that weakens it and makes it less able to pump blood around the body effectively. One reason it is on the rise is that more people are surviving heart attacks and other acute heart conditions — but not without some lasting damage to their hearts. This damage, over time, makes them more susceptible to heart failure.

Heart failure can greatly impact quality of life — many people face repeated hospitalizations and are unable to do everyday tasks. Even a walk to the corner can become very difficult



for many. However, progression of symptoms can be slowed if it is treated early with appropriate medication and careful attention to diet and lifestyle.

To stay on top of your heart health, choose nutritious meals with lots of produce, find a fun physical activity to keep you active, and work on maintaining a healthy weight.

Learn more about heart failure, including the warning signs to watch for, online at heartandstroke.ca/heartfailure.

How is your commitment to better health?

Did you promise yourself a few months ago that this year was going to be your year for better health? How is that going? Maybe it's time to do a little self-reflection.

Here are a few steps to help you with your better health commitment:

- 1. Set a daily intention.** Drink enough water, take a multivitamin, avoid junk food or take the stairs.
- 2. Write it down.** Account for your daily commitments and actions with a written record.
- 3. Plan.** Pack a lunch for the next day every night before bed. People with a plan are more successful in keeping their commitments.
- 4. Replace bad habits.** Have a vegetable or fruit for your snack, instead of a sugary treat.
- 5. Book time in your calendar.** Schedule a 30-minute workout it's as important as any other appointment.
- 6. Keep things you need to stay on track.** Have healthy habits helpers like your step counter, reusable water bottle or multivitamin where you can see them, like on your kitchen or bathroom counter.
- 7. Set a reminder.** Use your smartphone calendar to make things like stretching or drinking water automatic.
- 8. Tell someone.** Let a friend or co-worker in on your daily goal so they can check in and keep you honest.
- 9. Tie it to something bigger.** Commit to a larger goal that you can work toward daily.
- 10. Reward yourself.** Recognizing and celebrating progress solidifies your commitment and provides ongoing motivation.

energyzone

Kombucha is a fizzy sweet-and-sour drink made with tea. Many people say it helps relieve or prevent a variety of health problems. To make the drink, bacteria and yeast must first grow together to form a culture. The culture is added to the sugar and tea. Then the mix is allowed to ferment. The result is a liquid that has vinegar, B vitamins and many other types of acids, including amino acids.

A small amount of research suggests that kombucha tea may give benefits like probiotic supplements. For example, some research suggests kombucha tea may support a healthy immune system and prevent constipation.

Kombucha tea should be brewed in homes under clean conditions to avoid the growth of bad bacteria that can cause stomach upset.

People who are pregnant or breastfeeding or who have weakened immune systems should avoid kombucha tea.

Komucha Tea

