



October 2020 Newsletter

## How to use yoga to sleep better during the pandemic



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"Try not to become a person of success, but rather try to become a person of value."

– Albert Einstein

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Whether due to illness, altered work schedules, homeschooling or social distancing, COVID-19 has impacted us all personally. Stress levels are high, and the resulting anxiety makes it much harder to get a good night's rest. Despite the efforts of the \$70 billion sleep-aid industry, many exhausted people are still searching for ways to get the sleep they need to keep their immune systems strong.

Unfortunately, sleeping pills are the dominant treatment strategy for insomnia. Sleeping pills don't work for everyone, have side effects and do not address the underlying stress that is keeping you awake. That's why medical experts are increasingly advising those struggling with poor sleep to first try more natural solutions. Kundalini Yoga is one viable option. Through the practice of kriyas, specific breath control techniques and exercises, anyone can find the fulfilling rest they need.

These Kundalini Yoga techniques can help if you have recently begun to suffer from poor sleep or you struggle with an ongoing sleep disorder. According to "Yoga Can Help With Insomnia" by Psychology Today, "Researchers at Harvard Medical School investigated how a daily yoga practice might affect sleep for people with insomnia and found broad improvements to measurements of sleep quality and quantity."

### The importance of sleep hygiene:

First, it's critical to maintain good sleep hygiene. These are the habits that put you in the best position to have a full night of quality sleep. Signs your sleep could use improvement include taking too long to fall asleep, waking multiple times with difficulty falling back asleep, overall light and restless sleep, and drowsiness during the day.

While each person must adopt consistent sleep hygiene practices that



work for them, here are some guidelines that you can follow to sleep better.

- Avoid bright screens and stimulants like caffeine, alcohol or nicotine close to bedtime.
- Exercise during the day so the body is ready to rest later. Be mindful of timing; exercising too late in the day can disrupt sleep.
- A light snack is OK, but avoid heavy meals or spicy food before bed.
- Drink a glass of water before sleep since dehydration can disturb the sleeping mind. Waking up to use the bathroom is less disruptive to a whole night's sleep than dehydration.
- Practice a restful activity before getting into bed. For example, do gentle yoga and slow breathing exercises, read a book, pray or meditate.
- If your nighttime sleep is poor, avoid napping during the daytime.

### Yogic recommendations: Steps to deep, dreamless sleep

The 3HO Foundation recommends using these Kundalini Yoga techniques to quickly achieve deep sleep in just a few minutes:

**Step 1:** A busy mind has difficulty sleeping. Quiet your thoughts by first visualizing all your worries, ideas and problems, wrapping them up in a package, then placing that package on a shelf in your mind. You'll be amazed at how many are gone, solved or improved by the time you wake up.

**Step 2:** Lie on your stomach, turn your head so your right cheek is on the pillow. This automatically opens your left nostril to bring in cooling, calming energy. Practice long, deep breathing in this position. Then block your right nostril completely with your hand and continue long, deep breathing through the left nostril.

**Step 3:** Once you feel drowsy, turn to your preferred sleeping position on your back or side. Continue long, deep breathing until asleep. Sleep is always an important component to health and wellness. During stressful times, quality sleep is difficult to achieve. These steps will help you refine your sleep routine and discover better rest. To learn more, visit

### Trivia Game

**What is the highest-grossing film of all time without taking inflation into account?**

- A. Titanic
- B. Avengers: Endgame
- C. Avatar
- D. Star Wars: The Force Awakens

**Which film did Steven Spielberg win his first Oscar for Best Director?**

- A. Jaws
- B. Catch Me If You Can
- C. E.T.
- D. Schindler's List

**What was the last movie Walt Disney was able to work on before he died?**

- A. Mary Poppins
- B. 101 Dalmatians
- C. The Jungle Book
- D. The Sword in the Stone

**As the Disney princess with the fewest lines, how many lines did Aurora (or "Sleeping Beauty") have in total?**

- A. 18
- B. 15
- C. 11
- D. 20



## Top reasons fall is the perfect time to escape to the beach



You may think fall is time to put the sandals and sunscreen away, but autumn months offer a great opportunity to explore beaches near and far. Consider these eight reasons to escape to the beach with your family and create a fall you'll always remember.

### 1. A change of scenery is good for mental health

Many people have spent the past several months staying close to home, but changing your scenery can support mental wellness. Whether you visit a beach nearby or take a trip to a different state, even one day away enjoying Mother Nature can help you rejuvenate.

