

Targeting Wellness Newsletter

Good News for Good Health!

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Our entire being is like a well rehearsed orchestra. You are the conductor. The instructions you give it, through the choices you make each day, will determine whether your “musicians” (i.e. cells, organs, emotions, etc.) give a positive or a negative performance.

Your daily choices will either compliment or become a detriment to your overall health, happiness and sense of fulfillment. Whatever changes you make in one area of your life, regardless of how small, will either positively or negatively impact everything else. Therefore, we cannot just focus on one area, for instance exercise. Everything we do and think influences our overall physical and mental well-being.

synergy

(si-nər-jē)

the combined power of a group of things, when they are working together, which is greater than the total power achieved by each working separately

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Daily Choices Lead To New Habits



Most of the time, the choices we make are based on habits. For instance, what you eat everyday, how you go about your morning self-care routines, even how you think...43% of what we do every day is performed basically in the same way we did it the days before.

When a situation or challenge is new to you, you have to really concentrate and learn how to complete the task (for example when you first learned to drive). However after practicing the task over and over again, performing it becomes routine and can then be accomplished without much, if any, thought (i.e. soon driving while holding a conversation with your passenger becomes second nature). The behavior has become a part of your subconscious mind. It has become a habit.

But what about when you want to STOP doing something you learned all too well such as smoking, eating sugary foods, too much screen-time, or ADD something to your current routine that would improve your health like exercise, eating healthy, and getting more sleep? Making the **decision** to change or add a behavior is not the same as actually **putting it into action**. Your conscious mind attempts to put you on the right path. You may say to yourself, "I **WILL** exercise for 30 minute every day because I know it's good for my mental and physical health, it will help maintain my weight and will help me to deal with the stress I'm currently feeling". Sounds like a great idea! So you get up two days and go for a run. But on the third day you wake up and say "oh, maybe I'll skip today. I'm really tired and I did run two days already so I deserve a break." That's your subconscious (programmed) mind that always will try to take the path "of least resistance". It's also your ego talking when you say "you did enough already take today off." Such a considerate ego, always so caring. NOT!!!

Changing a habit has nothing to do with willpower. Building good habits is not an emotional process. Its mechanical meaning it will only become part of your routine if you do **these 3 things**: practice, practice, and practice again. ♥☺

The trick is not to give up. When you slip, your automatic thought may go to negativity and that pre-recorded message shouting "you're going to fail again!" Being aware of this negative self-talk is half the battle. Realize your thoughts can take you down that rabbit hole, but they can also allow you to take back control from your habitual subconscious mind and remind you that you have a choice: 1) **give up** and that programmed response will continue to sabotage your efforts, or 2) **acknowledge it** and then tell your subconscious mind to "shut up, I'm going to keep trying until I get it right!" Think about a baby learning to walk. How many times does that baby fall? Many times! How many times does that baby get back up? Every time! Imagine what would happen if that baby just gave up?

Here are a few other components that you want consider in addition to practicing:

- * You need to set yourself up for success. You'll need to eliminate RESISTANCE. If your goal is to exercise first thing in the morning, make sure you go to bed on time (or even a little earlier), set your sneakers and running gear right by your bed, ask a buddy to text or call you as a little nudge or exercise together, it will help keep you accountable. Your main goal right now is repetition.

You have been setting out your sneakers and clothes and you have been getting in your runs...now you need a REWARD.

- * Studies show that if you set up a healthy reward to look forward to you are more inclined to continue. Think back to that baby. Every time the baby takes a step, even if he/she falls, the loving arms of a parent is there to celebrate each step of progress. Perhaps for you, its knowing a healthy breakfast is waiting for you upon your return.
- * Timing of the reward is critical. The further out it is, the less impact it can have on motivating you. For example you might promise yourself a new pair of sneakers when you have completed 2 weeks of exercise but that might be too long to wait for a "pat on the back".
- * Last but certainly not least, is make sure you have SUPPORT from those around you. Tell those who have your best interest in mind that you need them to help you stay accountable to yourself. Those who care about you will want to help. However I advise you let them know EXACTLY what you need them to do which will HELP motivate and not aggravate you.

The 3 C's of Life:
*choices, chances,
 changes*
 You must make a
 Choice to take a Chance
 or your life will never
 Change.



Support Your Mental Health At Work

Definition of Mental Health (Medical News Today):

“Refers to cognitive, behavioral, and emotional well-being...how we think, feel and behave.”

Dealing with change, uncertainty and overload, especially while at work, can be very challenging on our mental well-being. Having a sense of direction and purpose, ability to deal with daily challenges and energy to complete those things we need to do, improves our capacity to enjoy mental health, peace of mind and overall adaptability.

