

Positive Pulse

Your monthly dose of advice on healthy living

Perfect Pairs: Compliments & Complements



We're back with another issue of Positive Pulse, the e-newsletter for everything to do with healthy living. This month's theme is perfect pairs! We'll discuss the best words to choose to compliment others that will have you both smiling, as well as color and food pairings that are out of this world.

- Complimenting others regularly and meaningfully will help the pair of you feel amazing.
- Using the knowledge of complementary colors in your wardrobe, art, and design can make for striking looks.
- Some food pairings not only taste amazing together, but have increased health benefits when you eat them together.

After you're done reading, [don't forget to listen to our webinars](#)

[every Tuesday! You can find registration links and recordings here.](#)

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. [Register here.](#)



Complimenting Others

Compliments Build Confidence

- The most obvious benefit to others is the confidence it builds.
- When you show that you see value in someone, it helps them recognize the value within themselves. It validates them and gives them the courage to share that value.

Compliments Spark Creativity

- Let's say you compliment a coworker or employee on a job well done or for an idea they came up with. Your willingness to offer praise encourages them to share more. That person provides an idea that resolves a key issue for your organization. Those ideas make the work environment operate better and saves the company money.
- That solution could have stayed locked away in their mind if you didn't open the door for sharing. All that potential for success could have been lost!

Compliments Are Rewards

- Who doesn't like getting an unexpected prize?
- A professor from the National Institute for Physiological Sciences claims that receiving a compliment can produce the same effect in your brain as receiving money.
- Your compliment may not induce screams, googly eyes, or tear streamed faces that winning the lottery might cause. But it can produce a kick of excitement and joy that the human brain loves!

Compliments Benefit the Giver

- "I can live for two months on a good compliment." — Mark Twain
- Yes, compliments really do make a positive impact on the giver too! You'll feel better because of the positive impact you have on others.
- You'll increase your confidence because you got out of your comfort zone.
- You'll experience growth because you're practicing thinking on your feet.
- All this leads to a more positive mindset about yourself and others too.

Compliments Benefit the Universe

- Compliments create a ripple of kindness and encouragement. This spreads to everyone you meet and beyond. This is known as "paying it forward".
- When you pay attention to the positive attributes in others, it promotes selflessness. That selflessness can take on a life of its own as it promotes selfless thinking in others.
- The kindness and compliments spread far beyond the one person you complimented.

Compliments Increase Learning

- Compliments reinforce learning and positive behavior. It does this by triggering an “I want to do this again so I can feel this again” response.
- Some studies also show that compliments impact memory, motivation, and other cognitive functions.
- The joy of giving has a little something extra to it. Once you experience it, you’ll give and receive compliments more than ever before.

Click here for ideas on how to compliment someone!

SOURCE: <https://medium.com/live-your-life-on-purpose/compliments-7-benefits-for-both-the-giver-and-the-receiver-33740ac346b7>



Complementary Colors

Understanding Color Theory

- Color theory can help you determine which colors look good together. Color theory goes beyond just “eyeing” color combinations, though, which is where the science part comes in.
- At the heart of color theory is the color wheel, which was created in the late 17th century by Sir Isaac Newton. Best known for his physics breakthroughs, Newton mapped the color spectrum into a circle.
- Today, the color wheel can help artists and designers find harmonious color combinations based on the geometric relationships represented on the color wheel.
- Designers looking to experiment with colors can use color picker extensions, use color palette generators or even consult Pinterest boards online.

Color Wheel

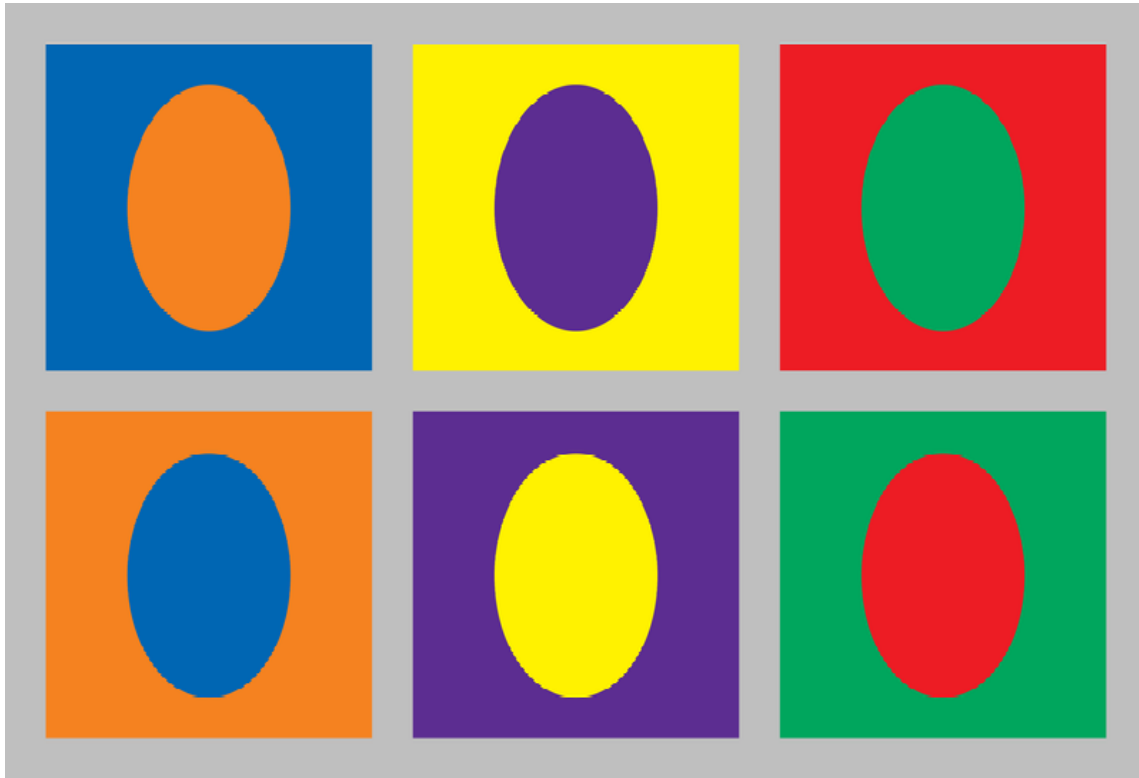
- The color wheel is a visual representation of colors, with hues arranged according to wavelength. Color wheels allow color relationships to be represented geometrically, and show the relationship between primary colors, secondary colors and tertiary colors.
- In the traditional RYB color wheel, the primary colors are red, yellow and blue. You can create secondary colors—orange, green, and purple—by mixing primary colors. Red and yellow create orange. Yellow and blue creates green. Red and blue creates purple. Then, mixing secondary colors and primary colors creates tertiary colors.
- Many different iterations of the color wheel exist, but many involving these three relationship types show a dozen colors.