### 2. Sand is soothing and can help reduce stress

With remote work still in full swing and many kids studying at home, stress levels can be high. Fortunately, researchers have found that just touching sand can inspire relaxation. You'll find plenty if you plan an escape for fall to the Myrtle Beach area's 60 miles of pristine coastline and watch as your worries melt away. Learn more at [www.visitmyrtlebeach.com](http://www.visitmyrtlebeach.com).

### 3. The beach is a great educational opportunity

Whether your child is a preschooler or teen, consider taking them on an educational journey exploring the beach. From learning about the local flora and fauna to studying an area's unique history, this is one lesson they'll wish would never end.

### 4. You can enjoy warm weather safely

While temperatures are dropping in many areas of the country, coastlines often see temperate climates throughout fall. With warm autumn weather, the Myrtle Beach coastline has plenty of room to social distance while dipping your toes in the sand, listening to the sounds of

## Spooky Peanut Butter Spider Cookies



**Serves:** 24  
**Prep Time:** 40 mins.  
**Cook Time:** 25 mins  
**Total Times:** 1 hr. 5 mins.

### Ingredients

- One 5-ounce box small ball-shaped chocolates, such as malted milk balls
- 3/4 cup all-purpose flour
- 1/4 teaspoon baking soda
- Pinch of fine salt
- 1/2 cup granulated sugar
- 4 tablespoons unsalted butter, at room temperature
- 1/2 teaspoon pure vanilla extract
- 1 large egg
- 1/2 cup smooth peanut butter
- 2 ounces semisweet chocolate
- 1 small tube white cake decorating gel

### Directions

1. Position oven racks in the top and bottom thirds of the oven and preheat to 375 degrees F. Line 2 baking sheets with parchment paper.
2. Separate the chocolate candy balls into larger and smaller balls. The larger balls will make up the spider bodies and the smaller balls the heads.
3. Whisk together the flour, baking soda and salt in a small bowl. Cream the sugar and butter in a medium bowl with an electric mixer on medium-high speed until light and fluffy, 3 to 4 minutes. Add the vanilla and egg and mix until thoroughly combined, about 1 minute. Add the peanut butter and mix until creamy, about 1 minute. Turn the mixer speed down to low and add half of the flour mixture. Beat on medium until incorporated, then turn the speed down



waves crashing and destressing from the hustle and bustle of everyday life.

### 5. Sunshine boosts your vitamin D

Along with the fresh air, being on a beach brings plenty of sunshine, which boosts your vitamin D levels as well as your mood. Just make sure to wear proper sunscreen to prevent burns, even on overcast days.

### 6. Smaller crowds make travel enjoyable

The change of season means crowds are down, which can mean a safer, more enjoyable travel experience. There are endless ways to try something new along the Grand Strand safely. Spend the day bird watching at Huntington Beach State Park before heading to the park's nearby beach or visiting sensory-friendly animal sanctuaries and exhibits at Ripley's Aquarium of Myrtle Beach.

### 7. Accommodations provide amazing views

Finding quiet spots with breathtaking backdrops is not difficult in the Myrtle Beach area. If you prefer to stick to your hotel room, choose a property that offers an oceanfront view. For instance, Island Vista Resort is unique in that all of its suites' balconies face the ocean, so there's really no worry that you will get stuck with anything less than an unobstructed look at the Atlantic Ocean.

### 8. Enjoy autumn splendor all around

In many beach towns, the beauty of fall extends beyond the shoreline. Check out the local parks and gardens to enjoy stunning scenery as well. When in Myrtle Beach, check out Brookgreen Gardens. Its massive grounds feature 9,000 acres of floral gardens and outdoor sculptures.

**Tip:** admission is good for seven consecutive days.

<https://www.brandpointcontent.com/article/35851/top-reasons-fall-is-the-perfect-time-to-escape-to-the-beach>

to low again and add the rest of the flour mixture. Beat on medium until incorporated.

4. Roll the dough by hand into 1-inch balls, place about 1 inch apart on the prepared baking sheets and bake, rotating the pans halfway through, until the cookies are light golden brown and have spread to about 2 inches wide, about 16 minutes. The cookies are done when they smell very peanut buttery and the tops feel dry and slightly firm when pressed with fingers.

5. Meanwhile, melt the chocolate over a double boiler. Remove from the heat and let cool briefly so that it is slightly thickened but still pipe-able.

