



## Newsletter

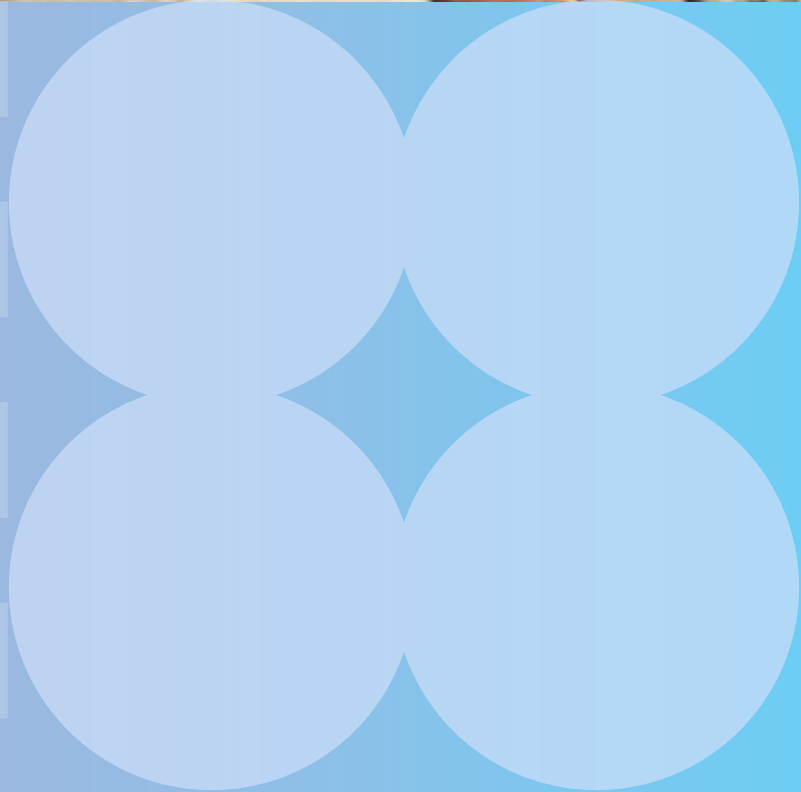
May 2023

Edition 11

A community wellbeing initiative.

LiveWell with

# NAKHEEL





# Hello everyone,

We often live as if the world owes us. Gratitude is one of the key community practices during Ramadan and Eid. This practice should be followed throughout our life span. As you reflect on what you have been given today, you will likely see that, if anything, you owe the world an insurmountable debt. This insight is more than merely humbling; you may find yourself feeling a deeper sense of gratitude and a natural desire to be generous in serving others. Grateful dispositions report fewer health complaints than their less grateful counterparts.

On April 29th LiveWell with Nakheel community experienced the great hospitality of Sal's Bistro while listening to hair and skin experts. Irina shared her Self-Care vision board with Uma and Charlotte and reemphasized how important self - responsibility is the key to healthy longevity.

**Wake up. Work. Eat dinner. Sleep.** There's no question that our self-care routines can become mundane. Whether you want to break out of a rut, or simply escape stress, a daytime retreat provides the perfect solution to help you feel rejuvenated, whether meditation is your thing, or you're just looking for some downtime in a serene setting.

Before life gets more hectic in planning for summer holidays, come join us on May 27th at The Retreat Palm Dubai MGallery by Sofitel for our first of many LiveWell with Nakheel daytime retreats which will help mentally and physically, clear your head, and recenter yourself. And if that happens to involve beach yoga and workshops with some wellbeing bites, well we've got you covered.

Next month will be LiveWell with Nakheel first anniversary and we look forward to the celebrating along with you.

Follow [@nakheelcommunities](https://twitter.com/nakheelcommunities) or [www.livewell.nakheelcommunities.com](http://www.livewell.nakheelcommunities.com) for more details.

Much Love

Irina Sharma  
**LiveWell with Nakheel**

# Small habits that actually reveal a lot about your personality

People show who they really are in very subtle ways—including their habits. In fact, your choices and preferences are almost as telling as your Myers-Briggs personality, or the career personality test you take for work. These tests can shock us with how accurate they are sometimes, as results can even show you could have the rarest personality test! Read on to learn more about the habits that speak volumes and that reveal more about your personality than you think.

**The way you roll toilet paper** - The debate about the “right way to hand your TP” has raged nearly since the roller’s invention. Latest verdict has been that those who prefer the overhand method are more dominant, while the under handers tend to be more submissive.

**Your shoe choices** - People who wear comfortable shoes tend to be relatively agreeable. Ankle boots are generally worn by those who are more aggressive. Wearing uncomfortable shoes implies that you’re more of a calm person, while those with new and [well-maintained footwear have a more anxious or clingy persona.

**The way you walk** - If your weight is usually forward and your stride is quick, you are extremely productive and highly logical. People admire you for that, but you may come off a bit cold and competitive. If you walk with your chest forward, shoulders back, and your head held high (common in a lot of politicians and celebrities), you are fun, charismatic, and socially adept, though you may tend to hog the spotlight. If your weight is over your legs, not forward or back, you’re more interested in people than in tasks and more focused on your personal life than your career. You’re great when part of a group, but tend to get distracted. Lastly, if you’re light on your toes when you walk and your eyes are glued to the floor, you’re most likely introverted and polite.

**Your email etiquette** - Narcissists will generally use words such as “I,” “me,” and “mine” frequently. Extroverts tend to be more casual and talk about fun-related things, like music and parties. And it’s not only what you say—it’s how you say it. An absence of typos is a sign of someone’s conscientiousness, perfectionism, and potential obsessions, whereas poor grammar indicates lower levels of IQ and academic intelligence. Interestingly, long emails reflect energy and thoroughness, but also some degree of neediness.

