

Take pride in traditions with festive foods and colorful drinks

There are many celebrations that take place this time of year. There are the requisite graduations, weddings and days to honor family members. June is also home to two major celebrations—**Pride and Juneteenth**.



Pride Month is celebrated to commemorate the 1969 Stonewall uprising in Manhattan

That event is considered the tipping point for the gay liberation movement in the United States.¹ Over the years, it has grown into a month-long celebration. It recognizes the impact the LGBTQ+ community has on history and culture. You often see rainbows used as a symbol for pride. Rainbow flags have been recognized around the world to represent civil rights.



Artist Gilbert Baker helped design the original rainbow flag in 1978 for a Pride celebration.²

The progress pride flag, seen to the left, also includes brown and black to represent marginalized people of color. All of this adds up to incredibly colorful Pride parades, parties, concerts and picnics.

Make this incredibly colorful drink for your Pride parades, parties, concerts and picnics.

Rainbow sangría (non-alcoholic)

Makes 4 servings | Prep: 10 minutes



Ingredients

- 3 cups white cranberry juice drink
- 2 limes, juiced
- 1 cup sparkling water (chilled)
- 1 cup blackberries
- 1 cup blueberries
- 3 kiwis, peeled and sliced
- 1 cup diced pineapple
- 1 cup diced mango
- 1 cup halved strawberries
- 1 cup crushed ice

Preparation

In a small pitcher, stir together the juice drink, juice and sparkling water. Add ice. In tall glasses, layer blackberries, blueberries, kiwis, pineapple, mango and strawberries. Pour the juice mixture over the fruit.

Nutrition information | Serving size: 1 cup



Calories: 216 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 42 mg | Cholesterol: 0 mg
Total carbs: 54 g | Fiber: 7 g | Sugars: 43 g | Protein: 2 g | Potassium: 481 mg



Color also plays into the celebration of Juneteenth

Juneteenth is an American holiday celebrating the freedom of Black African Americans from slavery. President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863. However, it took years for the news to travel and for the states to enforce the order.³ On June 19, 1865, the last enslaved African Americans were emancipated in Galveston, Texas. This marked the beginning of Juneteenth.

Many Juneteenth celebrations include foods that blend African heritage with Southern tradition. Staples include leafy greens, black-eyed peas, okra, barbecued meats and beans. Most menus feature foods that are red, like fruit and red velvet cakes. Red honors symbolism that comes from many West African cultures. It stands for strength, spirituality, life and death.⁵



This important moment in African American history has become a celebration of gratitude and freedom for all people.⁴

Juneteenth foods



Barbecued meats



Okra



Red velvet cake



Red fruits

The most common red item found on Juneteenth tables is "red drink." The original red drink was tea brewed from hibiscus flowers that were native to West Africa. The red drink evolved into lemonade flavored with cherry, strawberry or watermelon and even red sodas.

We've included a recipe for a delicious red drink to enjoy during your celebrations. Remember to serve it with gratitude, freedom, strength, spirituality and pride!

Strawberry mint spritzer

Makes 5 servings | Prep: 5 minutes



Ingredients

- 5 oz frozen strawberries
- 1 liter (about 3 12-ounce cans) lemon-flavored sparkling water, chilled
- 6 oz pink lemonade frozen concentrate, thawed
- ¼ cup mint leaves, chopped
- Lemon slices, garnish

Preparation

Place strawberries in a blender or food processor. Puree until smooth. In a pitcher, add sparkling water, lemonade and chopped mint, then stir. Add pureed strawberries to the bottom of drinking glasses or a pitcher. Pour mint/lemonade mixture on top of pureed strawberries. Garnish with lemon slices.

Nutrition information | Serving size: 8 oz



Calories: 27 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 16 mg | Cholesterol: 0 mg
Total carbs: 7 g | Fiber: 1 g | Sugars: 2 g | Protein: 0 g | Potassium: 28 mg



Toast your loved ones with symbolic and refreshing colorful drinks this June.

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¹<https://www.loc.gov/lgbt-pride-month/about/>

²<http://www.smithsonianmag.com/smart-news/original-rainbow-pride-flag-returns-san-francisco-after-43-years-180978000>

³<https://www.archives.gov/exhibits/featured-documents/emancipation-proclamation>

⁴https://nmaahc.si.edu/sites/default/files/files/nmaahc_kids_-_juneteenth_resource.pdf

⁵<https://www.atlasobscura.com/articles/what-is-juneteenth>

Cultivating your success through self-compassion



If working hard on your health goals hasn't led to the results you want, you may feel frustrated. That is completely normal. A little self-compassion can go a long way in helping you move forward on your path to success.

Self-compassion means being kind, gentle and understanding toward yourself, especially when you're struggling.¹ Adopting a self-compassionate state of mind can motivate and support you to help you reach your goals.²

“

**I have not failed.
I've just found
10,000 ways that
won't work.**

THOMAS EDISON

Check out how you can get better at practicing self-compassion on the following pages.

