

# NEWSLETTER

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# NOV

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## HEALTH OBSERVANCE

# Diabetes Prevention Month!

By Kyle O'Connor, Wellness Coordinator - Wellworks For You



November is diabetes prevention month, help yourself by learning how to prevent Prediabetes and Type 2 Diabetes. Prediabetes is a condition in which the body has higher sugar levels than normal but not enough to be considered Type 2 Diabetes. The Center for Disease Control (CDC) states that in the United States more than 88 million people have Prediabetes. Out of those people more than 80% don't realize that they have the condition. Risk factors for Prediabetes include:

- Being overweight
- Being over the age of 45
- Not being physically active 3 or more times a week
- If you have ever had Gestational Diabetes or gave birth to a child that weighed more than 9 pounds you are also at risk

Type 2 Diabetes is developed because cells become insulin resistant causing blood sugar levels to rise. The Center for Disease Control (CDC) states that approximately 1 in 10 Americans have diabetes. Out of the 34 million plus Americans affected by this disease the CDC estimates that over 32 million could be resulting from Type 2 Diabetes.

Steps to help prevent Prediabetes and Type 2 Diabetes:

- Drink more water and less sugary drinks
- Eat more fruits and vegetables
- More physical activity
- Food portion control
  - Don't have leftovers in front of your eating space
  - Put less food on your plate
  - Eat slower to ensure your stomach is full

### SOURCES:

<https://www.cdc.gov/diabetes/prevent-type-2/type-2-kids.html#takecharge>

<https://www.cdc.gov/diabetes/basics/type2.html>

<https://www.cdc.gov/diabetes/basics/prediabetes.html>

Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



# Simple Ways to Step Away from Technology

Brooke Wieder, Preferred Partner Senior Coordinator - Wellworks For You

Technology is an integral part of life for most individuals in today's digital world, with adults spending on average seven (7) to ten (10) hours per day looking at a screen. Whether you are working, learning, or entertaining yourself, chances are you are interacting with a device of some kind. Along with the many benefits technology has brought us, we have also seen many negative health effects associated with increased screen time. According to the National Alliance on Mental Illness, with increased use of smartphones, indicators of mental wellbeing such as happiness, self-esteem, and life satisfaction have decreased while serious mental health issues like anxiety, depression, loneliness and suicide have increased significantly. More time on screens also means less time for positive real-world experiences that promote mental and physical health like exercise, getting outside, quiet reflection, and social connection.

Consider the following tips to step away from technology, leaving more room for healthy experiences.

- **Change Your Routine.** *If your morning or evening usually begins or ends with a social media or news feed scroll, implement a 30-60 minute phone free routine. This will allow you to have a fresh start to your day and prepare your body and mind for a full night's sleep.*
- **Set Phone-Free Spaces.** *Whether in your bedroom or at the dinner table, set boundaries for where screens are and are not necessary.*
- **Look For Non-Media Entertainment.** *Try reading a physical book, taking up a new craft or hobby, listening to music, or trying a new recipe.*
- **Be Aware.** *Note how often you open up your phone out of boredom or to refresh your social media feed. Check your smartphone's screen time report to be mindful of usage and use settings strategically to set a limit for yourself.*

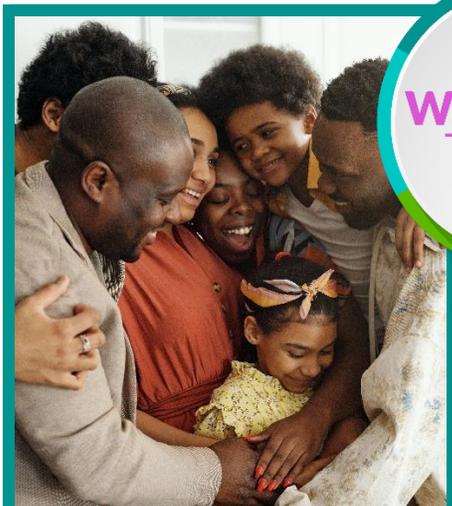


Remember that unplugging and taking some time to be present in the activities taking place around you can be incredibly valuable! While it's not realistic to be completely screen-free, making small habit changes that reduce technology use can help create a healthier and happier lifestyle.