Here are some techniques to keep in mind to better manage stress during your work day, to help you to think more clearly, to feel in control and to react in a more positive way towards self and others:



Talk about your feelings with a co-worker can help to deal with negative emotions at the office. If you are not comfortable doing so, you are encouraged to seek the shoulder of a friend or family member. Utilize the support services offered by your towns employee assistance program (EAP). Whenever possible, expressing your work-related concerns with your manager is always recommended. So on your next work break, instead of giving all your attention to your smartphone, look to chat with your co-worker.

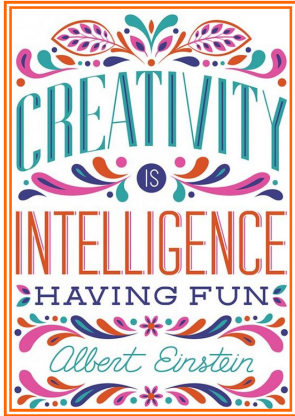
Which leads into the another technique for reducing stress at work, **take breaks**, it's crucial for preventing burnout. Maybe a quick conversation or a short walk with your favorite colleague. Or maybe you need a break from everyone and taking a few minutes alone in nature can help you refocus and reset your mood. Standing up at least every 60 minutes will help circulation in your body and mind. It's important to build time into your day to **avoid eating lunch at your desk**. Even a few minutes of changed scenery can allow your mind to clear, help you relax and recharge so you have the energy to address that problem or situation with a sense of calm. Speaking of calm, **take some**

deep breaths, often. Tension can cause our breathing to become shallow which causes an imbalance of oxygen and other gases in our body. This produces feelings of anxiousness. Breathing deeply in and out a few times helps to reduce your blood pressure and allow for more oxygen to circulate, calming you down quickly. **Set healthy boundaries for yourself**. Many people feel obligated to work around the clock. This can be an easy trap when working remotely. Define hours when you will not be working at all. Setting boundaries helps in preventing burnout and stress. *You are not defined by your...you are so much more than that!* Taking "downtime" can minimize feelings of resentment, loss of control, and feelings of overwhelm. Work on finding that balance. **Exercise Daily**. Maybe tie this into your breaks and take a walk. Or get up a little earlier each morning to get a workout in. Your goal is at least 30 minutes a day, but those minutes can be broken up into 15-15 or 10-10-10. Try to figure out a way to fit it in. *(News flash: There is also a Zoom Workout on Fridays. Check it out while it's still happening. I hear the instructor isn't too bad! LOL)*

If you do plan to get up earlier for a workout, please get to bed earlier the night before and **do not skimp on your sleep!** When it comes to our mental well-being, sleep is essential not a luxury. Skimping even an hour may take a toll on your energy, mood, ability to handle stress, mental sharpness and your overall health. And lastly, **eat a healthy diet**. Regular meals, drink plenty of water, and eat lots of whole foods like fruits, veggies, nuts and seeds which are great to have on hand at all times when at work. It will help with grabbing whatever is in the employee lounge when you realize you haven't eaten and your starving. Pack a healthy lunch but remember, don't eat at your desk. Mindless eating at your desk can lead to overeating and unnoticeable satiety. Even taking a few minutes to sit quietly or with a co-worker, enjoy some conversation, have a laugh or two and be conscious of what you are putting into your mouth will give you the needed break to refocus. Self-care is a choice. Chose wisely, you are worth it!

<https://careermetis.com/tips-supporting-mental-health-at-work/>





Time To Get Creative and De-stress

Calling all Municipalities!

I would like to propose an idea that you may or may not want to participate in but I hope you will at least consider and encourage your staff to explore.

Knowing Stress has been a factor in all of our lives lately, let's work together to figure out ways of setting up the work environment to allow for healthy stress management.

The Proposed "Challenge"

The employees of each municipality are encouraged to work together as a team to identify a stress management initiative that they will, can or already have implemented for all staff to utilize as they continue to handle the demands of work and life.

(A "team" can be a small town working together as one unit or one department working to implement a stress management technique for their staff.)

Some "stress management initiative" examples may be: creating and using a quiet room; starting each staff meeting with a mindfulness practice or positive affirmation; organizing a lunch-time yoga or exercise class; conducting walking meetings, having an hourly desk stretch, setting up a "Be creative station"...you get the picture. Think outside the box!

The stress management initiative could be something that is done as a group (keeping in mind all safety and social distancing requirements ☺), or it can be something that can be offered for each employee to do independently while at work.

The objective is to get employees to identify and implement positive stress reducers into their work environment on a daily basis. Setting up an environment that supports their health and well-being goals, while enable them to manage stress, is crucial for both physical and mental well-being. This is especially important as everyone continues to transition back to full public interaction AND in preparation for the potential "Fall phase" of COVID-19.

Teams/Departments should state why they chose this particular activity and how it will or has helped in dealing with stress, creating more fun/laughter, and connection with each other and self.

