Weekly

April 12–18, 2020

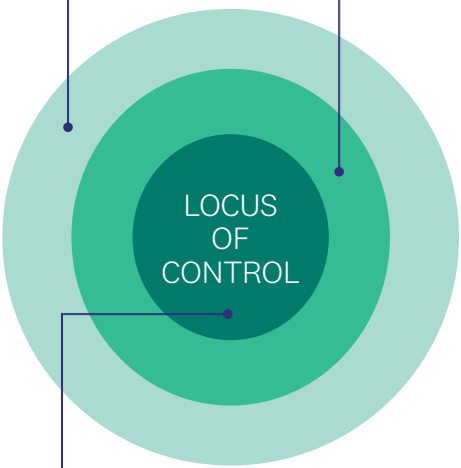
What you can (and can't) control

Many of us might be feeling a general lack of control these days—like we're out of the driver's seat and just along for the ride. Usually, the more in control we feel over what's happening in our lives, the more motivated, happier, and less stressed we are. At a time when we're all reaching to take back the steering wheel, it's helpful to shift our focus and actions to what we can control and influence.

WHAT TO DO

List what you can't—and can—control. Then use that information to help you get back in the driver's seat.

WHAT YOU CAN'T CONTROL OR INFLUENCE.
Government decisions, what's left in the grocery store...the list goes on. The more time spent focusing on those things, the more likely you are to be stressed. Once we've accepted what's out of our control, it can actually help you feel more in control.



WHAT YOU CAN INFLUENCE.
Sure, you can't fix what's on the news these days (we wish!) or how constant it is, but you can change how you're responding to it. Try hitting the off button or dedicating one time each day for a news check-in. You can also spread positivity with other members in Connect!

WHAT YOU CAN CONTROL.
Focusing your attention here is powerful. Zone in on what's in front of you in the present moment - instead of worrying about what may or may not happen in the future. One way to do that? Try something you've always wanted to do but haven't had time for. Learning a new language or cooking from scratch, anyone?

For more tips on control, see the Weekly Topic in the app. For support between Workshops, reach out to our live 24/7 Chat or contact one of our Customer Care Agents at 1-800-651-6000.

Wellness that Works.™

Lemony sugar snap pea salad

Prep 15 min | Cook 5 min | Serves 4

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- **500 ml (2 cups) sugar snap peas (about 7 oz)**
- **30 ml (2 Tbsp) lemon juice**
- **22 ml (1½ Tbsp) olive oil**
- **1 ml (¼ tsp) salt (or to taste)**
- **0.5 ml (⅛ tsp) black pepper**
- **2 kirby cucumbers, halved lengthwise and thinly sliced**
- **60 ml (¼ cup) crumbled feta**
- **45 ml (3 Tbsp) chopped chives**
- **45 ml (3 Tbsp) thinly sliced mint leaves**

1. Bring a large pot of water to a boil. Add snap peas; cook until snap peas turn bright green and are crisp-tender, about 1 minute. Drain and rinse with cold running water; drain again. Trim ends and then thinly slice snap peas; set aside.

2. In a medium bowl, combine lemon juice, oil, salt, and black pepper. Add reserved snap peas, cucumbers, feta, chives, and mint; toss to combine.

SERVING SIZE: about 250 ml (1 cup)

Vegetarian
Gluten-free
Nut-free

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