6. When the cookies are done, remove them from the oven and transfer them to a cooling rack. Immediately push 2 chocolate candies directly into each hot cookie, putting a smaller chocolate ball toward the edge of the cookie and a larger chocolate ball directly behind it in the center of the cookie.

7. When the melted chocolate has thickened slightly, put it into a plastic bag and cut a small hole in the corner to create a piping bag. Pipe 8 legs on each cookie, starting from the point where the 2 chocolate candies meet. Pipe the front 4 legs so that they curve up toward the head and the back 4 legs so that they curve backward beyond the body. Reserve the remaining chocolate in the piping bag for the pupils of the eyes.

8. To make eyes, pipe two 1/4-inch circles on the "heads" of each spider with the cake decorating gel. Pipe a tiny dot of the reserved melted chocolate in the center of each to make the pupils.

<https://www.foodnetwork.com/recipes/food-network-kitchen/spooky-peanut-butter-spider-cookies-3561241>



## Get growing this fall gardening season



The changing season offers a new opportunity to grow fall-friendly plants. Gardening is a great way to decorate your space with beautiful blooms, grow fresh vegetables that produce delicious cool season harvests, and is a safe, healthy activity to engage in while practicing social distancing and enjoying the outdoors. Whether you have a small patio, high-rise rooftop, quaint sunny corner of your yard or even a balcony, the experts at Ball Horticultural Company share their fall gardening insights for growing a successful and stunning garden this season.

### Prepare for planting

If you have plants that have matured from the summer gardening season, it's time to clean up to prepare for new growth. Remove surface plants and use a tiller or hand tools to remove root matter under the soil. Add compost or gardening soil to pots, window boxes and other garden spaces, so they are ready with rich nutrients to support fall plant growth. If you've grown hardy perennials, just a brief tidy-up is needed. Clip away any brown foliage or spent flowers and provide a light covering of mulch at the base of the plant to ready them for frosty temperatures.

### Embrace fall hues

Rich reds, vivid oranges and happy yellows are traditional autumnal hues that add energy to your gardens as temperatures turn. A classic cone-flower and pollinator favorite, like the Sombrero Echinacea from Darwin Perennials, will brighten your space even as temperatures fall. Available in a variety of colors, Sombrero Baja Burgundy and Fiesta Orange are ideal for bringing vibrant fall color to sunny spaces and for attracting bees, songbirds and butterflies to your yard. Tip: Leave the older blooms of Echinacea on their stems to feed wildlife into the winter. Then cut them back after their feast to put new energy into the plant for spring.

### Flowers that thrive

Another colorful and easy care option are Cool Wave Pansies, a fast-growing, long-lasting trailing pansy available in a variety of bold colors perfect for revamping your outdoor space for fall. A cool-season gardener's dream, you can feel confident that these blooms will thrive even as fall temperatures ebb and flow. Check out Cool Wave Raspberry



Swirl with cheerful magenta and white petals and a delightful yellow center. Tip: Place your Cool Wave Pansies where you've also planted bulbs. Their hardiness will make them the first pansy to reappear next spring for two seasons of enjoyment.

### Enjoy homegrown vegetables

Keeping immune systems in top shape and maintaining mental health will be top of mind this school year as families navigate various ways of learning. The Power Your Lunchbox program offers the multi-purpose resources parents and kids need to stay healthy, feel great and focus on education.

In addition to adding style to your space with fall flowers, incorporate seasonal vegetables to enjoy fresh, healthy produce straight from your backyard or patio. Burpee Sweet Thang Cabbage adds beauty to any garden with its attractive dark green leaves. A touch sweeter than collards or kale, this non-heading cabbage delivers a delicious bite to round out autumn dishes.

A wonderful option for full-sun gardens is Bright Lights Swiss Chard, a stunning All-America Selections-winning mix that produces delicious, mildly flavored stems in a rainbow of colors - including yellow, gold, orange, pink, violet, green, white, red and even striped! Tip: Harvest the tender bronze to dark green leaves young to enjoy in salads or eat like spinach or beet greens.

There are many plants that thrive in the fall weather, adding style and life to your outdoor space to enjoy for many months. For more tips and gardening ideas, visit [burpeehomegardens.com](http://burpeehomegardens.com) and [wavegardening.com](http://wavegardening.com).

<https://www.brandpointcontent.com/article/35721/get-growing-this-fall-gardening-season>

