HEALTHY You!

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THIS EDITION FEATURES:

Happy Feet

Getting to Know Your Hunger

Riding Out Food Cravings

Bigger Than Yourself

Burnout Myths and Realities

Navigating Change

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Independence

HAPPY FEET

Your feet are the foundation of your body. They can withstand a lot of pressure, but they are also susceptible to injury. It's important to give your feet proper attention and address foot concerns as soon as they occur.

To take care of your feet:

- **Handle with care.** Wash your feet daily. Trim your toenails straight across and manage calluses. Look at the nailbeds, sides, and soles for signs of trouble like redness, sores, cuts, or bumps.
- **Find the right shoes.** Quality footwear that fits correctly can prevent problems like blisters and heel pain. Look for shoes that are well-cushioned and offer support for your heels and arches. There should be a small gap (thumbnail width) between your toes and the tip of the shoe. Your toes should be able to move freely inside the shoe.
- **Stretch it out.** Just like any other body part, your feet need regular exercise. Here are a few simple foot stretches:
  - **Bottom of foot stretch.** Stand with your feet together and step your left leg back with your heel raised and toes pressed against the floor. Hold for 20 to 30 seconds. Repeat with your right foot.
  - **Top of foot stretch.** Stand with your feet together. Raise one heel at a time and curl toes, pressing the tops of the toes against the floor. Hold for 20 to 30 seconds. Repeat with the other foot.
  - **Calf stretch.** While standing, place one foot directly in front of the other. Keep your back heel on the ground, your back knee straight, and slowly bend forward until you feel a stretch in the calf of your back leg. Hold on to the back of a chair for balance, if needed. Hold for 20 to 30 seconds, then reverse your foot position and repeat on the other calf. Repeat two to three times.

Source:
health.harvard.edu/staying-healthy/healthy-feet-happy-life

GETTING TO KNOW YOUR HUNGER

To lose weight, you need to eat less food than your body burns in energy. Paying attention to what you eat can help you become mindful of that balance.

Listening to your body's signs of hunger and fullness is called intuitive eating. You can make better food decisions when you understand that hunger and appetite can be influenced by internal and external cues such as stomach pangs, headache, dizziness, fatigue, aromas, sadness, boredom, and anxiety.

Before you start eating, rate your hunger according to the hunger-fullness scale:

0 Painfully hungry

1 Ravenous and anxious to eat

2 Very hungry for a hearty meal

3 Ready to eat

4 Subtle hunger, slight stomach rumbling

5 Neither hungry nor full

6 Beginning to feel full

7 Comfortably full and satisfied

8 A little too full

9 Very full and uncomfortable

10 Painfully full

Throughout the meal, listen to your hunger cues to determine if you should continue eating. The key is to start eating when hunger is subtle (4) and stop eating when the feeling of fullness begins to emerge (6).

Sources:
healthline.com/nutrition/ways-reduce-hunger-appetite
hr.umich.edu/sites/default/files/getting_to_know_hunger.pdf

RIDING OUT FOOD CRAVINGS

Food cravings come in waves, and we all have the occasional urge to indulge. But regularly giving in to temptation can sidetrack your weight loss goals and intensify future cravings.

The sensation of craving typically lasts only 20 to 30 minutes. Consistently saying "no" can help weaken the cravings and reduce their frequency.

Next time you experience a craving, try to "ride out the wave" by:

