

HEALTHY *You!*

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THIS EDITION FEATURES:

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TO **WALK**
AWAY

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SPRING TRAVEL
THAT WON'T BREAK THE BANK

BROUGHT TO YOU BY

Independence 

IT'S OK TO WALK AWAY

Sources:

ncbi.nlm.nih.gov/pmc/articles/PMC6064756/

[verywellfit.com/walking-for-your-mind-and-spirit-3432871](https://www.verywellfit.com/walking-for-your-mind-and-spirit-3432871)

Feeling stressed, anxious, sad, angry, or stuck in a bad mood? Then take a walk outside. Walking combines the stress-relieving benefits of exercise with a mental break that increases mindfulness. Walking at a brisk pace for just ten minutes can improve your mood and reduce stress.

If you find yourself in these situations, put on your shoes and head out the door:

- **If you want to pout, walk it out.** Walking with another person naturally leads to conversation and sharing what's on your mind.
- **When thoughts start to haunt, take a jaunt.** Walking pumps blood and oxygen to the brain and distracts the mind, allowing creative thoughts to flow more easily.
- **If sadness spikes, take a hike.** Breathing in fresh air while observing trees, flowers, birds, and the sky can lift your mood and help you relax.
- **When feeling good is your goal, step outside and take a stroll.** Daily walks help you connect with your body and nature.



RETHINKING DRINKING

Many people enjoy an alcoholic drink now and then. If you drink alcohol regularly, you might want to consider how drinking affects your physical, emotional, and social well-being. Helpful tips to rethink your drink include:

Track how much you drink. Making a note of each beverage before you drink it may help reduce alcohol consumption.

Measure and count. In the U.S. a standard “drink” contains about 0.6 fluid ounces of pure alcohol. Compare the percentage of alcohol in the typical drinks:

- 12 fluid ounces of regular beer is about 5 percent alcohol
- 5 fluid ounces of table wine is about 12 percent alcohol
- 1.5 fluid ounces of spirits like gin, rum, or vodka is about 40 percent alcohol

Set limits. Decide in advance how many days a week you will drink and how many drinks you’ll have on those days.

Find alternatives. Fill free time with healthy activities, hobbies, and friendships.

Avoid triggers. If certain activities, times of the day, or feelings make you want to drink, do something else like take a walk or call a friend.

Plan for urges. Remind yourself why you’re rethinking your drinking. Instead of fighting the urge to drink, accept the feeling and choose to ride it out like a wave that will soon pass.

Get tips, tools, and resources to help you curb or quit drinking at rethinkingdrinking.niaaa.nih.gov/.

Sources:
ncbi.nlm.nih.gov/pmc/articles/PMC2671201/
rethinkingdrinking.niaaa.nih.gov/tools/calculators/calorie-calculator.aspx





CRUNCH TIME

We've all heard the phrase, "An apple a day keeps the doctor away." In reality, we should be eating at least five servings of fruits and vegetables a day. Five servings a day is the minimum to provide adequate levels of vitamins, minerals, and phytonutrients that can reduce your risk for many cancers, including oral cancer.

Other ways to reduce your risk of oral cancer include:

- Not using tobacco products
- Reducing alcohol consumption
- Having regular dental check-ups

The mouth is just one part of the body that benefits from a healthy diet. Every system of the body can use the nutrients in produce, so start the countdown to five servings as soon as you wake up.

Sources:

pubmed.ncbi.nlm.nih.gov/16685056/
progressreport.cancer.gov/prevention/fruit_vegetable
nationaltoday.com/oral-head-and-neck-cancer-awareness-week/
tasteofhome.com/recipes/spring-pea-radish-salad/

Spring Pea and Radish Salad

1/2 pound fresh green beans

1/2 pound fresh sugar snap peas

2 cups water

6 large radishes, thinly sliced

2 tablespoons honey

1 teaspoon dried tarragon

1/4 teaspoon kosher salt

1/4 teaspoon coarsely ground pepper

Snip ends off beans and sugar snap peas. In a large saucepan, bring water to a boil over high heat. Add the beans, and reduce the heat to a simmer. Cover for 4 – 5 minutes. Add the sugar snap peas and simmer. Cover for another 2 – 3 minutes, until both beans and peas are crisp-tender. Drain. Toss beans and peas with radishes. In a separate bowl, mix honey, tarragon, salt, and pepper. Drizzle over vegetables.

