

# Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?

Perhaps the  
butterfly is proof  
that you can go  
through a great  
deal of darkness  
yet still become  
something  
beautiful.

- Beau Taplin.



LESSONS  
LEARNED  
life

~ submitted by Delores Collins, C-CHW

## PSYCHOLOGICAL SELF-CARE

~ submitted by Ayesha Drake-el, Student, CHW Program

Affirmations are positive statements that help you overcome negative, limiting, and self-sabotaging thoughts. This year, try an affirmations challenge. At the start of each month, put together an affirmation for each day in the month. For example, January has 31 days so write 31 affirmations. Setting monthly affirmations are a great way to make the most of the month ahead. The collection of affirmations may start as a mix bag of daily positive statements. Gradually try to incorporate a focus into your month, such as positive growth affirmations at the start of Spring. Affirmations can come from a variety of places. Sometimes a short meditation session may provide the spark or possibly a run in the park may bring the inspiration. Or you may find some positive inspiration in a scroll through your social media.

Affirmations are very much influenced by whatever is happening in your life or in the lives of those closest to you. Don't think too much into each one, but rather grab hold of the ones that work best for you. These are YOUR affirmations. If you're completely new to affirmation, go find out what it is and how it works [here](#). For some guidance to creating a monthly affirmation, click [here](#).

# PSYCHOLOGICAL SELF-CARE

~ submitted by Delores Collins, C-CHW



# My Solstice Wish

My solstice wish for you this year is this:  
That your feet (and your heart) stay warm.  
Don't let the world make you cold.

That you know how strong you are and  
that you stop doubting yourself.

That you are able to feel at-home, safe, and  
loved inside of your own skin.

That you find your purpose in life and that  
you go for it with everything that you are.

You were put here for a reason.

That you make time to enjoy the little  
things in life. Breathe them in.

Surround yourself with good people, bright  
souls, that make you feel wanted and loved.

And know that you are worth loving for  
exactly who you are. Let me repeat:

---

## PHYSICAL SELF-CARE

~submitted by Chevon Matthews, Editor-in-Chief

In the new year, it's common practice to set goals, or resolutions. For me, I often find it hard to stay focused on achieving them and before the end of January I am back to old habits. This year, along with setting intentions for better physical health, I am practicing better mental health. To achieve this, I will start each day with a health affirmation. Positive health affirmations are meant to promote health and wellness, from general wellbeing to healing. They can help with changing and creating habits related to healthy eating and exercise. Here's ten I have found to help start this practice for the new year. Hopefully you will find them useful also. Here's to better health in the new year!

1. I am worthy of having a healthy body.
2. I awaken each day feeling refreshed and energized.
3. Investing in my health is one of the best investments I can make.
4. I trust my body to tell me what it needs.
5. I make time to tend to and care for my body.
6. I am in charge of my health.
7. I decide what a healthy body looks like.
8. My body is strong and powerful.
9. I appreciate my body for all it does for me each day.
10. Small steps are how long journeys are made.



GCCHWA Social Hour is the First Thursday of each month. We meet virtually to share stories, network or just unwind. All GCCHWA members are invited. Become a [member](#) today and join us!



January is:

National Slavery and Human Trafficking Prevention Month

National Radon Action Month

National Birth Defects Awareness Month

Jan 1st ~ New Year's Day

Jan 16th ~ Martin Luther King Jr. Day

Jan 21st ~ International Hugging Day

Jan 22nd ~ Chinese New Year

## Slow Cooker Taco Soup

Recipe by Janeen Barlow for [allrecipes.com](http://allrecipes.com)



### Ingredients:

1 pound ground beef (use ground turkey as a healthier option)

1 onion, chopped

1 (16 ounce) can chili beans, with liquid



1 (15 ounce) can kidney beans with liquid  
1 (15 ounce) can whole kernel corn, with liquid  
1 (8 ounce) can tomato sauce  
2 cups water  
2 (14.5 ounce) cans peeled and diced tomatoes  
1 (4 ounce) can diced green Chile peppers  
1 package taco seasoning mix  
salt and pepper

**Directions:**

1. In a medium skillet, cook the ground meat, seasoning with salt and pepper, until browned over medium heat. Drain, and set aside.
2. Place the ground meat, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green Chile peppers and taco seasoning mix in a slow cooker. Mix to blend, and cook on low setting for 8 hours.
3. Serve in bowls, top with fresh parsley. If desired, consider toppings such as sour cream, shredded cheese or jalapeños for extra spice.

---

*Copyright © 2020-2023 Greater Community Health Worker Association, All rights reserved.*  
Self-Care Committee Newsletter vol 32 January, 2023

**Our mailing address is:**

10403 Somerset Avenue Cleveland, OH 44108 <https://www.gcchwa.org/>  
[gcchwainfo@gmail.com](mailto:gcchwainfo@gmail.com)

