



Westgate Charities



Encouraging. Educational. Empowerment

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PASTIME

Westgate Charities is pleased to be partnering with several schools through Nashville this spring to offer PASTIME, a 6-week in-school program that promotes academic success by stressing the importance of mental health, nutrition, and exercise using our research-based curriculum. Students enrolled in the program will develop fundamental knowledge about how the brain functions, how to keep it healthy through exercise and nutrition, and how to communicate effectively about their mental health.



Thank you to all of the families enrolled in our PASTIME program.

Inside this Issue



MENTAL HEALTH BUILDING BLOCKS

Many factors contribute to mental health. Here are a few ways to promote mental health in your family.



KIDS IN THE KITCHEN

Quick and easy recipes to bring the whole family together



WOW US!

Compete with your family in our Workout of the Week and share it with us!



wgc_nashville #WOW



Reach your top performance by building your mental muscle. Investing just a few minutes every day to mental exercise can lead to positive changes in the way you think, manage your emotions, and behave. In an article for Forbes Magazine Amy Morin highlights three quick exercises that can increase your mental fitness in less than five minutes.

1. Identify three things you're grateful for in your life.

Take a moment to count your blessings. This will have a tremendous impact on your psychological health. Studies have shown that gratitude increases happiness and reduces depression. You can easily make gratitude a part of your daily routine by taking a moment to identify the things you are grateful for in your life. Your list can include things as simple as feeling thankful for having clean drinking water or a cool breeze on a warm day.

Studies have shown that you can physically change your brain by making gratitude a habit. Try making a list of the things you feel grateful for over dinner, during a commercial break of your favorite show, or make it a habit to identify what you're thankful for before you go to bed. Before you know it being thankful will become like second nature and you'll experience its many benefits ranging from improved sleep to better immunity.

2. Practice mindfulness.

Mindfulness is about staying present in the moment. Continuously replaying negative past events or always expecting the worst of future events decreases your mental strength and makes it's impossible to stay strong. It's important to be able to focus on the here-and-now mainly because right now is the only time you have to change your behavior. Science shows that the benefits of mindfulness include reduced stress and a more compassionate inner dialogue.

Take a moment to open your eyes to your surroundings. Listen intently to discover new sounds. Look around the room you're in and see what new details you notice. Do a quick scan of your body and pay attention to how it feels. In time, you'll increase your ability to focus and you'll also be able to enjoy each moment because you'll be less distracted by yesterday's problems and tomorrow's worries.

3. Claim the change you want

We often wait until we feel different to make a change. But waiting until you feel good about yourself before applying for a promotion can lead to an unsatisfying career and

waiting until you feel happy to invite your friends out for a night on the town could lead to a very dull social life. Instead, studies show you should behave like the person you want to become. When you change your behavior, your thoughts and your emotions will follow.

When you're sad you might hunch your shoulders and look at the floor. Doing so keeps you in a depressive state. Put your shoulders back and smile and you'll feel an instant boost in your mood.

(For the full article visit <https://www.forbes.com/sites/amymorin/2017/05/29/3-exercises-that-build-mental-strength-in-just-5-minutes-a-day/#3f4313a14e2a>)

KIDS IN THE KITCHEN

Healthy meals are your mental health plan!



Instructions

- In a large pan, add ground meat, crumble, and brown.
- Drain off excess fat.
- Add diced onion, zucchinis, and peppers and cook until soft and browned.
- Add tomatoes and stir.
- Mix in taco seasoning- add a tbsp water if needed to mix.
- Keep on stove until taco mix has fully incorporated taco mixture.
- Add salad or greens to a bowl, and spoon taco mixture over the top.
- Serve and enjoy!

Ingredients

- 1 lb lean ground beef chicken, or turkey
- 1 large onion diced
- 2 large bell peppers diced
- 2 zucchinis diced
- 1 can diced tomatoes and green chilies
- Taco Seasoning
- 3 cups baby kale and greens mix or other salad such as spinach, etc



Free Family Crossfit Event

**JOIN US AS WE CELEBRATE
THE COMPLETION OF P.A.S.T.I.M.E.**

Saturday, May 5th, 11am - 12pm

East Park Community Center

700 Woodland St, Nashville TN 37206

