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Stay safe while raking all these leaves:

Protect your back! Learn helpful tips from [Dr. Paul Koch](#), Chiropractor. See his short video on YouTube. Look up "[Raking leaves without hurting yourself.](#)"

Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow.



Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

With Every Season...Turn, Turn, Turn...Change



November is already upon us. For some, that may fill you with joy as you prepare for the holidays, the cooler weather, holiday gatherings with family and friends, and all the delicious treats! But for others, it may be a time of sadness or anxiety, possibly for all those same reasons. It all comes down to how you view things in life.



Regardless of what this time of year means to you, there is one thing we can all agree on...it's a time that reflects change. Yet along with change, even expected change, there could be fear, anger and ultimately, stress. If this sounds a bit like you, think about something you can do (or think) which may put you on a different (more positive) path as you head into November. Old traditions not fitting with who you want to be? Then start a new one!



If you want something you've never had, then you've got to do something you've never done.

-Unknown

Progress is impossible without change, and those who cannot change their minds cannot change anything.

- George Bernard Shaw



We cannot become what we want by remaining what we are.

- Max Depree

Change is a process not an event.

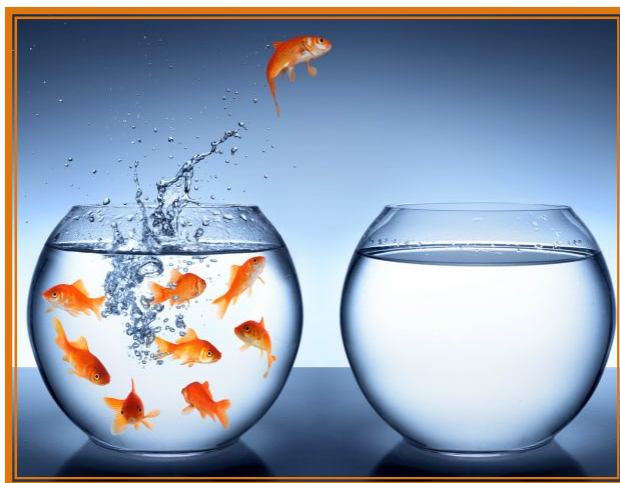


Are You Ready To Make A Change?

Let's look at why most of us are predisposed to resist change. For many, the mere mention of the word stirs up feelings of uneasiness or fear. One simple explanation to resisting change is due to the *perceived* risk associated with it. You may see it in your procrastination to start a project (work or home), your attempt to stop smoking by having "just one more", or your acceptance of more and more responsibilities even though your plate is already full! Many times we put ourselves in these predicaments by the choices we make.

So why is it that so many of us have a hard time initiating or following through with our desire to change? Change often does not happen in a moment, instead we go through stages of change, each with their own purpose and necessary actions to help us propel to the next stage. Keep in mind this is not a linear movement, meaning we don't always move from one stage to the next. Instead we many regress back to an earlier stage and have to start again. With each attempt, you might feel less and less confident that you will succeed. This is where many of us just say "oh forget it, I'll never change." But its precisely that attitude that keeps you stagnant and resistant to try again. How many attempts do you think Thomas Edison made before he invented the light bulb? Thousands of times! What if he had stopped trying?

A renowned psychologist, James Prochaska, proposed that we find ourselves in this internal battle because of our perception of change. Read through Prochaska's Stages of Change on the next page. Think of something in your life that you may be struggling with. Consider what stage you may be in and what actions you are ready to try to progress to the next phase of change. Ask yourself "Why do I want this change?"; Get your support systems in place and then go for it. How important is the "WHY" you identified? That will be the fuel to keep you trying....again and again and again! Are you ready?



Sometimes, you can't stop change from happening. But you can choose how you deal with it.

The Stages of Change

Pre-Contemplation: This first stage is where you have *no desire* or conscious intention of altering, changing or stopping the behavior. This may be due to lack of insight or full awareness of the problem. It could be due to repeated attempts that were unsuccessful, leaving you feeling hopeless to try again. It is in this stage when you may start to feel the pressure of others who are aware of the change needed. A spouse's attempt to "encourage" you to exercise, comes across as "nagging". During this stage, you may not see their attempts as genuine concern for your health. It's merely a nuisance.

