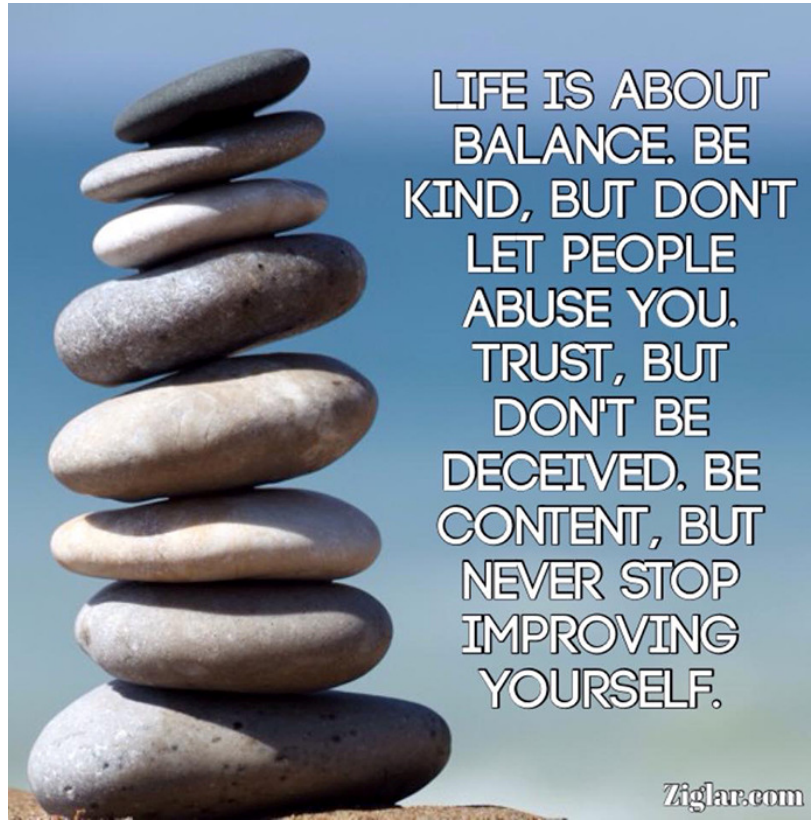


Targeting Wellness Newsletter

Good News for Good Health!

September 2020

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs



In this issue

- 1 *Work/Life—Regardless of Where Your Office Is Located*
- 2 *Ways To Create Work/Life Balance*
- 3 *Tips From Experts on Anxiety Management Techniques*
- 4 *Keeping Self-Care In Mind (and Body)*
- 5 *NEW Pilot Program: Nutrition for Transition (online sign-up)*
- 6 *Do You Feel SAD With The Changing Season?*
- 7 *Recipe Corner: Sweet Potato Casserole*





Work/Life—Balancing Both Sides Regardless of Location

Commuting sometimes has its benefits in helping to establish and maintain a separation between work and home. With the mandated changes brought on by this pandemic, for many of us, the lines of separation between these two areas of our lives have been blurred indefinitely. Although the drive to and from work may not always be relaxing, it does afford you the time to decompress from a long day at work and to look forward to being home.

Why is this time important? Part of your commute can allow you the time to reflect on what went well at work that day. It gives you an opportunity to plan your “to-do” list for tomorrow. It gives you the freedom to compartmentalize work so you can free up mental energy and capacity for the rest of the evening. The second part of your commute can help direct your thoughts towards home life. Perhaps pondering what you have as dinner choices; maybe it’s stopping off at your local gym for a quick workout; looking forward to greeting your family and playing with your children, while listening to their stories from their day at school. Hopefully your thoughts are mostly positive and once you walk through that door, work is a distant thought.

With this current pandemic that “commute reboot” time went out the window. For many working remotely (whether part or full time) lines of separation between work-life and home-life become blurry and is not conducive to mental or physical health. Not having the physical limitation of distance between work and home can increase the temptation to pull out that laptop late at night or the weekend to get a “jump” on tomorrow or Monday. This prevents healthy boundaries from being maintained.

And so we start again with the approach of fall where many working parents are once again challenged with juggling work, home AND school! Ugh! A formula for high stress and potential feelings of overwhelm. What can you do to help set some healthy boundaries? Some telecommuting experts have offered some suggestions on how to create spaces and routines to help minimize work from creeping into personal and family time, and vice versa. Some you may have already been able to accomplish but perhaps you’ll find something new or ways to improve what you already have started. See next page.





