City of Helena

MAKING LIFESTYLE CHANGES..... THAT CHANGE LIVES

Total Wellness®

BECOMING A TOTAL PERSON®

Volume XXII, Number 10 October 2014

Improve Your Life with Good Habits

To live a long, healthy life, it's important to practice good habits on a daily basis. **Here are several ways to improve your life with good habits:**

- Reinforce good habits through good choices. Find new places to go, select healthier foods, and spend time with friends who practice good habits.
- Reward yourself. Offer yourself incentives for making positive changes in your life. Give yourself a new book, a CD, a day at the spa, or a special treat like frozen yogurt.
- Change your habits for yourself, not others. Changing a bad habit requires self-motivation. Take ownership of the change in your life.
- Seek support from others. Get the help of friends, family, a support group, or a professional such as a doctor or counselor.
- Establish a new routine. Rearrange your schedule to include time for exercise. Set aside time for a healthy lunch instead of grabbing something from a fast-food restaurant.
- Be patient. Give yourself time to change bad habits into good ones. Avoid thinking that change can happen overnight.

Choosing Healthy Habits for Life

People are faced with hundreds of choices every day. They must decide what to eat for meals, when to exercise, who their friends are, and how they spend their time. For some people, making healthy choices is easy, but for many others, it becomes easy to slip into less-than-healthy habits. The good news is that it's never too late to put the brakes on bad habits and accelerate good habits in your life.

Here are several ways to add more good habits to your life:

- Hydrate your body with water. Opt for a glass or bottle of water to quench your thirst. Tip: Drink a glass of water when you first get out of bed to jumpstart your day.
- Eat a healthy breakfast each morning. Eating breakfast allows you to start your day with a healthy dose of vitamins and minerals so you boost alertness, attention, and performance during your day.
- Get plenty of sleep. Make your bedroom comfortable and relaxing so you can sleep well. Go to bed and wake up at the same time each day if possible. Strive for six to eight hours of sleep each 24-hour period.
- Improve your social life. Try volunteering, joining a club, or spending quality time with friends and family.
- Get active. Take a daily walk. Join a fitness club and work out on all or most days of the week. Wear a pedometer and strive to make 10,000 steps each day.
- Practice good hygiene. Wash your hands frequently, take regular baths or showers, wash your hair, and brush and floss your teeth.
- Stretch your mind. Set aside time each day for reading, taking part in a hobby, putting a puzzle together, or doing other activities that cause you to think.
- Choose healthy snacks. Grab a piece of fruit or cut-up vegetables when you're craving a snack.
- Adapt recipes. Replace unhealthy ingredients in recipes with healthier choices. Choose lean meats and whole grains. Instead of salt, opt to season with spices.
- Stop smoking. Set a time to quit smoking. Seek help from your doctor to quit.
- Get checked out. Visit your doctor for checkups according to the recommendations for your age and gender.

Prepare for Winter

- Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.
- If you plan to use a fireplace or wood stove for heating, have it inspected each year.

- Check the batteries in your smoke and carbon monoxide detectors.
- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- If possible, weatherproof your home by adding weather-stripping, insulation, or specially insulated doors and windows.
- Provide your outdoor pets with adequate shelter to keep them warm and make sure they have access to unfrozen water.

Making the Most of Your Golden Years

Here are some tips on how to make the most of your golden years: • Make a retirement plan early in case you're suddenly laid off. • Plan to spend less. What you have in the bank doesn't count as much as what you have in relation to what you expect or will be satisfied with. • Pick your neighborhood. Economists at Harvard recommend that you choose a neighborhood you can afford rather than one you can barely afford. • If you don't have a traditional pension, investigate other options available for funding during your retirement years. • Plan to do some work in retirement. Volunteer or work part-time. • Keep your friends. Seeing good friends regularly brings a great deal of enjoyment.

Take Medication Safely on the Road

Traveling for business or pleasure alters your daily routine and disrupts your schedule, including your healthcare habits like taking medication. The American Pharmacists Association urges people to practice safe medication use when traveling. **Here are tips you should know before you go:**

- Carry your medication schedule with you, including both prescription and over-the-counter medications. Include a list of medications (brand name and generic), how you take them, and why.
- Have a plan for adjusting your medication regimen. Travel may require you to adjust your medication regimen for time and routine changes.
- Keep medications in your carry-on bag. Keeping medications with you ensures immediate access in case of an unexpected event.
- Store medications in their original labeled containers and bring more than you expect to use during your travels.
- Ask your pharmacist if there are any foods or beverages that conflict with your medicines.
- Be cautious drinking alcohol. Alcohol can conflict with many prescription and over-the-counter medicines.
- Talk to your pharmacist or doctor. He or she can help you understand how to manage your medications whether you're at home or away.
- Remember, you may take a holiday, but your illnesses don't. Take your medications as prescribed on a regular basis.

