

# HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

July 2021

THIS EDITION FEATURES:

**KEEP**  
*your*  
**COOL**

Salad  
Selections

**AVOCADOS**

EASE BACK  
• INTO YOUR ROUTINE •

Quality  
Time

AVOIDANCE  
AND **ANXIETY**

BROUGHT TO YOU BY

Independence 



# KEEP *your* COOL

After months indoors, exercising outside is a great way to change up your fitness routine and soak up the sun and fresh air. But warmer weather also brings extreme heat and humidity, which can put you at risk for heat-related illnesses.

If you're looking to stay active outdoors in hot weather, it's important to follow some precautions.

- Avoid exercising outside between noon and 3 p.m. when the sun's rays are the strongest.
- Don't forget to apply sunscreen. A sunburn decreases your body's ability to cool itself.
- Dress in lightweight, loose-fitting, light-colored clothes. Avoid dark colors, which can absorb heat.
- Hydrate before, during, and after physical activity to help your body cool down.
- Take frequent breaks, allow yourself time to adapt to the heat, and seek shade.

Source:

[mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167#:~:text=Exercising%20in%20hot%20weather%20puts,to%20circulate%20through%20your%20skin](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167#:~:text=Exercising%20in%20hot%20weather%20puts,to%20circulate%20through%20your%20skin)



# Salad Selections

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Salads make a great meal on hot summer days — they're cool and refreshing, and require little to no cooking. And with the right toppings, salads can be a great source of vitamins, minerals, protein, and healthy fats.

However, the wrong ingredients can sabotage your salad. Keep your salad healthy with these easy salad swaps.

Source:  
[webmd.com/diet/ss/slideshow-best-worst-salads](http://webmd.com/diet/ss/slideshow-best-worst-salads)

## Instead of these

## Try these

Bacon

Avocado, salsa, hummus, eggs

Candied nuts

Nuts and seeds

Creamy dressings

Olive oil and vinegar

Crispy fried chicken

Grilled chicken or fish, beans, or edamame

Croutons

Crispy vegetables: Crunchy carrots, jicama, broccoli, tomatoes, bell peppers, beets, red onion, corn