#### SOURCE:

<https://www.nami.org/Blogs/NAMI-Blog/August-2018-/How-to-Reduce-Screen-Time-in-the-Digital-Age> (www.nami.org)

<https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/5-tips-for-reducing-screen-time> (www.mayoclinic.org)



WelBalance

## HEALTH TIP CORNER

### Managing Your Holiday Blues.

As the holiday season is upon us, try to set reasonable expectations and goals for your holiday activities to get ahead of any anxieties or stresses to make your time with loved ones as enjoyable as possible.

SOURCE: <https://www.nami.org/blogs/nami-blog/november-2015/tips-for-managing-the-holiday-blues>

# Gratitude For A Healthy Mind

## Staying in Touch with Our Emotional Wellbeing on Thanksgiving

By Kristina Buccilli; Wellness Coordinator - Wellworks For You

We all love the food that the Thanksgiving Holiday is known for! But, my favorite part of this holiday is being surrounded by family and friends. There is something to be said about taking time to feel grateful for what we have, no matter how big or small. Reflecting on the positive relationships cultivated over time helps protect and nourish our mental and emotional wellbeing, which in turn can also help improve the wellbeing of our loved ones. Share photos, videos, and stories of past celebrations together.

However, just because Thanksgiving is a day of celebration, doesn't mean that everyone feels the same joy as others. For those who struggle with their emotional health, feelings of isolation can arise when everyone else appears to be looking forward to a holiday with loved ones. A person can feel alone whether they're making Thanksgiving dinner for one or seated at a table full of friends and family members. Those feelings can be exacerbated at a time when happiness is what we are told we're "supposed" to feel. It is important to acknowledge feelings of sadness and loneliness and be honest about what's at the heart of your emotional experience of Thanksgiving. Take the time to step away from social media and television shows that idealize Thanksgiving. It might be comforting to tell yourself Thanksgiving is a day just like any other.

Although this holiday season may look a little different, staying connected with our loved ones and identifying the things in our lives that we are grateful for is what makes this holiday so special! Regardless of whether you are on your own or with a big group, remaining aware of your emotional health and allowing the people around you that mean the most to share and reflect on each other's experiences is what Thanksgiving is all about.

Source: <https://www.guideposts.org/friends-and-family/family/5-ways-to-ease-thanksgiving-stress>



## Did You Know?

The average number of calories consumed on Thanksgiving is 4,500!

Thanksgiving is a time for family, friends, football and feasting. The average American will consume a hefty 3,000 calories on Thanksgiving – for dinner alone. There are many easy steps you can take to strategize your calorie intake, so you don't have to hold back at dinner. Drinking two 8oz. glasses of water in the morning can boost your metabolism by 30% right away.

Source: <https://abcnews.go.com/Health/calories-americans-eat-thanksgiving/story?id=43690796>

## Featured Recipe

### THANKSGIVING

#### Cranberry Pecan Quinoa Stuffed Acorn Squash

4 Servings

##### INGREDIENTS

###### For the acorn squash:

- 2 medium acorn squash, cut in half and seeds removed
- 4 teaspoons virgin melted coconut oil (or sub melted butter)
- 2 tablespoons brown sugar (or coconut sugar)
- Cinnamon

###### For the quinoa:

- ½ cup uncooked quinoa
- 1 ¼ cups water
- 2 sprigs of fresh thyme leaves
- 1 teaspoon virgin coconut oil
- ½ cup freshly squeezed orange juice
- ½ teaspoon honey
- ¼ teaspoon turmeric
- ¼ teaspoon salt
- ⅓ cup dried cranberries
- ½ cup pecan halves, chopped



##### DIRECTIONS

1. Preheat oven to 350 ° F. Line a large baking sheet with parchment paper.
2. Add 1 teaspoon of coconut oil and ½ tablespoon brown or coconut sugar to each squash half; use your hands to rub into the flesh of the squash, even on the top (but not on the skin). Sprinkle each squash half with a little bit of cinnamon. Place flesh side down on baking sheet and roast in the oven for 45 minutes to 1 hour or until squash is just fork tender.
3. While the squash roasts, you can make the quinoa. Add quinoa, water and thyme sprigs to a large pot and place over medium high heat. Bring to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove from heat and fluff quinoa with a fork. Remove thyme sprigs from quinoa and discard.
4. Next stir in coconut oil, orange juice, honey, turmeric and salt and stir to combine. Fold in dried cranberries and chopped pecans.
5. Once acorn squash is done roasting, evenly stuff each squash with quinoa. Bake for an additional 10 minutes.

Source: <https://www.ambitiouskitchen.com/cranberry-pecan-quinoa-stuffed-acorn-squash/>