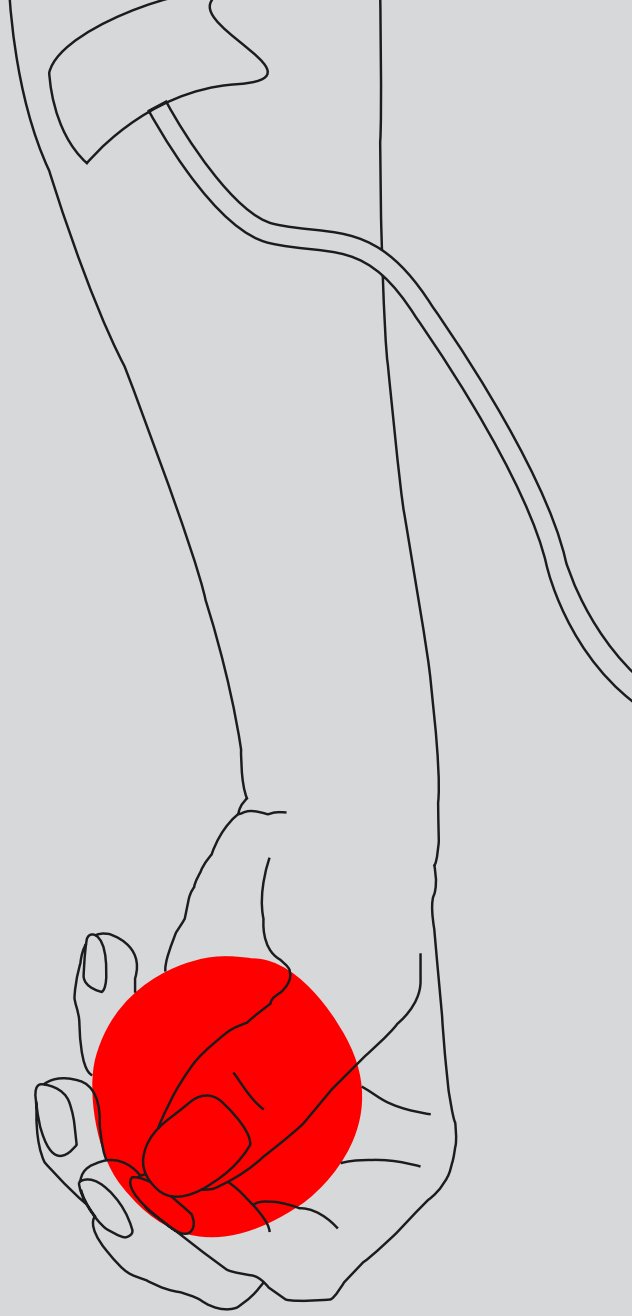
- **Avoiding.** Whenever possible, avoid your triggers. *Example: Leave tempting foods out of sight.*
- **Finding an alternative.** People's unhealthy food choices are often tied to unhealthy habits, which you can break. *Example: If you usually sit on the sofa and mindlessly snack while watching TV, sit in a different chair or watch TV in a different room.*
- **Substituting.** Think about when you typically have the urge to overeat and find something healthier to do. *Example: Instead of snacking before bedtime, take a bath or email a friend.*
- **Delaying.** Remember that urges get weaker with time. Often, what we perceive as hunger is actually dehydration. So before grabbing that snack, have a large glass of water. *Example: Drink a glass of water, wait ten minutes, and see if you still feel hungry. Sometimes, delaying can make you forget about the craving.*

Sources:
prevention.com/weight-loss/g20453669/distractions-that-can-help-you-ride-out-a-craving/
ramphealth.com

Rise and Shine Parfait

4 cups fat-free vanilla yogurt
2 cups fresh blueberries
2 peaches, chopped
½ cup low-fat granola

Layer half the yogurt, peaches, blueberries, and granola into four parfait glasses. Repeat with a second layer. Enjoy!



BIGGER THAN YOURSELF

Donating blood is a powerful way to be part of something bigger than yourself. Donors can feel good knowing they are helping others. Plus, donating blood has lots of physical and mental benefits, such as:

- Stimulating the production of new red blood cells, which can lead to better overall health.
- Reducing the risk of heart attack and some cancers.
- Lowering cholesterol.
- Improving circulation.
- Making a difference in someone's life.
- Causing the body to release endorphins, which improves mood and reduces stress.

If you plan to give blood, drink plenty of water beforehand.