How to progress: Motivation to change has to come from within. This can be done through educating yourself on the behavioral change; Looking at the pros and cons to making a change; Look at how your behavior conflicts with your personal goals or values in life. "I know smoking is bad for me but it helps me deal with the stress in my life." The pleasure of staying with the behavior may initially out-weigh the health risks.

STAGE 1

Contemplation: At this stage, you *acknowledge your behavior* and begin an internal debate about possibly changing. This could be the most challenging stage, since here, you may get "stuck" going back and forth between measuring the pros and cons of a certain behavior. There is a sense of uncertainty. You may not be quite ready or committed yet to take the steps needed towards change. But at least you have recognized that there is a need. You are one step (stage) closer to making it happen.

How to progress: The best way to overcome your uncertainty is to do a "cost and benefit analysis". Actually sitting down with a pen and paper and writing out everything you can think of for both sides of the behavior (continue or change). Let's take that example of smoking.

STAGE 2



Example:

Advantages of Continuing: Stress relief, smoke breaks, social aspect

Disadvantages of Continuing: Not good for my health, expensive, the smell, partner upset with me

Advantages of Changing: Save money, improve health, lower risk of future diseases, improve relationships

Disadvantages of Changing: Will miss the social aspect, won't be able to deal with stress

You may see clearly an advantage but still fear that you have no alternative. Option? Maybe identifying a healthier way of deal with your stress could help you start to move forward with the change.

Preparation: Individuals progress to the preparation stage of change upon *committing to try* to change in the immediate future. You realize that the advantages of making the change clearly outweigh the costs of continuing it. It is at this stage that one may begin to *actually take or experiment with small steps towards change, typically within the period of one month*. Someone who would like to eat healthier may purchase a cookbook of nutritious recipes.

How to progress: Your success may lie simply with how committed you are to exploring all the avenues of how you will achieve this change. It may help to:

- Draw up a contract with yourself with specific, measurable and realistic goals
- Tell someone you trust to help you be accountable

STAGE 3

Example of a S.M.A.R.T. Goal: "I will go to the gym Monday and Wednesday after work for 30 minutes for the first week of my behavior change." *Develop a detailed plan* for contingencies so you stay on track. If you are trying to quit smoking, know what your response will be when a friend offers you a cigarette. Plan to reward yourself when you have reached a goal (something other than a cigarette). Get a massage, buy yourself new sneakers, etc. Sharing your commitment with trusted friends and family members can help you stay on track and will follow up on your progress with continued encouragement.



Action: During this stage of change, your *plans are starting to produce positive results* (within one to six months). This may require the most commitment and require you to delegate a large amount of time to sticking to the new plan. This is particularly challenging if those who "supported or were enablers" to the behavior are still influential and apply pressure to "give in". You may also start to notice increase praise and encouragement from those who want to see you succeed. It's important to continually reflect back upon the advantages of the commitment you have made, check in with your "why", as well as provide yourself positive reinforcement. **Acknowledgement of the progress** you have made thus far and reflection upon what you have gained is essential. Lastly, **be kind to yourself!** It is likely that you are working towards a long term change. If you miss a day at the gym or reach for that cigarette, don't view it as a full blown relapse into past behaviors just get right back on track the next day (or next meal!).

STAGE 4



Maintenance: During this final stage of change, your once *desired behavior is now a reality* and you have been successful for the past six months in keeping on track. Now you finally realize that the one thing you doubted is actually possible! Your new behavior is firmly established and the threat of returning to the old way becomes less intense or frequent. **This is the most important of all stages.** For it is here that you can sustain life-long change and new lifestyle habits. Know that relapsing to old behaviors and re-cycling through the stages may always be there, so it's crucial that you continue to plan for events that will challenge you and trigger old feelings. Things to keep in mind:

- Remember what helped you through previous stages—cost and benefit analysis? Your internal strengths and values? Your "why"!
- Maintain a healthy-reflection on set backs and avoid over-analyzing, passing judgment or feeling guilty about yourself. Realize to error is human. Show yourself some compassion and just keep going! You can and will succeed!