For more information, visit the American Pharmacists Association at www.aphanet.org.

Keeping Trick-or-Treaters Safe

Many people enjoy handing out candy to their little visitors on Halloween. **To make sure your visiting trick-or-treaters stay safe this year:**

- Clear away lawn equipment and any clutter from the yard, walkways, and steps so kids don't trip over them.
- If you have lighted jack-o'-lanterns, position them far enough away from where kids will stand so their costumes won't catch fire. *Tip:* Use glow sticks instead of candles to light jack-o'-lanterns.
- Turn on several outside lights during the evening, especially for pathways.
- If you're driving during the trick-or-treat time, watch out for kids.

Here are some general tips for parents of trick-or-treaters:

- Check to make sure no parts of the costumes drag on the ground. Kids could step on them, trip, and fall. Have them wear sensible shoes and wear face paint instead of masks.
- Tell your kids to walk and not run, stay on sidewalks, and cross streets only at intersections.
- Advise kids to approach only houses that have outside lights burning and never go inside a house.
- Accompany young children. Older kids should travel with a group of friends.

Get Fit with an Exercise Bike

With cooler weather just around the corner, many people will be looking for alternative ways of exercising indoors. One effective method is riding a stationary, or exercise, bike. **Here are several tips for using an exercise bike to stay fit:**

- Use a bike that fits you. Make sure the seat height and your distance away from the handlebars is comfortable. If it's too high, you'll be straining to reach and might injure yourself.
- Learn about your exercise bike and how to use it safely. Make sure you understand how to adjust the intensity and change the program options.
- Begin your bike workout slowly and build up to longer, more intense workouts. Listen to your body and adjust the tension and speed accordingly. Don't be afraid to slow down or take a break when necessary.
- Avoid gripping the handlebars too tightly, as this will increase the tension in your neck and shoulders.
- Wear appropriate clothing. Opt for bike shorts, preferably padded ones like most outdoor cyclists wear, for comfort.
- Remember to drink plenty of water before, during, and after your workout.

Heads Up: Recognizing Concussions

With football and soccer season in high gear, parents, players, and coaches should all be aware of these warning signs and symptoms of concussion. **According to the Centers for Disease Control (CDC), here are symptoms to note:** • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Headache • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion.

For a fact sheet on concussions, visit the CDC at http://www.cdc.gov/ncipc/tbi/CGToolKit/AthleteFactsheet.pdf.

Reap the Benefits of Exercise

• Reduces the risk of diabetes. • Helps you maintain a healthy weight. • Reduces the risk of premature death. • Reduces the risk of heart disease. • Improves the health of muscles and bones. • Improves mental health. • Reduces the risk of high blood pressure. • Reduces the risk of colon cancer. • Helps older adults become stronger.

Source: Shape Up America!, www.shapeup.org

Don't Be Tricked by Fad Diets

I'm frequently asked what I think of certain diets. Is this one better than that one? How much red meat is really healthy in one day? Does this food really burn fat?

With 200 million overweight or obese adults in the U.S., it's easy to understand the appeal of most popular diets – quick and easy weight loss. It's also easy to be confused about diets. One person on a high-carbohydrate, low-fat vegetarian diet drops several dress sizes and 25 pounds in a few months. Another person tries a high-protein/high-fat, low-carbohydrate diet and loses the same. How can such differing approaches work equally well?

Without examining whether one approach is healthier than another, you need to understand that when it comes to simple weight loss, it's not about the nutrients being offered by a diet plan. It's about the calories being consumed. Nothing changes the fact that if you're burning more calories every day than you're taking in, you should lose weight. And vice versa. That's the bottom line, whether the calories come from protein, fat, or carbohydrates.

Don't get caught up in the marketing spin. While one marketer claims reduced carbohydrates and increased proteins as the success of their diet, another tells you that their diet plan works because you have eliminated sugars and refined carbohydrates. The reality is that through following their plan you have reduced your calorie intake and not even noticed. If following their diet means you take in between 1,200 and 1,800 calories a day, you'll lose weight. It's simple math.