☑ Give yourself a break



Often, the person we are hardest on is our own self. Negative self-talk or feeling “not good enough” from time to time is a normal part of being human. These thoughts put obstacles in your way. This self-doubt can hurt you in the long run. Remind yourself there's always room for improvement but that you are committed to it. Using self-compassion can help you accept where you are right now and keep your focus on moving forward.³

☑ Notice negativity

Self-compassion starts by being mindful and self-aware. Pay attention to your thoughts. Notice when you criticize yourself. If you've been telling yourself certain things for years, it's difficult not to believe them. You have around 60,000 thoughts each day. Think of them as 60,000 chances to lift yourself up and not put yourself down.⁴

☑ Rethink negative thoughts

Think about how you judge yourself. Be aware of negative thoughts and challenge them to help you break this pattern of thinking. Notice them, write them down and put them to the test. Examine both sides with less emotion and more rational thought.

Ask yourself:

What's the evidence for this? Is there proof to the contrary?
Is it always true? Am I looking at the whole picture?



☑ Respond to your inner critic

Now that you have recognized your negative thoughts, write down what you might say to yourself the next time these thoughts come up. Replace what you know is not completely true with something more positive and realistic.⁴

Rather than:

If only I were more successful. Everyone is doing so much better than me. I'll never get there.

Try:

If I continue to work toward my goals, I will be successful. Everyone has challenges. I am focused, doing what I can, and I will persevere. I will get there. I am a good person.

✓ Broaden your focus and remember your WHY

When you get too focused on reaching your goal, you can lose track of why you wanted to get there in the first place.

Reconnect to why you are taking this journey:



1. To develop healthy habits
2. To make lasting changes
3. To feel better
4. To improve your overall health
5. To experience major life events with loved ones
6. To have the freedom to keep doing the activities you love

There will be bumps along the road. Practicing self-compassion during these difficult moments makes it more likely you will achieve your goals. And you'll feel better along the way.

✓ Get support

Connection with and encouragement from others can make it easier to reach your personal health goals.⁴ Friends and family members can help you along the way. They may even want to join you.

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¹<https://www.psychologytoday.com/us/blog/the-discomfort-zone/202205/self-compassion-therapy-technique-negative-thoughts>

²<https://www.psychologytoday.com/us/blog/leading-success/202210/leading-yourself-self-compassion>

³<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201801/7-ways-overcome-toxic-self-criticism>

⁴<https://www.psychologytoday.com/us/blog/in-practice/202108/what-it-really-means-have-self-compassion>



The joy of exercising your mind and body

Please note: Before you start any new exercise routine, talk to your doctor to make sure it's safe.

Checkers and chess are games of skill, discipline and mental mastery. When you play, your mind analyzes where to move each piece. You find tactics to be patient, make bold moves and stay motivated.

There are physical sports that also challenge your mind. Regular exercise promotes emotional well-being and can improve your mental health. Physical activity benefits not only your emotional state, but research suggests it also improves memory and focus.¹

Go ahead. Get out there.

Exercise your mind and body with the following physical activities. Being active may be easier than you think. And make sure to have fun!

**Regular exercise
promotes emotional
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mental health.**

Pickleball



It's one of America's fastest-growing sports,² especially with the young at heart. Pickleball can be played inside or out, as doubles or singles. It requires fast movements, hand-eye coordination and quick thinking. Your mind gets a workout by learning, thinking and problem-solving. You keep track of the rules, the score, your position on the court and more. Not on the picklewagon yet? Tennis, ping pong and badminton give you similar benefits.



Fun fact: Pickleball has been an official sport in the National Senior Games since 2012.³

Ball hockey

With just a hockey stick and a ball, playing ball hockey is an easy, affordable sport. It's ice hockey without the ice or a version of field hockey, played anywhere. It is a game of constant movement. It's a full-body workout that requires teamwork along with hand-eye coordination and balance. Physical activity can sharpen mental function like memory. It may also improve abilities like reasoning and reaction time.¹



Fun fact: Ball hockey is also known as street hockey, floor hockey or DEK hockey,⁴ depending on where you live.

Bocce



Bocce is a game with a long history. Sometimes called skittles, it's a distant cousin to the French pétanque and the English lawn bowling. You can play at any age and any level of physical fitness. Courts can be set up on almost any flat surface and in any location. All it takes is two teams of one or more players.

It looks simple. But it's not as easy as it looks. The object is to get your balls close to the target, a smaller ball called a pallino.⁵ Thinking about the distance and speed engages your brain. Physical exercise like playing bocce can also help improve coordination and reduce stress.¹



Fun fact: Bocce is the third most played sport in the world, after soccer and golf.⁶

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¹<https://www.apa.org/topics/exercise-fitness/stress>

²<https://usapickleball.org/what-is-pickleball/>

³<https://nsga.com/pickleball-newcomer-and-legend-share-love-of-the-game/>

⁴<https://uwbhf.org/what-is-ball-hockey/>

⁵<https://worldbocce.org/bocce-history.html>

⁶<https://www.elyson.com/blog/posts-by-date/2018/june/with-bocce-ball-coming-to-elyson-here-are-10-fun-facts-about-the-world-s-third-most-popular-sport>