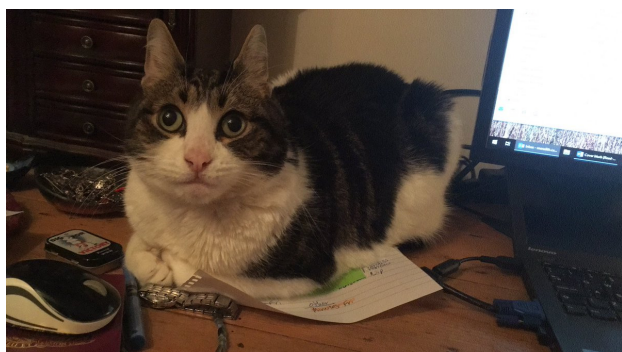
Balancing Both Sides

Create an “office”:

Having a separate room with a door is not always possible. If you have to use an area that is shared by others or a space that is temporary in which you set up and break down each working day, make sure all house members understand the boundaries. Get creative. Mark off the area with crepe paper and masking tape or rope off the area. If your home is also now your child’s school, develop visual cues to let them know you are not to be disturbed right now. (ex. When dad is wearing this hat, he is working).

Take breaks:

Something you have often heard me say. Regularly getting up to take a stretch break or a walk outside for some fresh air is crucial for your physical and mental health. This is something that I promoted for your time in the office so it’s just as important when you are working remotely. Plan a walking meeting on the phone. Or connect with a coworker while going for your refill on water. Or listen to the messages from your pet ♥



Keep regular hours:

Especially if you find yourself working more from home, it may often be more difficult to resist the pressure to work longer days because you don’t have the commute time. This pressure (or guilt) may be self-inflicted. It’s important that you try to

keep your work start and end time similar to what you maintained in the office. Maybe it’s 9-to-5 or 8-to-4 or 10-to-6, whatever it is, it’s important to set up a schedule that will allow you to be assessable to your employer and co-workers while meeting the needs of your homebound children or elderly parents. This leads into another thought,

Don’t fill your commute time with work.

For example, maybe when you had to commute to work, you got up at 6am. Even if you still get up that early it does not mean that you have to start working right away. Use that time to do something you “never had time to do before”, like reading a book on a topic that interests you, maybe get in an early workout, or take some time to meditate to prepare your mind and body for the day ahead.

When you are done work, stay done:

Remember the “keep regular hours” suggestion? You really need to allow yourself to shut down. Don’t keep checking the emails. Communicate your established healthy boundaries with colleagues so they know not to expect an immediate response. If you need that transition time between work and home that you once had in your commute, maybe go for a short walk or just go outside. Maybe it’s the relaxation of making dinner with your family. It’s important to separate your work from your life. Your well-being and that of your family’s may depend on it!



Anxiety Management Techniques From The Experts

For nearly six months, we have had our worlds turned upside down. Our sense of “normal” has been greatly challenged by these unprecedented times. I want to encourage you to take a few minutes now to think back before March 16th. What was your life like? Were you overwhelmed with responsibilities? Were you hoping for a chance to “take a break from the rat race?” Many of us were on a never-ending hamster wheel that we just wished we could jump off. Well guess what? We just got our chance to reboot, re-fresh, and re-evaluate our lives.

No doubt this pandemic has caused most if not every one of us unforeseen stress and anxiety because of the uncertainty, the feeling that we have lost control and the fear of catching COVID-19. With the changing of the season, our children and grand children going “back to school” in some form or another, and with our public buildings starting to open their doors even somewhat to the community, may stir those feelings of uncertainty once again.

Remember this, don't condemn yourself for feeling that way. Anxiety cannot be dealt with through harshness or strict discipline. When we live in the worries of what's ahead or the regret of the past, we miss out on the opportunities of now.

Living in the midst of this pandemic requires new ways of thinking about our lives and how we interact with others. How we choose to respond to this call of caring, not only for ourselves but also for each other, is a unique experience for each of us.

One thing I am sure of is making the commitment to practice **self-care and strengthening ones resiliency** can make the difference between thriving and barely surviving! Let's look at some ways you can change the way you think so you can change the way you feel and deal with stress on a daily basis. Try something. If it doesn't fit for you, try something else. And never hesitate to reach out to me for a “brainstorming session”. Two heads are typically better than one ☺



Anxiety Management Techniques From The Experts

Creating a calming atmosphere at your desk (whether at work or home). Maybe it's pictures, post-it notes of inspiring sayings, or a fidget toy. Keep them handy and easily assessable to help keep you calm during stressful times.

Focus on what you can control.

At the start of each day plan what you will do to support your efforts for self-care. Maybe it's stepping outside the "office" to get some air, maybe its preparing an awesome lunch or FaceTime a friend/co-worker for a laugh. Whatever it is, make sure it focuses on taking care of you! These are things you can control.

Not all storms come
to disrupt your life,
some come to clear
your path.

Look for the "gaps" between an event and your response.

There is a space between an event and your response. When we practice being mindful, we focus on that "gap" and allow ourselves time to respond in a more positive and productive way. Focusing on the space in between can help us reflect on what is really going on and can diffuse the situation, resulting in a more content and happy life.