Caregivers Need to Take Care of Themselves, Too

Millions of older adults and people with disabilities rely on family members to help them maintain their physical and social well-being. If you are among the 20 percent of American adults who identify as a caretaker, you also need to take care of yourself.

Caring for loved ones can be demanding, particularly if they have chronic health conditions. It's easy to push yourself too far. Caregiver burnout is very real, and when you are burned out, you can't help others.

If you are a caregiver, it's important to make time for yourself and NOT feel guilty about it. You can help preserve your physical and mental health by:

- Tending to your own physical and emotional needs
- Connecting with friends and family
- Taking breaks

There are lots of resources for caregivers. Respite care programs offer short-term care options so you can take the breaks that you need. More information about respite care programs can be found at lifespanrespite.wildapricot.org/StateRegistries/.

Sources:

acl.gov/programs/support-caregivers/national-family-caregiver-support-program
caregiver.org/resource/guide-taking-care-yourself/
caregiving.org/resources/





One Text or Call Could Wreck It All

Distracted driving is any activity that takes a driver's attention away from the road.

Examples of distracted driving include:

- Eating and drinking
- Talking to people in the vehicle
- Tinkering with the stereo or navigation system
- Texting or talking on the phone

Texting is the riskiest distraction for drivers. On average, sending or reading a text takes your eyes off the road for five seconds. If you are driving 55 mph while you're sending or reading a text, it's like driving the entire length of a football field with your eyes closed!

There is only one rule when it comes to using a cell phone while driving:

Only drive when you can give your full attention to the road. Do not engage in any non-driving activity when you are behind the wheel.

For information on the distracted driving laws in each state, visit the Governors Highway Safety Association at ghsa.org/state-laws/issues/distracted-driving.

Source:
nhtsa.gov/risky-driving/distracted-driving

TAKE A VACATION FROM SOCIAL MEDIA

Social media helps us keep in touch with friends and family. But fear of missing out (known as FOMO in social media slang) leads many people to spend too much time staring at their screens. Prolonged social media use can lead to higher levels of depression and anxiety. Taking a social media vacation can help you feel happier, less anxious, and more productive.

Most phones and apps can track how much time you spend on social media. If you look at those numbers and are surprised by how much time you spend online, consider signing off social media for a week.

If you think that seven days is too long to avoid social media, remind yourself that it will still be there when you get back. Let your family and friends know that you will be off social media, and that if they need to get in touch with you, they should call or text you, not tag you.

Then, plan to fill your week with activities you enjoy, like exercising, reading a book, or getting together in person with family and friends. Who knows? You might even inspire someone to take their own social media vacation.

Source:

psychologytoday.com/us/blog/thriving-the-challenges/202208/social-media-vacation-is-waiting-you





SPRING TRAVEL

THAT WON'T BREAK THE BANK

Taking time off from work is necessary for your well-being. It also increases overall productivity and performance. With inflation, high gas prices, and soaring airfares, you might think that now isn't a good time to travel. But there are lots of ways to find a vacation spot that fits your budget:

- **Let your wallet pick the trip.** Research a few possible destinations, and choose the one with the lowest airfares during your travel dates.
- **Book hotels with perks.** Complimentary breakfast and free cocktail hours let you save money for other fun activities.
- **Stay local.** Check out a new destination that is within driving distance of your home, so you can save on airfare.
- **Visit state and national parks.** Spending a few days in nature is good for your wallet and your mental health. There are options from low-cost campgrounds to extravagant resorts.
- **Maximize discounts.** There are lots of ways to save money on vacation, including online bookings, automobile club discounts, credit card airline miles, and more.

Sources:

forbes.com/sites/carolinecastrillon/2021/05/23/why-taking-vacation-time-could-save-your-life/?sh=3117033324de
rd.com/list/mini-family-vacations-on-a-budget/

MONTHLY QUIZ

1. When is a good time to take a walk?

- A. When you're stressed
- B. When you're anxious
- C. When you're happy
- D. All of the above

2. Who can benefit from rethinking their drinking habits?

- A. Women who have more than two drinks a day
- B. Men who have more than four drinks a day
- C. Anyone who drinks alcohol

3. True or False: You should only drive when you can give your full attention to the road.

- A. True
- B. False

1. D, 2. C, 3. A



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