

# Healthy Perspectives



January 2018

"Your Source For A Happy and Healthy Lifestyle"

DIGEST



## Inspire To Move Thanks, I'll Stand

Often the first words we are greeted with are, "have a seat." For thousands of years humans used their bodies as they were designed, for movement. People walked where they needed to go and sat when it was time to rest. Sitting all day at work or at home, simply is not good for us. If standing in place all day, which can hurt your back, knees, ankles and feet is not the answer, what is?

Like most things, variety is the spice of life, so mix it up. Stand some, sit a little and then get up and walk around.

### HERE ARE A FEW IDEAS FOR STANDING POSTURES TO GET YOU STARTED:

**Stand like a tree pose** is a technique developed by the Chinese to raise our energy levels and refresh mental and emotional health. Stand with your feet shoulder width apart, let your arms hang loosely by your sides, lower your chin a little and relax your neck. Breathe calmly through your nose.

**Mountain pose** from yoga has you stand with your feet together balancing your weight on each foot. Hold your arms along the side of your body with your palms facing forward. Stand up straight, inhale and exhale for 10 breaths.

**Western pose** as demonstrated in old western movies which showed cowboys with one foot elevated on the foot rail of the bar to prevent backache. Use this method with a footstool if you use a standing desk or are on your feet for extended periods of time, to relieve your back.

Remember, sit down to rest, then stand up for health.

**"Stand in the place where you are." REM**

# Post Holiday INDULGENCE

Stuffed from stuffing or jam packed with sugar? Whatever seasonal treats you may have had a few too many servings of, they don't have to get the best of you. Slip-ups can turn into fresh starts and it's time to put the fork down, stop feeling guilty and take positive steps to feel good again.



## TO GET STARTED:

- **GO FOR A WALK.** It will help better metabolize the foods eaten and may prevent blood sugar spikes which lead to more cravings and overeating.
- **DRINK WATER.** Dehydration can feel like hunger and tempts you to eat more.
- **RETURN TO HEALTHY EATING.** Cook and prepare meals at home and get back to appropriate portion sizes. Add lots of lean protein, fruits, vegetables and whole grains without added salt or fat.
- **FIND SUPPORT.** You're not the only one who wants to get back on track. Sign up for a challenge or share goals with others who can motivate and support you.

*For the best long-term results, take it slow getting back into a normal healthy routine.*

## Most Important Meal

Mornings can be rough, but don't rush out the door without making time for breakfast. There may be no meal as important and beneficial as breakfast. There is an old adage that says, "Eat breakfast like a king and dinner like a pauper."

### EATING A HEALTHY BREAKFAST COULD RESULT IN:

- better blood sugar control throughout the day.
- curb hunger and regulate appetite.
- prevent overeating.

Just eating more of your daily calories in the morning, isn't enough for health benefits, as the quality of the foods eaten matter. Choose to start the day with a "high-energy breakfast" including nourishing foods such as fresh fruit, lean proteins like eggs, whole-grain toast or cereal.

**"Breakfast is everything.**

The beginning, the first thing. It is the mouthful that is the commitment to a new day, a continuing life." *AA Gill*



RECIPE OF THE MONTH



## Breakfast Burrito

- |                        |                               |
|------------------------|-------------------------------|
| 1 Whole-wheat tortilla | ¼ Cup low-fat shredded cheese |
| 2 Eggs (scrambled)     | ½ Cup black beans             |

Scramble eggs in a hot pan and move to a plate. In the same pan add tortilla until heated through. Spoon cooked eggs evenly down center of the tortilla. Top with black beans and cheese. Fold in opposite sides of tortilla and roll-up burrito-style. Serve immediately and enjoy!

# Are You **LONELY** Tonight?

Social connection is not made by a high number of followers or friends on a social media profile. It's having a close confidante in one's life. You can have just a few people to interact with in a deeper relationship and feel very connected. Human connection is having someone to call when you are sad, people that are happy for you when you share good news and have in-person interactions and trusting relationships with.

In the current era of electronic connectivity people are lonelier than ever before because the opportunities to connect on a human level are scarce.

We are people who for generations, have learned to communicate through facial expression, gestures, tone of voice, touch and smell.

We need personal contact and individual face-to-face relationships in order to bond, form friendships and to slow the growth of loneliness.

## **TO FOSTER DEEPER RELATIONSHIPS:**

**Communicate in-person.** Don't ignore the person in the room with you for an electronic relationship or substitute an electronic relationship for a physical one.

**Lift your spirits** by hearing people laugh instead of reading LOL.

**Don't have difficult conversations over electronic media.** It may feel like an easier way to face an uncomfortable situation, but emotion doesn't transmit well electronically and the outcome is often worse.