Attend to what your body is feeling. Pay attention to how anxiety is expressed in your body. Racing thoughts? Or racing heart? Breathe deeply into that space.

Show compassion to yourself and realize that your feelings are probably justified. Breathing exercises help to keep your emotions manageable by allowing you to acknowledge them yet stay in control.

Pay attention to the positive events happening every day.

Do a digital detox once in awhile for mental health and rejuvenation. It's okay to sometimes "get off the grid" and take some downtime for yourself. Maybe it's a beach day, a spa treatment or a walk in nature...all will help to lower feelings of overwhelm, anxiety and stress. Sure those stressors may still be there upon your return, but at least you'll feel a bit more re-charged and focused to tackle it once again.

Stay connected and safely interact to make sure everyone is coping.

I thought this was a pretty unique suggestion: **Pick Relaxation Cues**

- 1) Pick a *cue for relaxation* that you will notice at least 3x each day. Maybe it's every time you open a certain drawer or get up to fill your water bottle. When you notice your cue, take a deep breath, exhale saying "I am calm, clear, and creative." Repeat for one minute.
- 2) Pick a *cue for movement*. Maybe every time you finish a call or stand up, you take that "cue" to engage in some form of movement that energizes you. Depending on where you are and the space you have, maybe you hold in plank for 30 seconds or do 10 squats or jumping jacks or toe raises. Just move!
- 3) Pick a *cue for fun*. Find ways to bring joy to your day. Maybe it's seeing a picture of someone you love and realizing you are a hero in their eyes. Stand up and assume the "superhero's" pose (standing tall, fists on hips and head lifted proud or raising your arms into the air as though you just crossed the finish line of a long race). Make it fun, light hearted and get your co-workers involved. If nothing else it may cause an outburst of laughter which is always a stress-buster!



Nutrition For Transition Workshop

September is National Preparedness Month, and this year, I'm taking a different spin on the word "prepared".

We are all aware that eating healthier is key to overall health and well-being. Most of us have tried weight management through some form of deprivation or "fad diet", often regaining all that was lost (and then some) once we go back to pre-diet consumption. Becoming more aware of how we fuel our body can help

lead us on a healthy weight loss journey that will be sustainable. Also, making small changes to our daily food choices can make a significant difference in how our immune systems fight off not only COVID-19 but also any future threats that may arise to challenge our physical and mental health.

In response to the current pandemic and the feedback presented in our recent employee survey, I will be offering a Pilot 4-part workshop aimed at addressing the following topics:

- Why diets don't work
- Strengthening your gut microbiome and immune system through food choices
- Understanding cravings and conquering habits
- Planning for success through goal set

Beginning the week of September 21, 2020, I will be offering a 4-week workshop covering the topics mentioned above. The plan is to meet virtually for 30 minutes every week to review and discuss one of the topics and how it may be affecting your journey (transition) to better health.

This will not be a lecture! There will be some initial discussion of the proposed topic, but there will be time to explore what matters most to you. This group coaching and exploration will be accompanied with handouts and possible "homework" offering you help on developing your own awareness which may highlight challenging areas you'll want to discuss during the upcoming group meetings. One weekly topic will be offered twice during that scheduled week, on different days and at a different time in an attempt to accommodate as many interested participants as possible. If you haven't yet signed up, check out at <https://www.signupgenius.com/go/10c0d4faea82ea7fdc70-nutrition>. If you have any trouble, please email me at debby_schiffer@targetingwellness.com and I'll gladly send you the link.

Nutrition for Transition: another way to take back control and show some self-care by focusing on one choice you make EVERY DAY...what to eat!

Let's face this challenge together.



Do You Feel “SAD” With The Changing Season?

Many people, including myself, have experienced the change in our mood along with the change in the season. Seasonal affective disorder (SAD) is real and is a type of depression that is related to the changes in seasons. Typically it begins and ends about the same time each year, and most commonly at the start of fall and continuing through the winter months. You may feel like your energy is sapped or you are a bit moody. Maybe a better way to describe it would be “blah” or in a funk. Regardless, you don’t have to suffer through the “blues”. There is always medication as a potential treatment for everything. But let’s see if we can try the natural route first. Here are a few thoughts to ponder:

Light Therapy:

Also called phototherapy involves sitting a few feet in front of a special light box that exposes you to bright light within the first hour of waking up each day. It’s meant to mimic natural outdoor light and has shown to cause a change in brain chemicals that are linked to your mood. This therapy is one of the first line treatments offered for fall-onset SAD and generally works within a few days. Research on this is limited so although it causes few side effects, you should always use caution and speak with your doctor first. This might be a good thing to have if you work inside without any windows nearby.

