

Living Well to Well

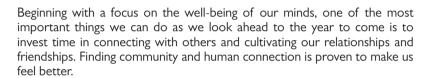
Mind, Body & Spirit through Generosity

By Yolanda F. Johnson



The New Year is upon us and along with it hope for what's ahead in 2023. As is the tradition at BELLA, we want to focus upon mind, body, and spirit for this issue, and what better way to do so than to see self-care through the lens of generosity—to ourselves and to others.

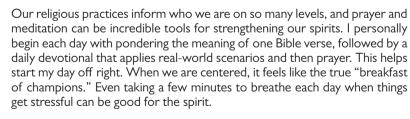
"The heartfelt counsel of a friend is as sweet as perfume and incense." ~Proverbs 27:9 (NLT)

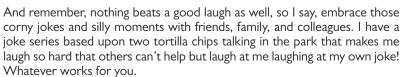




Be sure to make a point to spend time with those you love and who inspire you as much as possible this year. In addition to personal relationships, we can be that human connection for those who may not otherwise have this in their lives. One way to give the gift of community and friendship is to volunteer at a nursing home or other care facility, where statistics indicate that many people may just have gone through a holiday season with little to no visits by family and friends.

When it comes to our bodies, we are what we eat and what we do. Let the new year be a time of paying close attention to what our bodies need so that we can be at our best and give our best to others. Two things on my list for 2023 are to combat food waste by coming up with creative menu ideas that are also healthy, and to not fall into the rut of eating or order out often while leaving plenty of good food in the fridge. I'm also taking swimming lessons, working out more, and eating healthier. When you feel good, you do more good, and if you're up for feeling and doing, consider training for and participating in a local 5K run or walk—bonus if it's for charity!





As we focus upon being well so that we can do well in the world, may 2023 bring you great peace of mind, health, and happiness.

