The practice of mindfulness—directing all of your attention and awareness to the present—can bring many benefits to your emotional and physical health, as well as to the relationships in your life. Among its many benefits, practicing everyday mindfulness can:

- Pull you out of the negative downward spiral that can be caused by too much daily stress, too many bad moods, or the habit of rumination.
- Help you make fewer errors when processing your experiences.
- Help you put stressful events into perspective and build resilience so you’re less overwhelmed by them in the future.

And while there are many mindfulness exercises you can practice on a regular basis, learning how to be present in the moment is also a way of life. With practice, you can learn to live a more mindful life that allows you to become more conscious of everything you are doing. But, if you’re intentional about being more mindful during your everyday life, you can live with greater purpose and more happiness.

**Practice mindful eating.** Whether you eat while you scroll through your phone or you reach for food for emotional comfort, mindless eating is common. And it can contribute to a host of problems, like overeating and consuming too much sugar. Practice becoming more mindful about how you fuel your body. Resist the urge to multitask while you eat. When you eat, be present with your food. Notice your body’s signals about when you’re getting full and pay more attention to what’s on your plate. When you become more intentional about what you’re eating, you’ll be better equipped to focus on fueling your body with the nutrition it needs.

**Be mindful in your interactions.** Whether you’re interacting with your partner, your children, or a colleague, mindful interactions are important. So rather than scroll through your phone while you’re with someone, give them your undivided attention. And instead of crafting your rebuttal while they’re sharing their opinion, seek to really hear their message. You can become more mindful by paying attention to the way you’re feeling, listening carefully, and learning to respond to others in a more mindful manner (rather than reacting out of anger).

**Pause throughout the day.** As you move from one activity to the next throughout the day, it can be tough to stay mindful. You can get back on track by pausing throughout the day to practice a few basic mindfulness exercises. You might make it a habit to spend a few minutes being mindful at certain times of the day, like during meals or when you’re getting the car. Or, you might schedule a time to practice meditation or yoga. Progressive muscle relaxation is another exercise you might practice throughout the day. Simply, work on tensing and relaxing your muscles, one muscle group at a time. With practice, you’ll learn to recognize when you’re tensing up certain parts of your body.

Source: Very Well Health
Yo U R Compliance Connection with Kris Henderson, Director of Compliance and Title IX Coordinator

As we are in the midst of a busy Spring semester for Spider Athletics with all 17 of our varsity programs in action, I would like to highlight NCAA rules which apply to all staff and faculty at the University of Richmond. The National Collegiate Athletic Association (NCAA) is a membership-driven organization dedicated to ensuring fairness and equity in intercollegiate athletics. All universities must comply with NCAA rules – which cover areas such as: Ethical Conduct, Recruiting, Eligibility, Financial Aid, and Awards/Expenses, among others.

It is important to note that, by working at the University of Richmond, you are considered a Representative of Athletics Interests (aka “Booster”). As such, faculty and staff cannot provide high school recruits or enrolled student-athletes with items or services unless they are generally available to all prospective or enrolled students. Such items or services are considered “extra benefits” and can result in student-athletes and their coaches being penalized. Examples of “extra benefits” include: money or discounts; items of value (e.g. clothing); tickets to movies or other events; transportation.

The Office of Athletics Compliance Services are responsible for NCAA rules education, monitoring, and enforcement. If you have questions on what is permissible, please contact the staff at the Office of Athletics Compliance Services:

Ryan Colton (rcolton@richmond.edu), Senior Associate AD for Compliance and Governance
Mark Stanton (mstanton@richmond.edu), Compliance Coordinator
Sadie Simmons (ssimmons@richmond.edu), Recruiting Coordinator

Remember, if you are unsure, it is always best to ASK BEFORE YOU ACT!