FINAL STAGE

Resource: *Psychology Today (2016). Why Is Change So Hard?*

Boost Your Health With A Dose Of Gratitude & Kindness

Thanksgiving season is full of opportunities to think about all you have to be grateful for and it seems to spark the desire to give back.

While it seems pretty obvious that gratitude is a positive emotion, psychologists are now learning that it can make you happier and change your attitude about life - like an emotional reset button. Studies also show that when you stop and "count your blessings," you not only shift from feeling bad to feeling very good, but there are amazing health benefits as well.

Practicing gratitude regularly can create a more positive outlook, improved mood, reduced stress, and increased fulfillment. Here are some key words to think about for cultivating gratitude (pay attention and see the good things in your life):

15 Steps To Achieve Gratitude

1. Appreciate
2. Stop Labeling
3. Optimism
4. Release Your Past
5. Avoid Comparison
6. Kindness
7. Stop Using Excuses
8. Nurture Relationships
9. Forgiveness
10. Avoid Impressing Others
11. Commit To Your Goals
12. Care For Your Body
13. Believe
14. Dream
15. Give

PreventDisease.com

Anytime is the perfect time to be grateful, not just in November. What about "paying it forward"? "Paying it forward" is when random acts of kindness are extended to a stranger in the hope that they, in turn, will do something nice for someone else. It's not done with the expectation of something in return. It's merely doing something out of the kindness of your heart. ♥ Every day in some small way, you can brighten someone's life with an act of kindness. And just like with gratitude, acts of paying it forward can improve both your physical and mental health.

Here are just a few ideas:

- Pay for someone's coffee
- Participate in a cleanup day
- Donate clothes or food to local pantry/good will
- Run for a good cause
- Ask for donations instead of holiday gifts
- Leave a good book behind
- Let someone go ahead of you in line (even with more stuff in their basket!)
- Give up your seat for someone else



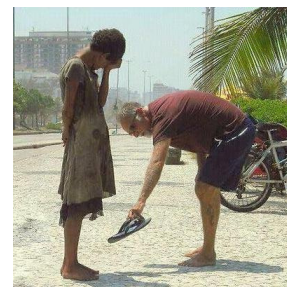
This is a wonderful day. I've never seen it before.

MAYA ANGELOU

Grateful people tend to be more optimistic, a characteristic that researchers say boosts the immune system.

It's no secret that stress can make us sick, particularly when we can't cope with it. It's linked to several leading causes of death, including heart disease and cancer, and claims responsibility for up to 90% of all doctor visits. Gratitude, it turns out, can help us better manage stress. "Gratitude research is beginning to suggest that feelings of *thankfulness* have tremendous positive value in helping people cope with daily problems, especially stress," says Robert Emmons, University of California Davis Psychology professor.

Resource: PACE University; WebMD



No act of kindness, no matter how small, is ever wasted!
- Acsop

Got another idea or maybe something you have done? Share it! It may motivated someone else to follow your example!

- Smile at someone
- Wave to the poor sole in the mattress outfit (LOL)
- Spend some time with the elderly
- Visit the animal shelter
- Pray for someone else
- Put coupons on community boards
- Pay for someone's lunch, toll, groceries
- Write a positive review for a restaurant
- Hold the door for someone.

TAKE DIABETES TO HEART

Linking Diabetes and Cardiovascular Disease

National Diabetes Month

Remains the 7th leading cause of death in USA.

November is National Diabetes Month, and this year the focus is on the link between diabetes and cardiovascular disease. Adults with diabetes are nearly **twice** as likely to die from a heart disease or stroke as people without it. This is because over time, high blood glucose from diabetes can damage blood vessels and nerves that control the heart. The good news is that the steps you take to manage your diabetes can also help lower your risk of having heart disease or a stroke.






