

# NETWORK NEWS

## UPCOMING EVENTS:

**FEB. 06** | TRICARE in 2019: What You Need to Know  
11:00 am - 12:00 pm ET

**FEB. 12** | Dispelling the Myths of the VA Home Loan  
11:00 am - 12:30 pm ET

**FEB. 13** | Supporting Military Families with Special Needs  
11:00 am - 12:00 pm ET

**FEB. 26** | The Ketogenic Diet - Is it Another Fad?  
11:00 am - 12:00 pm ET

**MAR. 12** | Landlord - Tenant Protections for Military Members  
11:00 am - 12:30 pm ET

## Does Your Morning Routine Feed Your Body, Mind, and Spirit?

Have you ever experienced a morning that leaves you frazzled and stretched thin? Perhaps the alarm failed to ring on time, or a family member required a little extra care. Perhaps you failed to leave enough time for a heavy morning commute, or you found yourself unable to take a few minutes to eat breakfast or grab a drink before making a mad dash. Did you arrive at your destination feeling unsettled or disorganized?

While no amount of planning can eliminate all morning challenges, for some, an overly stressed morning routine is the rule rather than the exception. Consistently hectic mornings that leave you physically and mentally depleted can negatively impact your health and mood, making it more difficult to achieve full productivity. Investing a few minutes each morning in activities that nourish your body, mind and spirit may provide benefits that last throughout the day and beyond.

### How important is morning wellbeing?

According to research published in the Academy of Management, employee mood at the start of the workday impacts how employees perceive work events and how they ultimately perform at work. The study found that employees arriving at work in a negative start-of-workday mood tended to perceive work events more negatively, experience more negative feelings about work, and demonstrate lower quality work performance. (Rothbard & Wilk, 2011).

While cognitive benefits associated with nourishing the body have been well documented, some have identified a number of performance-related benefits associated with taking time in the morning to eat a healthy breakfast. According to the Mayo Clinic:

### Adults who report regularly eating a healthy breakfast:

- Eat more vitamins and minerals.
- Control their weight. Research suggests that consuming most of your daily calories in the morning can aid weight loss.
- Control their blood sugar levels — which is important in preventing or controlling diabetes.
- Eat less fat and cholesterol.
- Perform better at work.

### Invest in a morning routine that enhances wellbeing.

Planning time in the morning for self-care may represent one of the very best investments that you can make.

[Click here to discover three strategies to help boost your morning routine in ten minutes or less!](#)

Written by:  
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## Webinar Feedback!

### Overindulgence in Parenting: How Much Is Too Much?

*"This webinar is very helpful in breaking down the concept of overindulgence."*

### Family Finances Series: Separation & Single Parenting in the Military

*"Great topic focus that helped me to increase my depth of understanding and to identify a few new resources I can incorporate into practice."*

### TRICARE ECHO: Special Care for People with Special Needs

*"Thank you very much, this training helped clarify some of the ECHO benefits."*

# [ NEWSBITES ]



## Exercising in Nature

The benefits of physical exercise are endless, with positive physical, emotional and even social impacts. Exercise can lead you to a happier and healthier life! But does the location of physical activity impact your wellbeing more or less than others? [Find out in this new blog post!](#)

## Talking to Aging Parents about Money

As they grow older, adult children may begin to have some concerns about a difficult topic: their parents' finances and care at the end of life. This conversation can be hard to start. [Learn six reasons why experts say this conversation can't wait!](#)

## A Spotlight on Building Resilience: The Daily Influence of Positive Emotions

Stress and anxiety can sometimes make it hard to focus on the good and simple things in life. How can we foster experiences of happiness, gratitude, contentment, and love during times of hardship? These positive emotions play a pivotal role in our ability to cope through adversity...[read more.](#)

## Food as Medicine: The Growing Significance of Culinary Medicine

Lifestyle approaches to preventing and treating common chronic illnesses are becoming increasingly popular. The successful implementation of these lifestyle changes requires close attention and guidance from a healthcare professional...[read more about culinary medicine and who it is for.](#)

## 30 Days of Savings Challenge

February 1 - March 2, 2019



In support of Military Saves Week, the MFLN Personal Finance Team will be hosting a 30-day savings challenge. Learn more about this challenge and join by clicking the link below!

I want to save \$100 in 30 days!

## Show Up Inspired!



## Many Hats: When Caring Professionals are Caregivers

This episode examines special self-care considerations for individuals who work as service professionals while also serving as caregivers for loved ones. We offer lessons from research and provide strategies for assessing and maintaining work-life balance.

[Listen to this podcast.](#)

## MoneyTalk with MFLN Personal Finance

### 2018: Personal Finance Year in Review

In this episode Dr. O'Neill discusses some of the key concepts from her December 18 webinar, 2018 Personal Finance Year in Review – a 90-minute webinar that takes a look back at the events, legislation, and trends that shaped finances this year.

[Listen to this podcast.](#)



**MILITARY FAMILIES**  
LEARNING NETWORK