Sources:
RedCrossBlood.org
aabb.org
americasblood.org
bca.coop

BURNOUT MYTHS & REALITIES

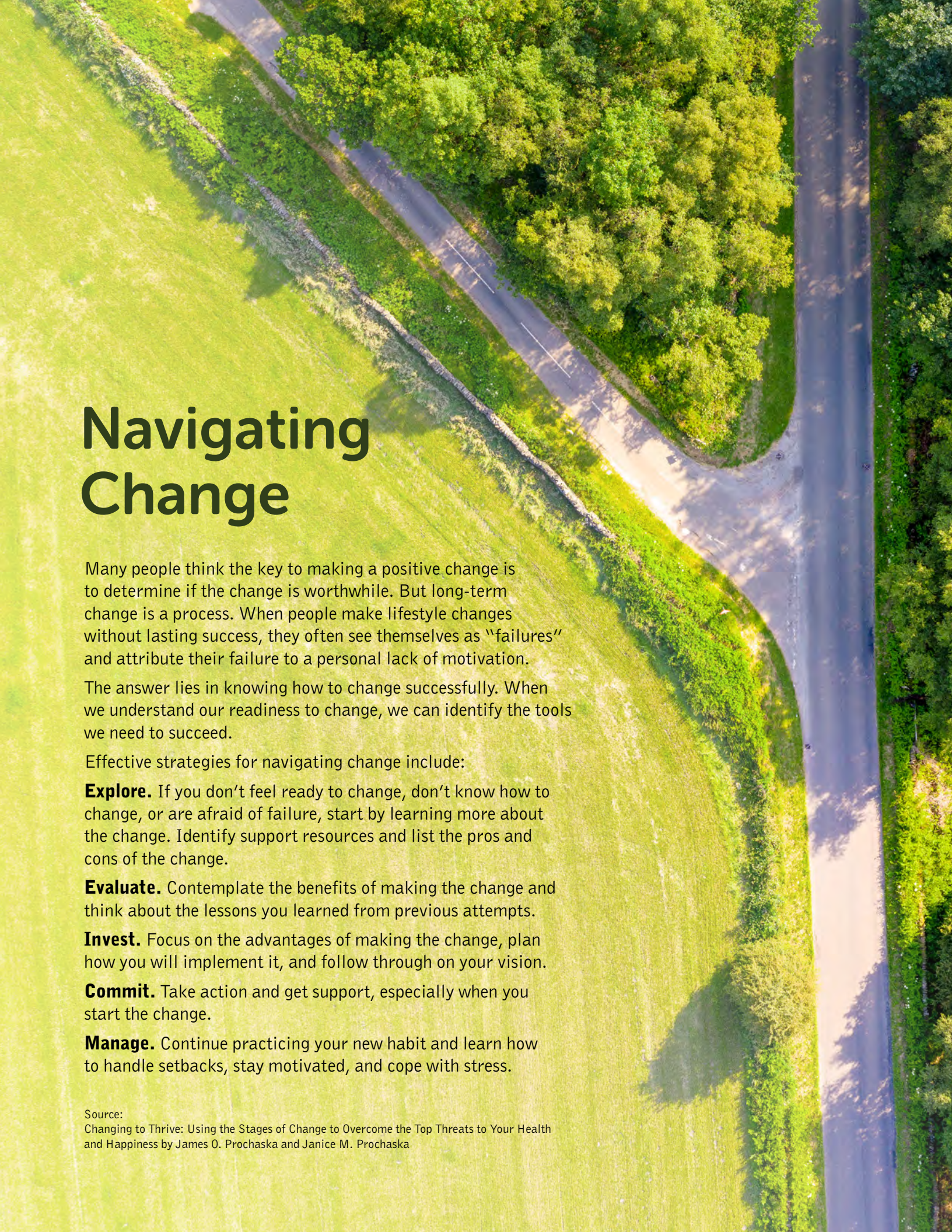
Your physical and mental health impacts your ability to be present and focused on your relationships at work and home. When you feel burned out, you can regain balance by disconnecting and recharging.

Easy ways to restore your body and mind include getting better sleep, exercising, and making healthy food choices. Focusing on what helps you feel productive, fulfilled, and engaged can also lead to improved health and well-being.

Below are some common misconceptions about burnout. Understanding the realities about burnout can help give you a healthier perspective.

Myth	Reality
I am not as tough as I used to be.	Demands of my responsibilities and my abilities may be mismatched.
Burnout is easy to detect.	It's difficult to identify burnout because people experience it in different ways.
Burnout isn't a big deal.	Burnout can have significant negative impacts to overall well-being.
Burnout is solely due to poor self-care and coping strategies.	Burnout is not exclusively a personal problem.
Stress is always bad for you.	In small doses, stress can lead to growth and enhanced performance.

Sources:
The Burnout Fix: Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work by Dr. Jacinta M. Jimenez
sciencedirect.com/science/article/abs/pii/S0924933813775114



Navigating Change

Many people think the key to making a positive change is to determine if the change is worthwhile. But long-term change is a process. When people make lifestyle changes without lasting success, they often see themselves as "failures" and attribute their failure to a personal lack of motivation.

The answer lies in knowing how to change successfully. When we understand our readiness to change, we can identify the tools we need to succeed.

Effective strategies for navigating change include:

Explore. If you don't feel ready to change, don't know how to change, or are afraid of failure, start by learning more about the change. Identify support resources and list the pros and cons of the change.

Evaluate. Contemplate the benefits of making the change and think about the lessons you learned from previous attempts.

Invest. Focus on the advantages of making the change, plan how you will implement it, and follow through on your vision.

Commit. Take action and get support, especially when you start the change.

Manage. Continue practicing your new habit and learn how to handle setbacks, stay motivated, and cope with stress.

Source:
Changing to Thrive: Using the Stages of Change to Overcome the Top Threats to Your Health and Happiness by James O. Prochaska and Janice M. Prochaska

MONTHLY QUIZ

1. Which of the following statements is true about feet?

A. Your feet are susceptible to injury.

B. Foot problems should be addressed when they first occur.

C. Both A and B.

2. According to the hunger-fullness scale, which rating corresponds to the best time to eat?

A. 0 - Painful hunger

B. 2 - Very hungry for a hearty meal

C. 4 - Subtle hunger

3. Which of the following is NOT a benefit of giving blood?

A. Lower cholesterol

B. Improved hydration

C. Making a difference in someone else's life

1. C, 2. C, 3. B

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