

# TELLIGEN'S MONTHLY NEWSLETTER

April 2024 / National Happiness and Resilience Awareness Month



## APRIL IS NATIONAL HAPPINESS & RESILIENCE AWARENESS MONTH



National Happiness and Resilience Month is a time dedicated to nurturing emotional well-being and resilience, emphasizing the importance of finding joy and fulfillment in everyday life.

Throughout this month, take intentional steps to enhance happiness, acknowledging its profound impact on health, relationships, and overall life satisfaction. Engage in activities tailored to boost happiness, including practicing gratitude, performing acts of kindness, and setting goals.

Remember, happiness is not just about fleeting moments but also about a deeper sense of life satisfaction. Embrace resilience as a tool to bounce back from hardships, prioritizing well-being on your path to a fulfilling life.

## EXERCISE INITIATIVE OF THE MONTH: OUTDOOR EXERCISE

As temperatures rise, the allure of outdoor exercises beckons with increased accessibility for individuals. Beyond the physical benefits, immersing oneself in nature during outdoor workouts offers a profound boost to mental well-being. Research consistently highlights the positive impact of outdoor exercise on mental health, including reduced stress levels, enhanced mood, and improved cognitive function.



Whether it's a brisk walk in the park or a challenging hike in the mountains, the invigorating experience of outdoor exercise fosters a sense of calm, clarity, and inner peace. By harnessing the restorative power of nature, outdoor workouts not only strengthen the body but also nourish the mind, paving the way for a healthier, happier lifestyle.

## RECIPE OF THE MONTH: ASPARAGUS RISOTTO



Indulge in the fresh, vibrant taste of spring with this delightful Asparagus Risotto. With its zesty lemon flavor and creamy texture, it offers a light yet satisfying dish perfect as a vegetarian main or as a base for seafood, fish, or mushrooms.

### Ingredients:

- 1 bunch asparagus
- 1 large leek (or white onion, diced)
- 4 tablespoons olive oil, divided
- 4 garlic cloves, rough chopped
- 1 cup arborio rice
- ¼ cup white wine (optional)
- 3 ½ to 4 cups hot veggie broth
- ½ cup basil leaves
- 1 lemon, zest and some juice to taste
- ½ teaspoon salt
- ¼ teaspoon pepper

View the full recipe [here](#).