**Nervous ticks** - Are you a nail biter or skin picker? People who compulsively tugged on their hair or bit their nails tended toward perfectionism, and their actions are a result of trying to soothe boredom, irritation, and dissatisfaction. Because it feels better to do something instead of nothing,

**Your punctuality** - Punctual people were more conscientious and agreeable; being early is connected to neuroticism. And those who are chronically late tended to be more laid-back. Are you often tardy?

**Your eating habits** - Slow eaters are usually people who like to be in control and know how to appreciate life, but fast eaters tend to be ambitious and impatient. The adventurous eater is a thrill-seeker and risk-taker, while picky eaters are likely to exhibit anxiety and neuroticism. Lastly, if you’re someone who likes to separate different foods on their plate, you’re very cautious and detail-oriented in your everyday life.

**\*Chew Chew Chew and keep chewing for perfect digestion.**

**Your selfie style** - More agreeable people tended to take pictures from below; conscientious types are less likely to reveal a private space in the background. People who displayed positive expressions (smiling, laughing) are more open to new experiences, while the duck face revealed a more neurotic personality.

**Your handwriting** Graphology is the analysis of handwriting and how it relates to personality, and it has been a science since the days of Aristotle. People who write large, for example, are people-oriented and attention-seeking, whereas those with small handwriting are introverted and are capable of acute concentration. Writing with a slight right slant means you’re friendly and impulsive; a left slant means you’re reserved and individualistic. No slant suggests you’re logical and pragmatic. Lastly, handwriting with heavy pressure indicates you have strong emotions and are quick to react, but a light pressure implies an easiness and ability to move from place to place.

There’s a serious side to this field of research – learning more about the harmful and unhealthy everyday behaviours linked to the different personality traits could contribute to better, more targeted health campaigns and interventions. Also, research into personality often involves people answering questionnaires about themselves, hopefully in an honest way. There’s the possibility of one day devising a questionnaire that asks people about the activities they engage in, without them realising they are actually revealing their personality.

# Celebrate the love of hummus



## Ingredients

- ▶ 400 dried chickpeas
- ▶ 2 tablespoons cashew butter
- ▶ Rock Salt
- ▶ Cold pressed Linseed oil to finish off dish
- ▶ 3 tablespoons lemon juice

May 13th is celebrated as International Hummus Day to “celebrate the love of hummus”. International Hummus Day is about “connecting people all over the world around hummus”.

## Preparation

Soak the chickpeas overnight in water

The pour off the water, rinse the chickpeas and cook in lightly salted water until soft, appx 40 minutes

Blitz the chickpeas along with a bit of the cooking water in a food processor or with an immersion blender to make a puree. Add olive oil, lemon juice, cashew butter and salt and blend again briefly. Finish off by drizzling the Linseed oil.

**Tip:** Dessert hummus is made from a base of chickpeas, much like regular hummus, but also features sweeter, dessert-like ingredients (cocoa powder, peppermint oil, vanilla extract, and honey) instead of things like garlic and olive oil.

## Ingredient of the Month

# Cactus

Cactus are high in fiber, so it enables smooth muscles to act for the digestive system to function properly. There are many edible cactus species behind their thorns. Some of the edible cactus species are known as Indian fig, pear cactus, prickly pear or nohpalli, and nopal.

There are over 100 species of cactus growing specifically known as nopal. This edible species of cactus, which grows wild in the desert regions of Mexico, is used in kitchens and the making of medicines. Nopal cactus can be eaten when removed leaves peeled and from their needles.

This amazing plant, can be eaten fresh as canned food.

## Health Benefits

- 1 Helps the Digestive System
- 2 Helps Lose Weight
- 3 Lowers Cholesterol
- 4 Good for Diabetes
- 5 Protects from Cancer
- 6 Fights Infections
- 7 Supports Liver Health
- 8 Protects Heart
- 9 Cures Wounds
- 10 Strengthens Bones





# LiveWell

By Irina Sharma

**LiveWell.** It's not a diet. It's not a boot camp. It's not about the perfect body. It's not about a quick fix, a six-week program, a band-aid, a fad. It's a lifestyle, not a crash course. It's about learning how to LiveWell.

Based on evidence and a better understanding of the complex challenges we face in managing our health for better quality of life, LiveWell is about fresh ideas to help you make healthful choices and become more physically active in your journey to well-being through a healthier lifestyle.

At a certain point in life thoughts may turn to how well we've lived, how much we've accomplished relative to our goal, how well we've treated those we love and care about. Most of all, however, time seems to slip on without too much self-reflection. Maybe it's time to slow down and think about what it means to LiveWell — and how to do so graciously and with full intention.

For many people, activities performed daily tend to form a boring kind of schedule. Other individuals, though, find a sense of security in the sameness of doing something day in and day out. There's a familiarity to it, you get good at it, and you always know what's next. This is a good thing. It can also help you to LiveWell.

Consider that to live means to act. You don't live by merely lying on the couch being a slug. That's existence, not living. To live means you participate in life. You initiate action, conceive of goals, craft plans to help implement and work on the desired outcome, and dive in. Not every action will immediately result in successful completion of the project, task or undertaking, but you learn from everything you do – even those actions that turn out to fall short of the intended goal.

But what about only going through the motions? What happens when you don't give a project or task your full effort? Are you still living well? Or are you shortchanging yourself, trying to cheat and still reap the reward?





# 2022 and 2023 In Review

