

Dakota Wellness Program

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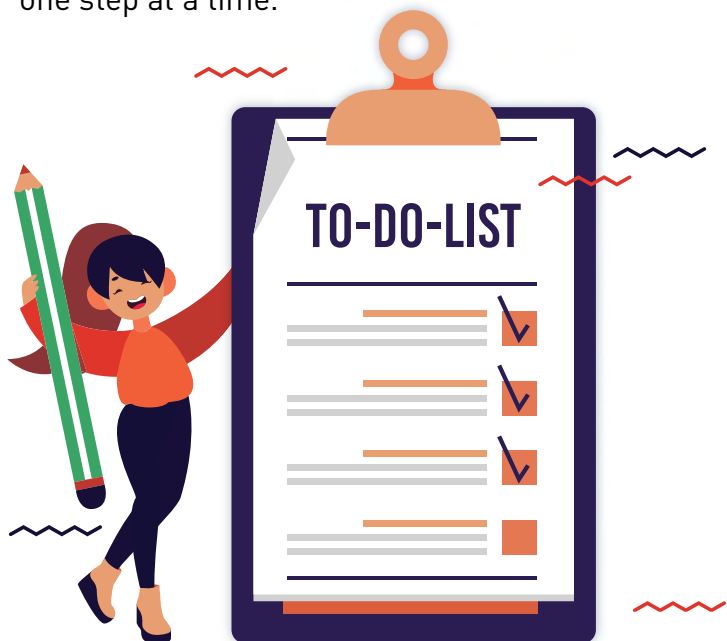
Overcoming Procrastination

Procrastination is more than just putting things off, it's a habit that can derail goals, drain energy and increase stress. But the good news? It's possible to overcome with simple, intentional steps.

Start by identifying the root cause: Is it fear of failure, lack of motivation or feeling overwhelmed? Once you understand the “why,” break large tasks into smaller, manageable actions. Set short deadlines and use timers like the Pomodoro Technique (25 minutes work, 5 minutes break) to maintain focus.

Let go of perfectionism – progress matters more than perfection. Create a distraction-free environment and use tools like checklists or accountability partners to stay on track. Reward yourself for completed tasks to build positive reinforcement.

Most importantly, show yourself grace. Everyone procrastinates sometimes. What matters is recognizing it and choosing action, even in small doses. Overcoming procrastination isn't about being perfect – it's about showing up consistently for your goals, one step at a time.



Book Club

The 5 Second Rule by Mel Robbins

The 5 Second Rule by Mel Robbins is a motivational book that introduces a simple but powerful tool to overcome hesitation and take action. The core concept is to count backward—5-4-3-2-1—and then move immediately toward your goal before your brain can talk you out of it. Robbins explains how this technique activates the prefrontal cortex, helping break bad habits, build confidence, and improve productivity. By interrupting negative thought patterns and pushing yourself to act, you can make meaningful changes in your life. The rule is especially effective for small, everyday decisions that build momentum over time. Backed by science and personal stories, the book empowers readers to stop procrastinating and live with greater courage and intention.

Discussion questions

- How might using *The 5 Second Rule* help you overcome moments of self-doubt or procrastination in your daily life? Can you think of a specific situation where it could apply?
- Mel Robbins emphasizes action over motivation, do you agree that action creates motivation, rather than the other way around? Why or why not?
- *The 5 Second Rule* relies on interrupting thought patterns – how might this technique help shift habits related to wellness, such as exercise, nutrition, or sleep?

Ask the Expert: **I've heard the word resilience everywhere. What does it mean and how can I incorporate more resilience into my life?**

Resilience is the ability to bounce back from challenges, stress or setbacks with strength and flexibility. It means adapting well to difficult situations and recovering quickly from adversity. To build resilience, focus on developing a positive mindset, practicing self-care and maintaining strong connections with supportive people. Setting realistic goals and learning from failures also helps. Incorporate resilience by embracing challenges as growth opportunities, managing stress through mindfulness or exercise, and staying flexible when plans change. Over time, these habits create inner strength, making it easier to face life's ups and downs with confidence and calm.



Healthy Eating Doesn't Have to Break the Bank

Healthy eating doesn't have to be expensive. While some items like organic produce or specialty health foods can cost more, many nutritious options—like beans, rice, oats, eggs, frozen veggies, and in-season fruits—are affordable. Planning meals, shopping with a list, and cooking at home can cut costs and reduce food waste. Buying in bulk also helps save money. In contrast, processed and convenience foods often cost more per serving and offer less nutrition. With a little effort and smart choices, eating healthy can be both budget-friendly and beneficial for your long-term health and wellness. It's all about balance and planning.

Finding Trustworthy Health Advice

Finding neutral, credible health information is key to making smart wellness choices. Start by looking for sources that are unbiased and based on scientific research, such as government health agencies (like the [Centers for Disease Control and Prevention \(CDC\)](#) or the [World Health Organization \(WHO\)](#)), peer-reviewed medical journals, and trusted health organizations. Avoid websites or materials that promote specific products or use fear-based language. Check if the information cites reputable studies and clearly states what is known and what isn't. Cross-referencing multiple reliable sources can also help confirm accuracy. By seeking out balanced, fact-based content, you can confidently make informed decisions about your health.

Handwashing

The month of December includes National Handwashing Awareness Week. Flu season begins in the fall and winter and tends to peak beginning in December. So, December is the perfect time to discuss the importance of washing your hands. Handwashing is highly effective and very low cost. It creates a reduction in respiratory and gastrointestinal diseases. Germs spread from surfaces to people or from person to person. Washing your hands takes minimal time and is easy!

Follow these steps:

- Wet your hands with clean water and apply soap
- Lather by rubbing your hands together with soap, paying attention to the space between your fingers, under your nails, the backs of your hands, and your wrists
- Wash for a minimum of 20 seconds
- Rinse with clean, running water to remove microbes, dirt, grease, and soap
- Dry with air dryer or clean towel
- Use towel or cloth to turn off water

Washing with soap and water is the best way to clean your hands, but if they are not available, use hand sanitizer that contains 60% alcohol.

Monthly Observances

National Safe Toys and Gifts

**World AIDS Day
December 1**

**National Handwashing Awareness Week
December 7-13**

**National Influenza Vaccination Week
December 7-13**

High Protein Cottage Cheese and Egg Breakfast Bars

8-9 servings

Ingredients:

8 large eggs, or 2 cups of liquid egg white
1 cup cottage cheese
1/2 cup grated Parmesan cheese
1/4 cup hemp seeds
1 red bell pepper, seeded and finely chopped

1 cup frozen peas (thawed)
4 green onions, chopped
6 slices cooked nitrate-free, high-quality bacon, crumbled
Sea salt and ground black pepper, to taste

Instructions:

Heat your oven to 350 degrees °F.

Line a 9x9, (an 8x8 or anything with similar capacity will work also) with parchment paper, leaving some hanging over the sides for easier removal. I very lightly sprayed the parchment with avocado oil, but this is optional.

In a large bowl, whisk the eggs, hemp seeds, and cheeses until combined.

Add the peas, pepper, onions, and stir to combine. Season with a very small pinch of sea salt and pepper. Don't add too much salt though, the cheese and bacon already add a lot of salt. Whisk well.

Transfer your egg mixture to your prepared baking dish, sprinkle the top evenly with cooked crumbled bacon, then bake for 30-35 minutes, or until the center is set.

Allow to cool for a few minutes, then slice into squares and serve.



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