

Health & Wellness Quarterly Newsletter



Setting New Year's Goals for Exercising

Everyone starts thinking about goals related to exercising when a new year rolls around. Our focus shifts from the holiday season to setting new resolutions. Setting goals requires planning to ensure what we have in our minds are attainable and clear. Then we start reaching those goals by developing healthier habits that support what we want to achieve.

Here are some suggestions to go along with setting your goals:

1. Evaluate how ready you are to commit to small steps at first then work your way up. Keep your goals in the area of what is realistic considering reasonable goals and building on what is actually achievable.
2. Take it easy in the beginning. Building up your strength takes time and you don't want to overdo it so you end up giving up before you have seen results.
3. Create consistent workout schedules that are reasonable and something you are willing to stick with.
4. Consider having a buddy to check in with who wants to achieve similar goals so you can be encouraged to continue your goals.
5. Balance your fitness goals with proper eating habits to ensure they support your muscle growth as you progress. Remember, nutrition is brain fuel and if you are not providing good fuel for your brain, you will not give yourself the best opportunity to feel better, produce better work, gain more energy, and enjoy a boost of confidence when it comes to exercising.

Winter Eating Habits

We tend to feel more hungry when the temperature drops due to more time spent inside and fewer daylight hours which make us want to stay indoors. Stress associated with changes at work or home can also add to an increase in eating habits. Add these together with limited time outside and we are setting ourselves up for developing some bad habits. In order to ensure we continue with healthy habits, be sure to pay attention to what you are eating, how often, and the quantity of what you have chosen to eat.



Some healthy choices in wintertime can include root vegetables such as carrots for a boost of beta-carotene, turnips for Vitamin C and A, and beets which offers support for healthy digestion and offers natural energy. Vitamin D rich foods like mushrooms, salmon, egg yolks, and red meat can ensure we get what we need so we can absorb the calcium we need. Old fashioned oats warm us up and including spices like cinnamon, cardamom and nutmeg add flavor without adding calories, fat, sugar, or salt. Soup is a perfect winter food as they ensure we are getting all the nutrition we need to feel full and boost our mood. Snacks and desserts like baked apples with cinnamon can surely make anyone smile. Stay healthy and remind yourself, one day at a time.



HEALTH & WELLNESS COMMITTEE

The local Health & Wellness Workgroup meets twice a year and has local representatives for each location. Contact Micky Dryden if you don't know who your contact is, or you are interested in promoting health & wellness at your location.

Micky.D.Dryden@mil.state.or.us





Reminder: You Deserve to Be Happy

Cascade Centers, Inc. has recently changed to canopy. The services are the same, they have just had a name change.

Depression can affect even the happiest of people during the season when events happen that we cannot control. If you find yourself struggling with work or family issues, there are options.

Canopy's PEBB member Page shows us they offer Employee Assistant Program (EAP) services to employees with professional counselors who can guide you over the phone or in office by listening to you and offering help to sort things out. This will give you

an opportunity to have someone to work on a plan to set things right in your life and get you back on track.

Crisis counseling is also offered because we never know when your world may turn upside down. These services are offered to employees and your eligible dependents 24-hours a day, seven days a week by calling (800) 433-2320.

Eat nourishing food, sleep seven to eight hours a night, keep company with good people, and avoid news overdose. Get regular exercise, do something meaningful each day and think good thoughts for others. These are all great ideas for how to keep your mental health in good working order so you can be the best you can be each and every day.

"The Secret of being happy is accepting where you are in life and making the most out of every day!"

~Unknown

Mental Health Strategies

Word Scramble:

1. elsenlws

2. eeyhign

3. eailv

4. ntsefis

5. phyap

6. hhaetl

7. ecexrsei

8. httsgrne

9. tailyviit

10. bweelinlg

Keep your mind challenged and mentally BE ACTIVE!



Individual Resilience

Individual resilience includes thoughts, behaviors, and actions that promote personal wellbeing and mental health. We can withstand, adapt to, and recover from stress and adversity when we use effective coping strategies.

Exercise mindfulness so you can more effectively predict judgment accuracy and better encourage insight-related problem solving opportunities. This happens when we use basic human skills to be fully present, aware of where we are and what we are doing in that moment. This gives us the chance to disengage from distractions that may be overwhelming or cause us to be reactive to instead of proactive in our thoughts and actions.

Compartmentalize or think about your tasks as separate from one another. Focus on one thing at a time. When you switch from one task to another, it is difficult to focus unless you "let go of" the other tasks. Keep lists so you don't have to feel like you need to remember everything. When interruptions happen, pause for a second before moving to that new task and jot down a note of where you were on the original task, then move to the interruption with a full focus.

Ensure you are taking breaks from your work. It is so tempting to just work through the moment but when you allow yourself a break, you can come back to your work with a clear mind that gives us the chance to see things with a different perspective. As tempting as it is to stay focused in the moment, we tend to develop stress and react to things rather than respond to them with the best answer if we are not taking time away to give our minds a pause or small break. This helps us to develop our mental agility and we are more apt to cultivate compassion when someone interrupts our work.

Developing yourself by building resilience is a skill that will ensure success as our work continues to change. Find time to focus on you. You are worth it!