- Stop smoking or using other tobacco products.
- Manage your **A1C**, **blood pressure** and **cholesterol** levels. (Know your **ABC's**)
- Develop or maintain healthy lifestyle habits—be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

Prediabetes: In 2015, over 84 million Americans over the age of 18 had prediabetes. Research teams are forecasting that by 2030 over 100 million Americans will have it - 30% of all Americans and 51% of all seniors (Currently only 10% of those adults are even aware they have it).

Early treatment for prediabetes can actually return blood sugar levels to normal. It takes a lifestyle change, with regular exercise and a healthy diet. Before people develop Type 2 diabetes, they almost always have prediabetes. You may or may not have clear symptoms so detection may be difficult unless you get regular check ups (remember **ABC**).

PROTECT YOUR VISION FROM
DIABETES

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T	R	A	C	K
				
Take your medications as prescribed by your doctor.	Reach and maintain a healthy weight.	Add more physical activity to your daily routine.	Control your ABC's—A1C, blood pressure, and cholesterol levels.	Kick the smoking habit.

www.nei.nih.gov/diabetes

NIH National Eye Institute

National Eye Health Education Program **NEHEP**
A program of the National Institutes of Health

CDC offers free “lifestyle change programs” which you can join online. These programs offer scientifically proven and effective lifestyle changes that can prevent or delay Type 2 diabetes.

Get an A1C test—this simple blood test can show your average blood sugar levels over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. Usually you'll have the test twice a year, but your doctor will determine what is best for you.



- If your A1C level is between 5.7 and less than 6.5%, you are considered prediabetic.
- If your A1C level is 6.5% or higher, you have diabetes.

Visit www.diabetes.org for more detail on this and other diabetes topics.

Autumn Quinoa Salad with Sweet Potatoes, Pecans, and Bitter Greens

This autumn dish is a quick and easy entree or side dish to warm you up any chilly weeknight. With an estimated 10 minute prep time and 25 minute cooking time, you can have it on the table in just 35 minutes. This recipe yields 4 side servings. This warm salad uses baked sweet potatoes, toasted pecans or walnuts, your choice of bitter greens, and then tossed in a maple Dijon dressing. It fits any gluten free, vegan and vegetarian diet requirement. Another great choice for your meatless Monday.

Ingredients:

- 1 lb. sweet potatoes, cut into 1/4 inch slices
- 1 teaspoon olive oil
- A pinch of each: cinnamon, cayenne, and sea salt
- 1/2 cup pecans
- 2/3 cup quinoa
- A few handfuls of bitter greens, minced (see notes)

Maple Dijon Dressing:

- 1 tablespoons each: olive oil and maple syrup
- 1/2 tablespoon each: balsamic vinegar and apple cider vinegar
- 1/2 teaspoon Dijon mustard
- A generous pinch of sea salt



Instructions:

1. Preheat your oven to 420 degrees. Line a baking sheet with parchment paper.
2. Toss the sweet potato slices with the olive oil, cinnamon, cayenne, and sea salt and place them in a single layer on the baking sheet. Roast in the oven for 20 -25 minutes, turning once, until they are soft and starting to brown.
3. Place the pecans on a small baking sheet and toast them in the oven along with the sweet potatoes for 5 minutes. Keep a close eye on them as they will burn easily at this temperature if you leave them in longer.
4. Cook the quinoa according to package directions. Usually 1:2 quinoa to water ratio and cooked for 12-15 minutes. When the quinoa is cooked, fluff with a fork and set aside with the lid off.
5. Make the dressing by whisking all the dressing ingredients in a small bowl.
6. When the sweet potatoes are cooked, mix them with the quinoa, pecans, and bitter green in a large bowl. Add the dressing and toss well.

Note: This recipe calls for "bitter greens" specifically dandelion greens. However, feel free to use arugula, spinach or even mustard greens. Don't bother peeling the sweet potatoes, just wash and slice.

Recipe taken from <https://www.theendlessmeal.com/autumn-quinoa-salad/>



It's not happiness that brings us gratitude. It's gratitude that brings us happiness.

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