Another factor to consider is that the lost weight oftentimes is not body fat. The scale may be going down, but pleasing numbers may only represent water and muscle that's being shed. While this is most often true of crash diets, it's a part of many popular diets as well.

Without the establishment of a balance of the proper nutrition and exercise, a diet can be far more detrimental in the long term than any temporary celebration through a change in wardrobes.

John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of Pushing Yourself to Power. *He created the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on John Peterson and Transformetrics, visit www.bronzebowpublishing.com or call 1-866-724-8200.*

Decide to Live Life Worry-Free

By Paul J. Meyer

More damage is done by worrying than by what is being worried about. This is because 90 percent of all worries never come to pass. Over the years, I have made it a deliberate point not to worry. If something happens at work or home that would constitute a worry, I have learned to address the potential worry and say, *"I'm going to wait to worry."* Then, when I objectively and realistically address the issue, the "obvious" need for worrying goes away.

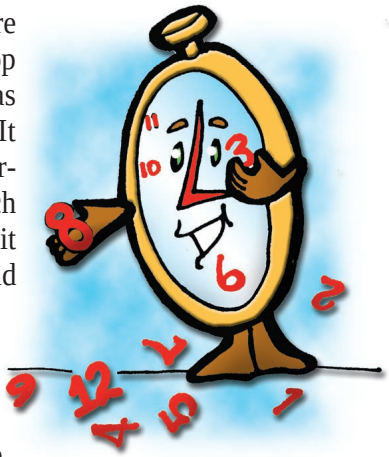
For me to enjoy life, remain healthy, and be full of peace, worry cannot be a part of my daily routine. I have seen its disastrous effects on the lives of people and their children. **Here are a few of the side effects of worrying:**

- *Self-doubt* – It is a downward spiral that focuses on the negative and why things cannot be done versus why things can be done. It is a sinkhole, a debilitating attitude, and a terrible habit.
- *Mediocrity* – Capable people who worry are rendered incapable of accomplishing their intended goal.
- *Fright* – People who worry are not being cautious or thinking things over; they are simply scared. Running scared is the enemy of success, peace, contentment, happiness, joy, and laughter.
- *No spark* – The excitement is gone. Worry lets the air out of all you do, draining the fun and excitement from everything.
- *No creativity* – The freedom to be creative is squelched by worry. You simply cannot excel to your full potential when worry controls your thoughts.
- *Hazy results* – Those who worry are second-guessing themselves, which produces a hesitancy that brings with it an unclear focus. Such a hazy goal will produce a hazy result.
- *Bad habits* – Worrying is a habit, the result of preconditioning and years of practice. The destructive habit of worrying turns people into prisoners.
- *Physical ailments* – The body reacts adversely to internal worries.
- *Wasted time* – More than 90 percent of what you worry about never comes to pass.

Make the decision for yourself to live life worry-free. It is not only possible, but it is also very enjoyable!

Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. *For more information, visit his website at www.pauljmeyer.com.*

Learn to Bounce Back



When my children were growing up, they had a bop bag. This inflatable toy was weighted in the bottom. It looked like Batman or Superman and was designed in such a way that when it was hit, it would fall over but then would bounce back up again.

There are lessons to be learned from the bop bag. Life is going to knock you down, but just because you're knocked down doesn't mean you have to stay down. Like the bop bag, you can bounce back up again and reclaim your life and your time.

As human beings, we have amazing resiliency and more courage and determination than we can ever imagine. Learn a lesson from the bop bag super heroes... when life knocks you down, make the choice to bounce back!

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life *and* Make Life Count! – 50 Ways to Great Days. *For more information, visit www.JulieAlexander.com.*

Eating Tips for Shiftworkers

Shift work presents unique challenges to eating healthy. **Here are simple tips for eating on your shift:** • Keep a regular eating schedule. • Eat light meals at night. Avoid eating a full meal between 10 p.m. and 6 a.m. Munch on foods that come in small portions, such as an apple, carrots, or whole-wheat crackers. • Eat the "right" foods. Stay away from foods that are high in fat. Select whole-grain breads and cereals, skinless chicken, fruits and vegetables, and fish. • Eat slowly. • Limit coffee. Water is a good alternative to coffee.