Mind-body Connection:

There are natural ways to help one cope with SAD. It will take patience and practice but can be very effective:

- * Relaxation techniques such as yoga or tai chi
- * Meditation
- * Guided imagery
- * Music or art therapy

Lifestyle and home remedies:

Make your environment sunnier and brighter. Open blinds. Sit closer to a bright window while at home or in the office.

Get outside. Take a long walk, eat lunch at a nearby park or simply sit outside and soak up some rays. Even on cold or cloudy days, outdoor light can help. It’s especially beneficial if you spend some time outside within the first two hours of getting up. *

Exercise regularly. No surprise. Once again exercise plays such a critical part in our overall well-being. Exercise and other types of physical activity helps to relieve stress and anxiety which could be heightened if you are experiencing SAD. Being fit can also make you feel better about yourself, something that can certainly help your mood!

*Note: The science behind morning sun

We so often hear of the sun’s benefit in providing Vitamin D which is made by UVB rays. Morning sun, however, has neither UVA or UVB but is saturated in infrared and blue light. It stimulates collagen, increases bone healing and heals wounds. It’s why red light therapy is all the rage.

Blue light from morning sun raises your cortisol and sets your circadian rhythm for the day. It disappears by sunset to allow for the development of melatonin. That’s why it’s recommended to put away your devices at night. Blue light will interfere with melatonin production and can prevent a good night’s sleep.

Remember this is first thing in the morning. Sun later in the day is not the same. It is recommended that you do not wear sunglasses or contacts so the light can get into your eyes. CAUTION: Never look directly into the sun.



Sweet Potato Casserole with Crunchy Oat Topping



Active time: 20 mins.

Total time: 45mins

12 servings of about 1/2 cup

Although this looks like the perfect addition to your Thanksgiving dinner, sweet potatoes are great anytime! Check out the nutritional benefits of this simple root vegetable and you'll see why it's a great staple to add to your diet.

I've offered some plant substitutes for those who may be interested.



Nutrition Facts:	• Carbohydrate 31g
• Calories 232	• Fiber 5g
• Fat 10.1g	• Cholesterol 21mg
• Sat. fat 2.1g	• Iron 1mg
• Mono fat 4.5g	• Sodium 195mg
• Poly fat 2.1g	• Calcium 56mg
• Protein 4g	• Sugars 9g
	• Est. added sugars 3g

Ingredients:

Recipe from Cooking Light

- * 3 pounds sweet potatoes, peeled and chopped (about 8 cups)
- * 1/2 cup 2% reduced-fat milk (or nut milk like almond)
- * 2 tablespoons unsalted butter, melted and divided (try avocado)
- * 1/2 teaspoon vanilla extract
- * 3/4 teaspoon kosher salt, divided
- * 1 large egg, beaten (or 1 tab flax seed meal to 3 tab water)
- * Cooking spray
- * 1 cup old-fashioned rolled oats
- * 2/3 cup pecans, chopped (other nuts are fine too)
- * 3 tablespoons almond meal (can make your own in a food processor)
- * 3 tablespoons maple syrup, divided (optional)

Directions:

1. Preheat oven to 375°F.
2. Place potatoes in a large saucepan; cover with water to 1 inch above potatoes. Bring to a boil; reduce heat and simmer 6 minutes or until potatoes are tender. Drain. Return potatoes to saucepan. Add milk, 1 tablespoon butter, and vanilla; mash to desired consistency. Stir in 1/2 teaspoon salt and egg. Spread potato mixture in the bottom of an 11- x 7-inch glass or ceramic baking dish coated with cooking spray or parchment paper.
3. Combine remaining 1/4 teaspoon salt, oats, pecans, almond meal, and 2 tablespoons syrup in a bowl. Add remaining 1 tablespoon butter and canola oil; toss to coat. Sprinkle oat mixture over potatoes. Bake at 375°F for 18 minutes or until surface is golden. Remove pan from oven; drizzle with remaining 1 tablespoon maple syrup.

Benefits of Sweet Potatoes:

- * Vitamin C: one cup of baked sweet potatoes provide nearly 50% of daily needs.
- * Vitamin A: some portion yields 400%!! Of recommended intake Both are vital for supporting the immune function, especially important during this time and the onset of flu season.
- * Antioxidant powerhouses: purple skinned has the most
- * Anti-inflammatory which can help protect you again nearly every chronic disease (obesity, Type 2, heart disease, and cancer)
- * Potassium: can help regulate blood pressure. If you are on BP meds, consult with your doctor before consuming too many sweet potatoes!

Health.com/nutrition

"Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor Frankl

Debby Schiffer, MA, NBC-HWC, Wellness Director for BURLCO & TRICO JIF

E-mail: debby_schiffer@targetingwellness.com

Home Office: 856-322-1220

Cell: 856-520-9908