Healthy Cooking: Healthier Broccoli Cheddar Soup

Ingredients:
1 tbsp. butter
3 cloves garlic, minced
1 yellow onion, chopped
2 large carrots, cut into matchsticks
3 tbsp. flour of choice
3.5 cups chicken or veggie broth
1/2 cup milk or cream
3 cups cauliflower florets, very finely chopped (~1 small head of cauliflower)
3 cups broccoli, very finely chopped (~1 small head of broccoli)
3/4 tsp. salt, plus more to taste
Cracked black pepper, plus more to taste
1/2 tsp. garlic powder
1/8 tsp. cayenne pepper
8 oz. (2 cups) shredded cheddar cheese

Directions:
1. In a large pot or Dutch oven, add butter and place over medium-high heat. Once butter is melted, add garlic, onion, and carrots. Saute for 5 minutes or until veggies are tender.
2. Stir in flour to coat the veggies and then slowly stir in broth. Next add in milk, chopped cauliflower and broccoli, salt, pepper, garlic powder, and cayenne. Bring to a simmer and cook 10-15 minutes until broccoli and cauliflower are tender.
3. Stir in cheese and reduce heat to low.
4. Add about 1/2 of soup to a blender, about 3 cups. Blend until smooth or your desired consistency.
5. Return blended soup to the pot and stir to combine. Taste and adjust salt and pepper as needed.
Educational Corner: Keep Your Eyes Healthy

There’s a lot you can do to keep your eyes healthy and protect your vision.

Get a comprehensive dilated eye exam.
Getting a dilated eye exam is simple and painless — and it’s the single best thing you can do for your eye health! Even if your eyes feel healthy, you could have a problem and not know it. That’s because many eye diseases don’t have any symptoms or warning signs. A dilated eye exam is the only way to check for many eye diseases early on, when they’re easier to treat.

Find out if you’re at risk for eye diseases.
Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you:

- Are overweight or obese
- Have a family history of eye disease
- Are African American, Hispanic, or Native American

Other health conditions, like diabetes or high blood pressure, can also increase your risk of some eye diseases. For example, people with diabetes are at risk for diabetic retinopathy — an eye condition that can cause vision loss and blindness. If you’re worried you might be at risk for some eye diseases, talk to your doctor. You may be able to take steps to lower your risk. Also talk with your family members to find out if they’ve had any eye problems. Some eye diseases and conditions run in families, like age-related macular degeneration or glaucoma. Be sure to tell your eye doctor if any eye diseases run in your family.

Take care of your health.
Protecting your overall health can go a long way toward keeping your eyes healthy! It’s important to make healthy choices and take good care of yourself. Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Follow these tips for healthy vision:

- **Eat healthy foods.** Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.

- **Get active.** Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.

- **Quit smoking.** Smoking isn’t just bad for your lungs — it can hurt your eyes, too! Smoking increases your risk of diseases like macular degeneration and cataracts — and it can harm the optic nerve. If you’re ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free support.

Protect your eyes.
Every day, you can take simple steps to keep your eyes healthy. Use these tips to protect your eyes from things that can harm them:

- **Wear sunglasses.** Protect your eyes from the sun by wearing sunglasses — even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.

- **Wear protective eyewear.** Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs. You can buy them from most eye care providers and some sporting goods stores.

- **Give your eyes a rest.** Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.

Source: National Eye Institute
March is National Nutrition Month® and this year’s theme is “Personalize Your Plate”. There is no one-size-fits-all approach to nutrition and health. We are all unique individuals with different bodies, goals, backgrounds, and tastes. You can use MyPlate as a starting point to put together your own balanced meals that will provide you with the nutrition you need.

Start by incorporating a carbohydrate, protein, fruit or vegetable and fat into each meal. This will give you longer lasting energy to power through your day. Carbohydrates should take up at least ¼ of your plate. Make these mostly whole grains, such as oatmeal, whole wheat bread and pasta, and quinoa, which adds fiber to your diet and helps you feel full faster and fuller longer. Protein should take up at least ¼ of your plate. Concentrate on lean proteins such as chicken and turkey without the skin, eggs, fish, seafood, beans, tofu, tempeh, seitan. Lean proteins are less in saturated fats and are heart healthier.

Make sure that ½ of your plate is fruits and/or vegetables. Eat a variety of colors, as each color contains different vitamins and minerals. Lastly, don’t forget a fat. Concentrate on unsaturated fats such as avocado, olive oil, and nuts. Dietary fat helps to increase satiety at meals.