



Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer; Brenda Carlson and Rev. Leslie Hall: Board of Directors

We are on the Web at: www.tnreflexology.org



The TRA Board of Directors wishes to thank all of you for your outstanding support in 2014 and making TRA successful. Best wishes for a wonderful 2015. May it be a year filled with your own personal and professional growth, health and prosperity, along with lots of fun.

Procrastination:



With the recent ringing in of 2015, many of us set resolutions or goals for the coming months in the new year. However, if we are not careful, procrastination can often lead to not meeting our plans. Procrastination doesn't serve anyone well in their life and if it's a habit you've picked up, it's time to stop. Let's look at a couple of common reasons for procrastination, and ways to change your behaviors and habits.

Lack of Interest: If you aren't interested in a project and can't find a way to change that, set goals to accomplish something that interests you. Reward yourself for reaching those goals. Always try to work when you're at your best – physically and mentally – to optimize efficiency. Make the rewards real; if you don't reach your goals, you don't get your reward.

Fear of Failure: If you find yourself avoiding a task because you're worried you can't do it well enough, sit down and visualize the task being completed. Think about how you will feel about successful results. Keep that vision with you as you work on the project. Work towards success and assume that failure is not an option.

Too Distracted: Remove any possible distractions and create a series of small goals. Complete one small task at a time and then move on to the next one on the list until you've finished. Some find it helpful to self-limit, such as deciding that you won't get up from the desk until you've finished the first five tasks, or not opening any other browser windows until an article is written.

Undecided: If you can't figure out a course of action and this is preventing you from even starting your project, create deadlines for yourself. By giving a deadline for decisions and task completion, especially if you share these deadlines with others, you force yourself to make necessary decisions that ensure progress.

Annual TRA Membership Dues:

The annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) was due beginning January 1, 2015. Membership applications can be found on the TRA Website or by contacting Larry Hill at lhill_hand@hotmail.com. To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914. The following individuals have renewed their current membership since January 1, 2015:

Helen N. Braddy	Pauline Brower	Michele P. Daniel	Shirley A. Griffin
Rev. Leslie M. Hall	Ted Helms	Larry Hill	Kendall Key
David P. Robertson Jr.	Lucy G. Scarbrough	Stephanie Seavers	Stacey D. Smith
Lynn Watson			



Reflexology Association of America (RAA):

The RAA has reported the following highlights for the calendar year 2014:

- Learned together while in the Land of Enchantment, Santa Fe, New Mexico;
- Debuted a more user-friendly website;
- Increased membership by adding 126 new members—a growth of 24%; and
- Raised professional standards by increasing the hours of education for Professional level membership recognition to 300 hours.

For more information, please go to the following link: <http://reflexology-usa.org/>

Healthy Recipe: Amped Up Smoothie



Combining caffeine and healthy carbohydrates can be tremendously beneficial for those regularly participating in strenuous exercise, but too many coffee drinks are loaded with unwanted sugar and fat. If you want to try adding a little java to your pre-workout routine, checkout this great smoothie recipe for a low-cal treat that packs major power. Ingredients that you will need are as follows:

- 1 cup fresh brewed coffee
- 1 scoop chocolate protein powder
- 1 ripe banana
- 2 Tablespoons of skim or unsweetened soy milk
- 1/4 tsp ground cinnamon
- 1 cup ice

Brew coffee and let stand to cool for 10-15 minutes. Add milk to coffee, and then transfer mixture to blender. In order, add cinnamon, protein powder, banana and ice. Blend thoroughly. Serve immediately (preferably about an hour before your workout). Follow up with lots of water to combat dehydration.

Upcoming Educational Opportunities/Events:

The Academy of Radiant Health locating in Roswell, Georgia (telephone 770-843-2993), has announced the following courses.

- **Beginning Foot Reflexology**, March 14, 15, 2015, CE's 14 hours
- **Beginning Hand Ear Reflexology**, March 21 & 22, 2015, CE's 14 hours
- **Advanced Foot Hand Ear Reflexology**, April 10, 11 & 12, 2015 (1 of 4 3-day weekends). Total CE's 100 hours
- **Facial Reflexology**, June 27 & 28, 2015 ,CE's 14 hours

For more info, go to www.AcademyOfRadiantHealth.com or KoTan@AcademyOfRadiantHealth.com