

Healthy Perspectives



October 2018

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

Inspire To Move: Nurture Your Body

We have choices when it comes to what we do with our time. When trying to tackle a tough problem, cope with a stressful day or situation, try an activity that will nurture your body as well as your mind:

- **Go for a walk.** Walking is a path to recovery, a step towards preventive health and can leave major illness like heart disease and diabetes in the dust. Walk away from back pain, bad moods, obesity and towards a longer and happier life.
- **Take a bike ride.** Riding burns mega calories, builds a stronger heart and even a quick sprint can clear your mind.
- **Sit quietly and meditate.** Meditation takes you beyond the mind's busy thought traffic to the silence and peace of expanded awareness. Daily meditation can reduce depression, anxiety and reverse some markers of aging.

Making the choice and taking action to care for yourself puts you in a better position to deal with the challenges that life presents. One of your primary responsibilities is to do something good for yourself today.

"OUR BODIES are our gardens
to which our wills are gardeners." *William Shakespeare*



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Eating For MENTAL HEALTH

During stressful periods, it can be tempting to skip a meal, eat junk food for convenience and generally ignore our basic needs. When in the midst of a crisis or just being exhausted, taking the time out to plan or prepare a healthy meal may seem like a waste of precious moments. There doesn't seem to be enough time in the day and something has got to give, but are we choosing wisely?

At the very time we most need to take good care of ourselves and nourish our bodies with wholesome foods, we are likely to do the opposite. If we decide that our physical need for nutrition is unimportant or that we are too busy, we sabotage our own best interests. Strengthen yourself physically, emotionally and spiritually by:

- **Making an extra effort to get and eat nutritious foods.** Give your body all of the vitamins, minerals and nutrients that it needs.
- **Eating whole foods like fruits, vegetables, lean meats and whole grains is putting yourself and your needs first.** Food is the fuel that supports you. It's energy, pure and simple.
- **Follow a shopping list.** Purchase only the foods that are consistent with your mission to thrive.

Food is the perfect mind-body tool, and what you choose to put into your body determines what you become in your life.

5 Ways to Treat Yourself Without Eating Anything

If you are human then you occasionally treat yourself in not-particularly healthy ways. For many, the first thought for a treat is food. While an occasional less-healthy treat is okay, it can be helpful to find ways to treat yourself without food including:

1. **Take a nap.** Give yourself time to get in some extra sleep.
2. **A hot bath.** Pour Epsom salts and have a book handy.
3. **Listen to music.** Turn on your favorite songs or artists.
4. **Creative escapes.** Replenish your soul with hobbies or crafts. Not only is this relaxing and enjoyable, but you may also get a great feeling of accomplishment having created something.
5. **Treat yourself to a massage.** When your body feels good, it's easier to get your mind to follow.

Stress slowly wreaks havoc on your health and well-being and nurturing yourself every day with self-care is a necessity!

“NOURISHING YOURSELF in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.” *Deborah Day*



RECIPE OF THE MONTH



Baby Spinach with Warm Olive Oil & Walnuts

- | | |
|--------------------------------|----------------------------|
| ¾ cup of walnuts | 2 Tbsp. white-wine vinegar |
| 6 cups of fresh baby spinach | Salt and Pepper |
| 1/3 cup extra-virgin olive oil | |

Combine walnuts and oil in a small saucepan over medium-low heat for about 15 minutes, until walnuts are toasted. Toss spinach with vinegar and season with salt and pepper. Top with walnuts and drizzle with warm olive oil.

Improve YOUR SMILE

Your mouth is the focal point of your face and a radiant smile gives off warmth and kindness. The health of your mouth and teeth can create dramatic changes in your overall appearance and confidence. A big part of self-care starts with oral care.

IMPROVE THE HEALTH OF YOUR SMILE BY:

► ELIMINATING HABITS THAT DAMAGE YOUR TEETH:

- Snacking throughout the day on starchy and sugary snacks.
- Avoid tobacco products.
- Chronic stress and grinding erode the outer bright white enamel.

► MAKING DENTAL CARE PART OF YOUR SELF-CARE:

- Fight stains naturally by brushing teeth with baking soda at home once a month.
- Brush and floss teeth daily. Always brush your teeth before bed.
- Replace your toothbrush every 3 months.
- Visit your dentist regularly.

Good oral hygiene improves your overall health. Don't forget to brush your tongue to remove bacteria and prevent bad breath. If you want a healthy smile, you need to take care of your teeth and gums.



“Nothing you wear is as important as your **SMILE.**” *Connie Stevens*

DETECTING Breast Cancer Early

Breast cancer can't be prevented yet, but you can take three important steps to increase your chance of finding it early before it spreads.

- 1. Do a breast-self awareness check once a month.** Be familiar with how your breasts normally look and feel. Look for a lump, change in size or shape of breast, dimpling in the skin, a nipple turned inward, discharge, scaly, red or swollen skin.
- 2. Visit your provider for a Well-Woman Exam once a year.** This includes a routine pelvic exam, pap smear and the doctor will perform a brief breast exam.
- 3. National Breast Cancer Foundation recommends women ages 40 and older get a Mammogram every year.** A mammogram is an X-Ray of the breast that can detect cancer before a lump is large enough to be detected by touch.

Early detection means finding the cancer before it spreads. Visit <https://bit.ly/2v5PqOI> for a free resource, 3 Steps to Early Detection.



October 15th is Global Handwashing Day.

Always Wash Your Hands!

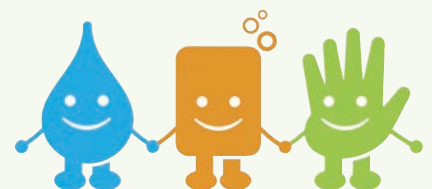
1. Before handling food.
2. After using the toilet.

WET just enough water to cover your hands.

LATHER for 20 seconds.

RINSE with running water.

**Clean Hands
Save Lives!**





Take A Weekend OFF

The rhythm of work and home responsibilities can be stressful. Deadlines are getting shorter and to-do lists are getting longer. If working during the weekends or running around with a long list of chores has you burning through your free-time, consider switching off to relax and restore your energy.

A FEW TIPS TO TAKE ADVANTAGE OF YOUR TIME ARE:

- 1. Enjoy the moment.** Put aside emails and texts, turn off your electronic devices and focus on the environment around you.
- 2. Avoid pressure from others.** Sometimes, in order to take care of yourself, you have to say no.
- 3. Prioritize.** You don't have to fill every minute. Plan a few things to look forward to and schedule downtime with something that relaxes you.

“I AM ALWAYS HAPPY to meet my friend,
and my friend is my weekend.” *Debasish Mridha*

HALCYON SERVICES CAN HELP

BOUNCING BACK

Recovering from Stressful Situations



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Deadlines at work or responsibilities at home can raise our stress levels and lead to feelings of burnout. The ability to bounce back from that stress is called resilience. Resources are available 24/7 to help you strengthen your resilience and find ways to bounce back from life's stressors.

Halcyon EAP provides confidential counseling, resources and referrals to help you balance work and home.

Phone: 1-888-HAL-4800 (425-4800)

Confidential Assistance, 24 Hours a Day, 365 Days a Year

Web: www.halcyoneap.com

Username: (your company name, with no spaces)

Mobile App: 

Webinar - available on October 16th:

A Personal Guide to Building Resiliency and Coping with Change

It's not what happens to us but how we respond to what is happening to us.

This seminar will empower you to become more resilient.

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.



Halcyon
EAP