Dried fruit

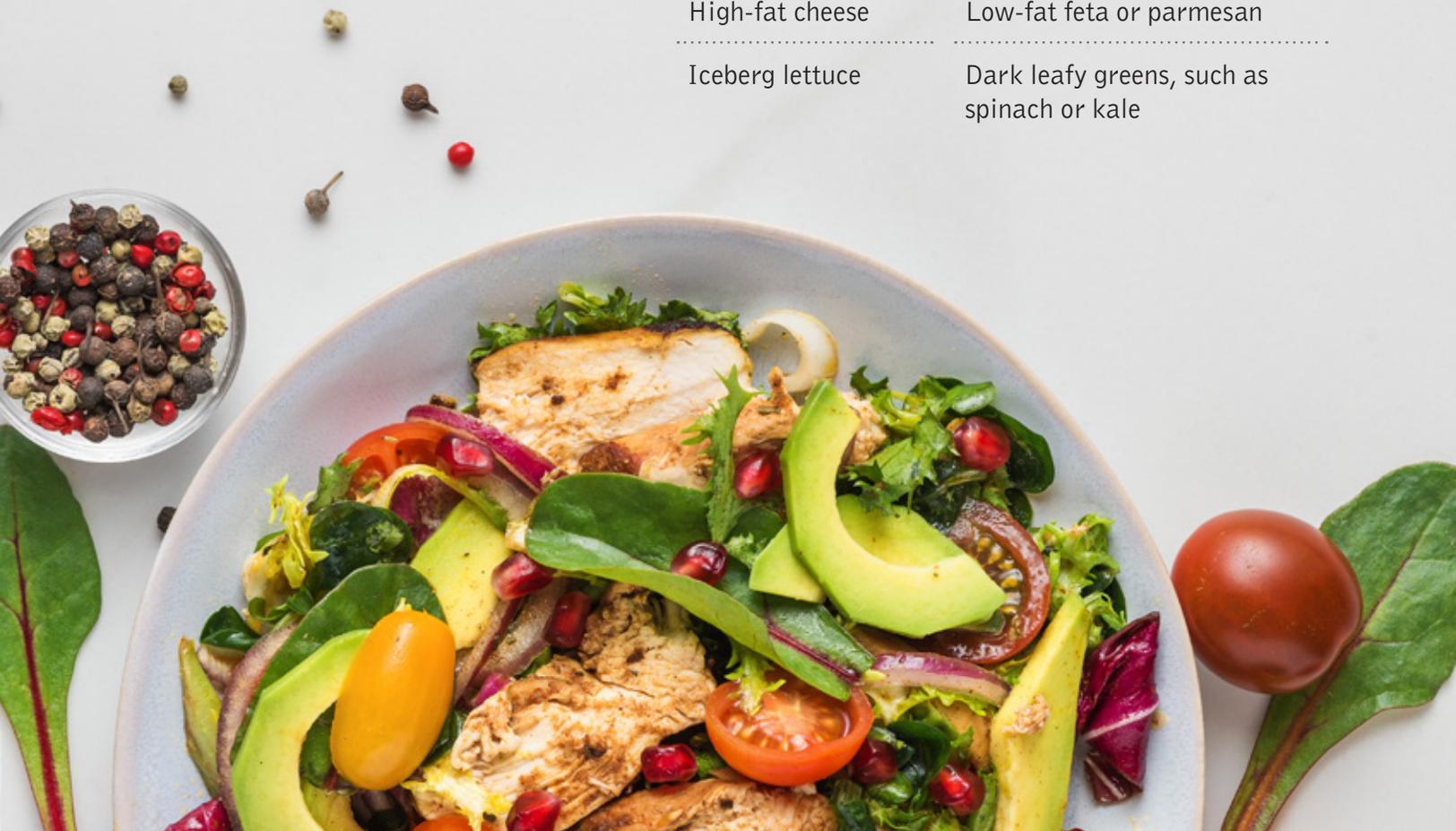
Fresh fruit

High-fat cheese

Low-fat feta or parmesan

Iceberg lettuce

Dark leafy greens, such as spinach or kale





# AVOCADOS

Avocados are incredibly popular, and for good reason. They're rich, creamy, and very versatile; they can be mashed into guacamole, spread onto toast, or chopped in salads and other dishes. But avocados don't just taste good, they're also good for you. Here are four health benefits of avocados:

- 1. They're nutritious.** Avocados provide healthy doses of vitamins B5, B6, E, and K, folate, and potassium.
- 2. They're good for heart health.** Avocados are high in monounsaturated oleic acid, a heart-healthy fatty acid. Avocados can help lower cholesterol and triglyceride levels, which are heart disease risk factors.
- 3. They're loaded with fiber.** Avocados are about 7 percent fiber by weight, which promotes weight management and metabolic health.
- 4. They provide antioxidants.** Avocados are loaded with powerful antioxidants that can protect your eye health and increase your antioxidant absorption.

Sources:  
[californiaavocado.com/nutrition/fun-avocado-facts/](https://californiaavocado.com/nutrition/fun-avocado-facts/)  
[healthline.com/nutrition/12-proven-benefits-of-avocado#TOC\\_TITLE\\_HDR\\_11](https://healthline.com/nutrition/12-proven-benefits-of-avocado#TOC_TITLE_HDR_11)

# Avocado *Angel Eggs*

10 hard-boiled eggs, peeled  
One ripe avocado, seeded and peeled  
1/4 cup fresh basil leaves  
1/4 cup Greek yogurt  
1 1/2 tsp fresh lemon juice  
2 tbsp purchased hummus  
1/2 tsp salt  
1/8 tsp freshly ground black pepper

Cut the hard-boiled eggs in half, and separate the yolks and whites. Set aside the white halves. Place the yolks in a bowl or food processor with the remaining ingredients and blend until smooth. Scoop the filling into the egg white halves. Cover with plastic wrap and refrigerate until ready to serve. Enjoy!

