

Live Well,  
Work Well



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## Improving Your Self-discipline



Self-discipline is an important skill that can enable you to reach personal and professional goals. Developing self-discipline is like strengthening muscles; it can be improved with practice. This skill can help make difficult tasks seem more manageable as you achieve your goals.

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**Self-discipline is your ability to follow through on your intentions, regardless of how you feel physically or emotionally.**

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Self-discipline is your ability to focus on a task or goal to accomplish something. Self-disciplined individuals are generally consistent, responsible, persistent and ambitious. They may have a strong work ethic and can successfully finish tasks that must be completed even when they find it difficult.

In the workplace, self-discipline can take many forms. Generally, self-disciplined workers will complete both stimulating and monotonous tasks on time. They are also likely to have a productive mindset that enables them to consistently meet goals and reach milestones.

Like any skill, self-discipline can be refined with practice, and you may only sometimes be successful. Persevering even when you fail is crucial to reaching your goals. Consider these simple habits to improve your self-discipline:

- Start with small goals and outline a strategy or plan to achieve them.
- Put your goals in a place where you can see them every day.
- Remind yourself why you started on this journey if you feel discouraged.
- Challenge your mindset to accomplish more; thought patterns often hold people back.
- Practice prioritization and eliminate distractions or temptations that may take you off course.
- Understand your weaknesses so you can plan ways to overcome them.
- Hold yourself accountable—or enlist the help of others to do so.

Self-discipline allows you to remain focused on your goals and stay in control of yourself and your reactions. Building self-discipline is a journey, but talk to a licensed therapy provider if you need immediate help.

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## How Much Caffeine Is Too Much?

Most (80%) Americans consume coffee or other caffeinated beverages daily, according to the U.S. Food and Drug Administration (FDA). Although popular, caffeine is actually a drug—a stimulant. Caffeine stimulates the central nervous system, resulting in a feeling of alertness around an hour after being ingested.

The FDA recommends that most healthy adults should limit their caffeine intake to no more than 400 milligrams per day. The recommended amount can vary depending on personal factors, such as pregnancy status, age and heart health. While it may feel natural to reach for a caffeinated beverage first thing in the morning or during an afternoon slump, consider these alternative habits to help you feel energized without caffeine:

- Exercise regularly.
- Stay hydrated.
- Prioritize quality sleep.
- Eat a midday snack that balances protein, complex carbohydrates and healthy fats.

If you have caffeine consumption concerns, talk to your doctor.

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## Caffeine Content by Drink

**Caffeine content is affected by the type of drink, preparation and serving size.**

- **Coffee: 8-100 mg/8 oz.**
- **Decaf coffee: 2-15 mg/8 oz.**
- **Espresso: 63 mg/1 oz.**
- **Green or black tea: 30-50 mg/8 oz.**
- **Soda: 30-40 mg/12 oz.**
- **Energy drinks: 40-250 mg/8 oz.**

*Source: FDA*

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## Wearable Health Care Tech and You

A recent study by data analytics firm AnalyticsIQ found that the use of wearable health care devices doubled from 2020 to 2021. Nearly half (46%) of Americans surveyed used at least one type of wearable device. Many reported frequent use, with most smartwatch users reporting daily usage. Other popular devices, such as fitness trackers and wearable monitors, were often utilized weekly.

Given their rising popularity, you may wonder if wearable technology does any good for you and your health. Such devices can monitor progress with a new exercise routine or weight loss program. They can also count steps, monitor your heart rate, count calories and track sleep. Whether you're just starting on a healthy living journey or are well on your way, using a device may be beneficial for you.

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## Cucumber Salad With Tomatoes

Makes: 4 servings

### Ingredients

- 2 cups cucumber (diced)
- 1 cup tomato (seeded and diced)
- ¼ cup sweet onion (chopped)
- 2 cups couscous or rice (cooked)
- 2 tsp. dill weed (chopped)
- ½ cup low-fat Italian salad dressing

### Preparations

1. Combine the cucumbers, tomatoes, onions, couscous (or rice), dill and salad dressing.

2. Chill for one hour.
3. Serve.

### **Nutritional Information (per serving)**

- Total calories: 331
- Total fat: 1 g
- Protein: 11 g
- Sodium: 344 mg
- Carbohydrate: 68 g
- Dietary fiber: 5 g
- Saturated fat: 0 g
- Total sugars: 5 g

*Source: MyPlate*

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