Let's continue offering employees ways to build resiliency and adaptability skills for work and life situations.

Questions, ideas, photos can be sent to debby_schiffer@targetingwellness.com. This is meant to just get you started. Let your creativity shine now. Please feel free to also call 856-322-1220. I would be happy you brainstorm with your if your want.

Note: Ideas/photos will be shared among all towns.



More Calcium Does Not Equal Less Fractures

Fracturing a hip is a serious injury that could generate complications that can be life-threatening. The risk of experiencing such an injury increases as we age because the prevalence of osteoporosis goes up. As we age our vision decreases, multiple medications could deplete the body of calcium and poor balance can all contribute to the increased risk.

Women tend to get more hip fractures because of the drop in estrogen occurring during menopause. Also poor nutrition, being physically inactive, smoking and use of alcohol enhances bone loss. (MayoClinic)

According to a report of the Surgeon General on bone health and osteoporosis, this does not need to be the fate of our aging population. Fractures, osteoporosis and other chronic diseases do not have to be a life sentence if you focus on prevention and lifestyle changes (ncbi,2004) And it's never too late to make changes that will have a tremendous impact on your health and future!

1 IN 5 MEN & 1 IN 3 WOMEN



WILL SUFFER FROM AN OSTEOPOROTIC FRACTURE DURING THEIR LIFETIME

“Countries that consume little or no milk, dairy, or calcium supplements have 50% to 70% lower fracture rates.”

(Lanou, 2019, nutritionstudies.org)

There are 17 nutrients that are needed for healthy bones. Calcium is not the focus. What we need to do is create an environment within our body that stimulates new bone production and not break down. That requires an alkaline body which you can only get through whole food plant-based style eating. The main component of building bone strength is by moving our body through exercise.

Some Highlights:

- *The countries that consume the most calcium have the highest rates of hip fracture.*
- *Milk, dairy foods and calcium supplements by themselves or in any combination do not prevent fractures.*
- *A high-calcium diet during childhood does not prevent fractures.*
- *The dietary key to osteoporosis prevention: Low-Acid eating*
- *The best way to improve bone mineral density: A diet high in fruits and vegetables.*
- *Get daily physical activity— and try to change it up. Walking is great but changing the terrain when you can is important so the bones are “stressed” in different ways.*

“Strong, healthy, fracture-resistant bones require 17 nutrients. Consuming lots of calcium without enough of the other 16 nutrients is like building a brick wall with no mortar. Where are these other 16 nutrients found? The richest sources are fruits and vegetables.”

Amy Lanou, PhD (Nutritionstudies.org)

Resources: MayoClinic.org; ncbi.nlm.nih.gov; nutritionstudies.org



Did You Know?



Vitamin D is necessary for calcium absorption. But more IS NOT better. Too much can be toxic. The best way to get Vitamin D is to let your body produce it by getting 15-20 minutes of exposure to the sun. We all have vitamin D receptor cells that convert cholesterol in the skin to D3 when exposed to UVB from the sun. But overdoing the sun is not recommended either!

If you rarely get outside, especially during the winter months, or if you cannot be exposed to direct sunlight (even standing by a sunny window can help), so getting adequate vitamin D is unlikely for you, talk to your doctor to see if you should take a supplement. For most healthy people, 600IU per day is sufficient. For people over 70 they may need a little more, 800IU. If most of your time is indoors, you may want to look into a sun lamp (resource: Yale Medicine)

Incorporate raw fruits and veggies into your diet. And in particular cruciferous vegetables such as: boy choy, rutabaga, cabbage, cauliflower, collard greens, Brussels sprouts, broccoli, arugula, swiss chard, kale, and mustard greens.

- * All have unique nutrient profiles that contribute to different aspects of health.
- * They can prevent cancer, improve digestion and aid in weight loss, increase the good gut bacteria helping your body be more alkaline vs. acidic which will lower inflammation in the body, lowers cholesterol, improves skin, and on and on.
- * Also eating more raw foods can help transition you away from processed foods that cause the body to become acidic which we now know will also help our bone density (see prior page) and lower inflammation

Also great benefits are eating raw onions and garlic. We all have experienced the pungent smell of both when cutting them for use. But its that cutting that produces the release of the enzyme alliinase, which studies are showing has many health benefits. However you need it in its natural form, not as a pill. Some actually enjoy the taste of onion raw, but not so much garlic. So here are a few tips on what to do to get the benefits but not have to put a raw garlic clove in your mouth (these tips also work for the cruciferous vegetables):

- * The smaller you chop the raw veggie, onion or garlic the more alliinase enzyme gets released, which is good...so chop away. Then, even if you lightly sauté or add it to your pot, the benefits have already been released.
- * Whatever cruciferous veggie/onion/garlic you are cooking with, put some chopped raw in your plate first and top with the cooked.
- * Throw them into your smoothie. Pile them on your salad. Make a slaw.
- * If making soup, take some of the soup broth, blend some raw veggies/onions with it and add it back into your soup.
- * If you make your own salad dressing, throw some raw veggies in (also fruit is good to add). Maybe season the dressing with real onion or garlic instead of powder.

