



Kurbo Work From Home Toolkit #5

Health and wellness are essential components to a happy and healthy life. With the changes in our routines, now more than ever, we need to support each other on the wellness journey.

Below you will find Kurbo resources to help uplift and encourage you and your employees or your family, during these times of change.

What's included:

Article 1: [Barbecuing on a Budget](#)

Barbecuing can get a little pricey in the summer, especially if you are cooking for a group. But, the great thing about BBQ is how so much flavor comes from grilling over fire or charcoal, so you don't need to add a bunch of extra ingredients. The motto for barbecuing: the simpler, the better. This will also help keep your big BBQ from breaking the bank!

Article 2: [Grilled Summer Salads](#)

Nothing elevates a salad like specially cooking some of the components. Adding grilled protein or veggies, or even grilling the salad greens like romaine, can help a basic salad come to life. Here are some grilled salad recipes that we'll be enjoying this summer.

Article 3: [Cooking with Herbs](#)

Herbs are little powerhouses of nutrition. They are packed with vitamins, antioxidants and minerals. They also happen to elevate the flavor of any dish with a yummy, fresh taste. Lucky for us, they grow in abundance in the summer months. Here are some fun ways to use fresh herbs.

Article 4: [10 Tips to Get Your Spirits Up](#)

When you're dealing with a lot of stress or anxiety, it can be difficult to get your spirits up and keep a positive attitude. You might find yourself feeling down for days at a time or losing motivation to do the things you love. It's never too late to hit a reset button or try something new! Here are some great tips to get you started.

Article 5: [Health Benefits of Art and Creativity](#)

You don't need to be a creative person to benefit from the relaxing properties of art. It can be relaxing to just look at! As an added benefit, distractions—such as looking at art and using the imagination—can substantially reduce stress and anxiety. It focuses our



minds on the task at hand instead of whatever else is going on in our lives. Try this art exercise from Kurbo Coach Gail!