Complementary Colors

- When you’re pairing colors, you can find harmony through choosing

complementary colors. In this case, opposites attract. This particular color scheme draws from two colors on the opposite side of the color wheel. When you do this, the result is a high-contrast color combo that's bright and that pops.

- Examples of complementary color combinations are: Red and green; yellow and purple; orange and blue. Complementary color combos tend to be bold, which is why sports teams often use this formula for their colors.
- To throw in a third color, and make the color scheme less intense, you can use a split complementary color scheme. It uses one color as a base and two colors adjacent to its complement.



Click here to try Adobe's interactive color wheel!

SOURCE: <https://www.invisionapp.com/inside-design/understanding-color-theory-the-color-wheel-and-finding-complementary-colors/>



Complementary Food Pairings

Hummus + Red Pepper = Boost for Low Iron

- The majority of dietary iron comes from plant sources, but unfortunately, it's not

usually well absorbed.

- However, vitamin C helps improve the absorption of non-meat iron. The iron-rich chickpeas in the hummus and vitamin C-rich red pepper make a great snack, especially for women, who often need more iron.

Tomato + Avocado = Improved Eye Health

- Tomatoes are loaded with lycopene, a key nutrient for eye health that also gives the fruit its red hue.
- This antioxidant is fat-soluble, though, so it assimilates better in the body if it's eaten with some fat.
- Research suggests you absorb more from the carotene-rich food when you eat it with a smart fat, like avocado. There are so many ways you can pair these two powerhouses, like avocado toast with sliced tomatoes.

Cottage Cheese + Pineapple = Post-workout Muscle Repair

- It's important to refuel the right way following a serious Spinning class or an intense jog. After your workout, have a snack that includes protein (like cottage cheese) and a high-gastrointestinal carbohydrate (like pineapple).
- Together, they replenish muscle and liver glycogen stores and cause an insulin release, which in turn helps push amino acids straight to muscle cells, which helps build and repair exactly where you need it.

Kale + Mushrooms + Olive Oil = Better Bone Density

- Among the many nutritional benefits of kale is vitamin K, which helps transport calcium from your blood to your bones, acting as the glue that makes bone-enriching calcium stick.
- Studies have shown that a combination of vitamin K and vitamin D (found in mushrooms) helps prevent bone fractures, even in people already experiencing bone loss. Add some olive oil to a meal with these fat-soluble vitamins (an omelette, perhaps) and—bingo—major bone-health benefits.
- But not just any olive oil will do; opt for the extra-virgin version. You'll get more of the 30-plus phytochemicals from an olive oil that's minimally processed.

Salmon + Almonds = Heart Health

- Omega-3 fatty acids, especially those found in cold-water fish, like salmon, may reduce the risk of blood clots, promote normal blood pressure and lower the risk of heart disease.
- If you pair salmon steak with ground almonds (or another nut, such as walnuts), a plant-based source of essential fatty acids, you're packing a more powerful wallop for cardiovascular health.
- And they naturally go together, think almond-crusted baked salmon! There's a lot of wisdom in cuisine from certain cultures, especially from areas of Asia and the Mediterranean, where these types of pairings often come up.

SOURCE: <https://www.canadianliving.com/health/nutrition/article/5-food-pairings-for-maximum-nutritional-benefits>

Let's Stay Healthy!



Looking to learn more about healthy living?
Email NJSAP@ArcNJ.org or call **732-749-8514** to
schedule a virtual training.

You can also visit the NJ Self-Advocacy Project
[Training homepage](#) to submit a training request.



Don't see what you're looking for? We can create a custom training
based on the needs and interest of your group!

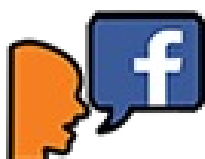
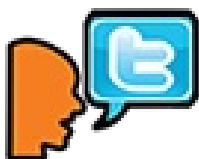
The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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