Let me know if you have any questions or if you try something. I always like to hear if something does or doesn't work for you.



Words to avoid on a label:

On Cosmetic bottles: Beware of the word "fragrance". The cosmetic industry can put whatever they want under this ingredient label without having to list the specific chemicals to the FDA. Some of these chemicals can be linked to health issues even cancer. Fragrance formulas are among the top triggers for asthma attacks. Choose fragrance-free products but beware of "unscented". Manufacturers may have added yet another fragrance to mask the original odor. (ewg.org)

On Food Packages: It's likely you have purchased a product that listed "natural flavors" on the ingredient label. We see the word natural and figure it's good for us...its probably some vegetable extract. But unfortunately, "natural flavor" can be any chemical, carrier solvent, or preservative other than petroleum! They are used because manufacturers believe it makes their food taste better. The food industry employs "flavor scientists" whose main job it is to mimic the taste of different foods. One example that come to mind: the Beyond Burger or Impossible Burger. How did they get that "meat-like" taste and texture? (FoodRevolution.org)



Pesto Zucchini and Corn Quinoa Salad



Prep Time: 10 minutes; Cook Time: 20 minutes;
Total Time: 30 minutes
Servings: 6
Recipe from: ClosetCooking.com

Nutrition Facts: Calories 334, Fat 17.5g (Saturated 2.6g, Trans 0), Cholesterol 5mg, Sodium 142mg, Carbs 35.1g (Fiber 6.9g, Sugars 4g), Protein 11.9g

A light zucchini and corn quinoa salad in a bright lemon-y basil

Ingredients:

- * 1 cup quinoa, rinsed
- * 1 3/4 cups water or broth
- * 1 tablespoon olive oil (or water/broth instead)
- * 2 cloves garlic, chopped
- * 4 cups zucchini (~2 medium sized zucchini), diced
- * 1 cup corn, fresh or frozen salt and pepper to taste
- * 1 (15 ounce) can of chickpeas, rinsed and drained (or 1 1/2 cups cooked beans, from 1/2 cup dry)
- * 1/4 cup green onions, sliced
- * 1/4 cup pine nuts, toasted
- * 1/2 cup basil pesto (homemade or store bought)
- * 2 tablespoons lemon juice

Directions:

1. Bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15 minutes, remove from heat and let sit for 5 minutes, covered.
2. Meanwhile, heat the oil (or options) over medium-high heat, add the garlic, zucchini and corn and cook until tender, about 12 minutes, before removing from heat and seasoning with salt and pepper to taste.
3. Mix everything and enjoy! Easy peasy!



Basil Pesto: Two Options to Choose From



Nutrition Facts: Calories 37, Fat 3g (Saturated 0.7g, Trans 0), Cholesterol 1mg, Sodium 24mg, Carbs 0.4g (Fiber 0, Sugars 0), Protein 0.9g

Prep Time: 10 minutes **Total Time:** 10 minutes

Servings: 16 (~1 cup or sixteen 1 tbsp servings)

Traditional Basil Pesto with Pine Nuts

Ingredients:

- * 1 cup basil, packed
- * 1 clove garlic
- * 2 tablespoons pine nuts, toasted
- * 1/4 cup parmigiano-reggiano, grated
- * 3 tablespoons olive oil
- * 1 tablespoon lemon juice
- * salt and pepper to taste

Directions:

Place everything into a food processor and blend.



Oil-free Basil Pesto with Cashew Nuts

This recipe, taken from Forks over Knives, was shared with me so I do not know the nutritional value.

This go-to sauce will give you a foundation to bring fresh basil flavors to all sorts of dishes. Add the amount of plant milk you like to get the desired consistency.

Ingredients:

- * 1/4 cup raw cashews
- * 2 cups packed fresh basil
- * 2 tbsp. nutritional yeast
- * 3 cloves garlic, roughly chopped
- * 2 tsp. lemon juice
- * 1/8 tp. Sea salt
- * 2 to 4 tbsp. unsweetened unflavored plant milk, such as almond, soy, cashew or rice.

Prep Time: 45 minutes counting soaking of the cashews

Makes: 3/4 cup

Directions:

1. Place cashews in a bowl and cover with boiling water. Let soak for about 30 minutes, drain.
2. Place cashews in a food processor with the next five ingredients (through salt).
3. Cover and process until nearly smooth, adding plant milk 1 tablespoon at a time to reach the desired consistency, and stopping to scrape sides of processor as needed.

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