Source:  
[californiaavocado.com/recipe/california-avocado-angel-eggs/](http://californiaavocado.com/recipe/california-avocado-angel-eggs/)



# EASE BACK • INTO YOUR ROUTINE •

As pandemic restrictions ease, some anxiety about returning to in-person interactions and other activities is normal. Here are four tips to help you adjust:

- 1. Communicate clearly.** Don't be afraid to say no to things you're not yet comfortable with. Listen and speak respectfully when it comes to making plans with friends and family about what is reasonable for gatherings, celebrations, and trips.
- 2. Go at your own pace.** Ease yourself back into new activities; don't do several new things at once. Take time to process and adjust after every new boundary you've gotten through.
- 3. Make time for self-care.** Prioritize and support your health and well-being. This includes eating healthy, exercising, getting enough sleep, and taking time each day to decompress.
- 4. Observe your feelings.** Be compassionate and realistic about what you're feeling.

Source:

[psychologytoday.com/us/blog/friendship-20/202103/5-tips-easing-post-covid-life-when-the-time-comes](https://psychologytoday.com/us/blog/friendship-20/202103/5-tips-easing-post-covid-life-when-the-time-comes)



# Quality Time

Healthy and long-lasting relationships, especially those with your loved ones, need nurturing. Between work, home, and other commitments, it may be challenging to find the time to spend with your family. But devoting time to your loved ones should be a top priority. Here are four ways to spend quality time with your family:

- **Exercise together.** Not only is this a lot of fun, it will help everyone stay healthy.
- **Plan a weekly game or movie night.** Family members can take turns picking the game or movie.
- **Sit down to meals together.** Whether it's breakfast or dinner, eating together allows your family the opportunity to relax and share their thoughts and feelings.
- **Volunteer together.** Volunteering is a great way to strengthen family bonds, while helping the community!

Sources:

[naeyc.org/our-work/families/spending-quality-time-with-your-child](https://naeyc.org/our-work/families/spending-quality-time-with-your-child)

[parenting.firstcry.com/articles/10-best-ways-of-spending-time-with-family/](https://parenting.firstcry.com/articles/10-best-ways-of-spending-time-with-family/)



# AVOIDANCE AND ANXIETY

We all cope with things differently. But if you're using avoidance coping to deal with anxiety, it may lead to more stress. Avoidance coping involves trying to avoid stressors rather than dealing with them. While this may work in the short-term, confronting or dealing with a stressor is usually more effective.

Here are four effective coping techniques:

- 1. Recognize when you're using avoidance coping.** Think of situations when you use it, and assess how you feel at the moment. This will allow you to start replacing those unhelpful behaviors with more effective ones.
- 2. Develop new emotional coping skills.** There are many techniques to help you control anxiety or stress. Talk to a therapist to learn common strategies that may benefit you.
- 3. Have a support system.** You shouldn't face stress alone, so engage a trusted friend or family member to provide support.
- 4. Learn to tolerate uncomfortable thoughts.** When you become comfortable being uncomfortable, facing your problems head-on won't bring you as much anxiety.

Sources:

[psychologytoday.com/us/blog/in-practice/201303/why-avoidance-coping-is-the-most-important-factor-in-anxiety](https://psychologytoday.com/us/blog/in-practice/201303/why-avoidance-coping-is-the-most-important-factor-in-anxiety)  
[verywellmind.com/how-to-reduce-your-panic-related-avoidance-behaviors-2584148](https://verywellmind.com/how-to-reduce-your-panic-related-avoidance-behaviors-2584148)



# MONTHLY QUIZ

1. According to *Keep Your Cool*, what time of the day should you avoid exercising outdoors?

- A. 12 noon to 3 p.m.
- B. 6 a.m. to 8 a.m.
- C. 7 p.m. to 8 p.m.
- D. 5 a.m. to 8 a.m.

2. Which of the following ingredients are not recommended when making a healthy salad?

- A. Dark leafy greens
- B. Creamy dressing
- C. Grilled chicken or fish
- D. Avocado

3. Which of the following are good ways to spend quality time with your family?

- A. Volunteer together
- B. Enjoy meals together
- C. Exercise as a family
- D. All of the above



1, A, 2, B, 3, D

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