Our effect on one another is much more meaningful when in person. A smile, hug or heartfelt gesture has more power than any emoji.

## Starting **FRESH**

A new year can be a time to feel refreshed and refocused. Many people set new goals, contemplate accomplishments so far in life or even shift priorities and pursuits.

### **A FEW IDEAS TO GIVE YOU A BOOST FOR A FRESH START ARE:**

1. **Forgive yourself for past failures.** Learn from failures as mistakes are learning opportunities that lead to success.
2. **Adopt the right mind-set.** Be realistic in your goals and optimistic in your chances for success.
3. **Motivate yourself** by focusing on past successes.
4. **Leave your imperfections behind,** while looking forward to new beginnings.



“If I **MUST** start somewhere, right here and now is the **BEST** place imaginable.”

*Richelle E. Goodrich*

## **ASK FOR SUPPORT**

Share your goals with family and friends and accept help from those who care about you.

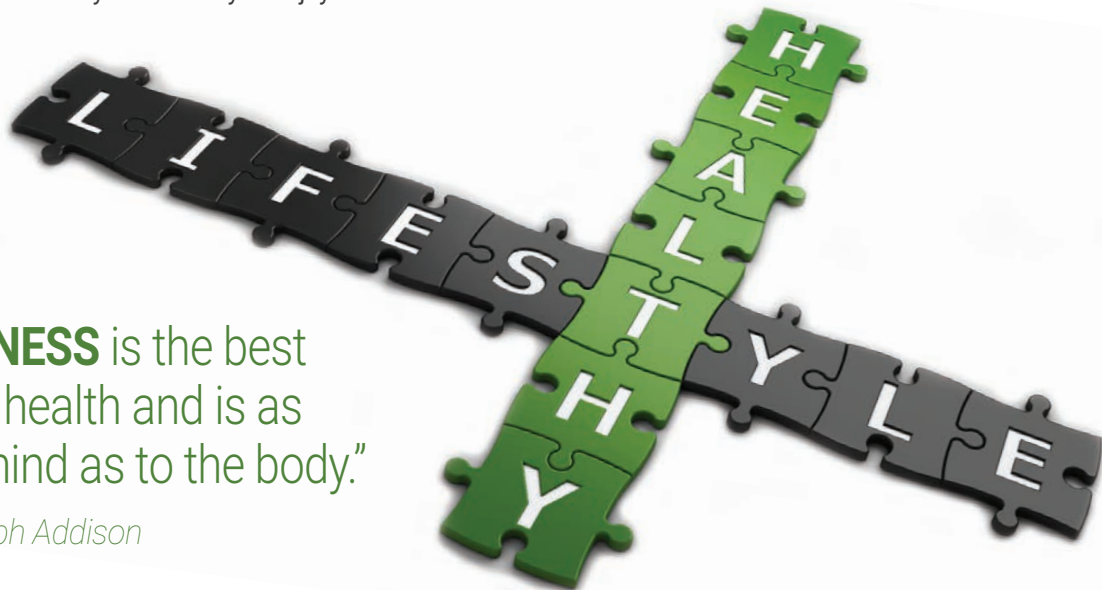




# 5 CHOICES For A Happier and Healthier You

*Make maintaining your whole-health a priority.*

- 1. Make time to see your primary care provider** for your annual preventive visit. Preventive care can detect diseases or prevent illnesses before they start.
- 2. Sleep 7-8 hours a day.** Quality sleep is essential for your body and mind to function.
- 3. Eat Healthy.** Find and choose healthy foods that you enjoy.
- 4. Schedule Exercise.** A 30-minute walk is good for your mood and your body.
- 5. Practice managing stress.** Some stress is beneficial to boost drive and energy. Find positive ways to find relief from stress and tension. Just allowing yourself at least 20 minutes doing something you enjoy can help you feel less overwhelmed.



**"CHEERFULNESS** is the best promoter of health and is as friendly to the mind as to the body."

*Joseph Addison*

## HALCYON SERVICES CAN HELP

### becoming organized and clutter-free



*free*  
**YOURSELF**



Studies have shown that people who live with less clutter are more productive and experience less stress. A clean home or workplace allows you to concentrate on what is important, not on the distracting stuff around you.

Halcyon EAP can help by providing:

- Articles on recycling and home organization;
- Referrals to local charities for donations;
- Discounts on home organizing tools;
- Referrals to professional home organizers

**Toll-Free Phone Number: 1-888-HAL-4800 (425-4800)**

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**online seminar - available starting january 16th • everything in its place: getting organized**

When we are not organized, we waste precious time and create chaos in our lives.

Minimize the stress and maximize the tranquility that comes from putting everything in its place. This webinar is available on demand starting January 16th.

To view this webinar, go to 'Online Seminars' in the 'Centers' section of the program's website.