InSync® Moment – Listen to the Music

Birds call. The wind howls. The waves crash. The melody sings. There's laughter. There's a whisper. There's an apology. Do you hear the "I love you"? Do you hear the imperceptible sound of breath? Music is everywhere. It's showcased in the quiet. Listen, really listen, to the music of life.

© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at 1-877-InSync® (1-877-467-9627) or at spilgrim@transbay.net.

Watch What You Heat

Safety advocates are spreading the word on the dangers of cooking fires, most of which result from unattended cooking. According to the latest NFPA research, cooking is the leading cause of home fires. One out of three home fires begins in the kitchen, more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

Here are several safety tips from firefighters and safety advocates on how to prevent cooking fires:

- Stay in the kitchen when you're frying, grilling, broiling, or boiling food.
- If you must leave the room, even for a short period, turn off the stove.
- When you're simmering, baking, or roasting food, check it regularly. Stay home and use a timer.
- If you have young children, use the stove's back burners as much as possible.
- Keep young children and pets at least three feet away from the stove.
- When you cook, wear clothing with tight-fitting sleeves.
- Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.
- Clean up food and grease from burners and stovetops.

Handle Tools with Care

• Select the right tool for the job you're doing. • Examine a tool for damage before using it. Keep your tools in good condition with regular maintenance. • Use the proper protective equipment for the tool you're using. Don't wear loose clothing, dangling objects, or jewelry. If you have long hair, restrain it. • Avoid dangerous environments. Don't use a power tool in a damp, wet, or unsafe area. • Always disconnect electrical tools when not in use or when changing accessories such as drill bits, blades, or cutters. • Avoid carrying the tool by the cord. Hold it by the handle. • Secure items with a clamp or vise so your hands are free to operate the tool. • Make sure observers are at a safe distance away. • Keep good footing and maintain good balance.

Avoid Glue Gun Burns

Fall begins the big season for crafts, and a glue gun is used for many projects. **The following are some safety tips from the Hobby Industry Association:** • Handle objects you're gluing with tweezers or toothpicks when possible. • Use the right glue stick for wood, glass, fabric, or other surfaces; clean and sand smooth surfaces before attempting to bond. • Cool the glue gun completely before storing it.

Prevent Crimes at Home

• Never automatically open your front door. Make sure you know a visitor's identity before admitting him or her. • If the person at your door is a stranger, ask for identification to be passed under the door. If they're unable to do this, don't allow them in. • Install a wide-angle viewer (peep-hole) in your door so that you can check a person's identity without unlocking your door. • Install deadbolt locks on all doors that lead to the outside. • Place sufficient lighting in the front and back of your home. • Trim all landscaping below windows to avoid concealment areas. • Fortify your windows and sliding glass doors with secondary locks or dowels that fit securely in windows. • Never leave a key over a door or under a door mat. • Mark your valuables and keep an accurate record of your most valuable possessions. • When leaving on a trip, stop all deliveries, connect a light to a timer, have a neighbor check your home periodically, and have someone maintain your lawn. • Make sure your address is visible from the street so emergency personnel can respond quickly. • Get a dog. Dogs are a good deterrent to burglars. • Be a concerned neighbor. If you see a suspicious person, car, or situation, contact the police. • Organize and/or join a neighborhood watch program.

For more information, visit the National Crime Prevention Council at www.ncpc.org.

Increase Breast Cancer Awareness

According to the Susan G. Komen Breast Cancer Foundation, there's no sure way to avoid breast cancer. Some healthy lifestyle choices, however, may help lower the risk of the disease and have the added bonus of cutting the risk of heart disease, diabetes, colon cancer, and osteoporosis.

To decrease your risk for breast cancer: • Be physically active. • Maintain a healthy weight. • Cut down on "bad" fats (saturated and trans fats), and consume more "good" fats (polyunsaturated and monounsaturated fats, like olive and canola oil). • Take a daily multivitamin with folic acid (often called folate on nutrition labels). • Limit alcohol intake to less than one alcoholic drink a day. (Regular drinkers should try to get adequate folic acid, either through a multivitamin or rich food sources like oranges, orange juice, or fortified breakfast cereals.) • Choose to breastfeed children instead of formula feeding them if possible.

The risk factors for breast cancer can include: • Age • Being female • Getting older • Family history of breast cancer • High breast density • Personal history of breast cancer • Radiation exposure or frequent x-rays as a youth • Not having children • Menopause at age 55 or older • Having a child after age 30 • Overweight • Lack of exercise • Drinking alcohol • First period before age 12 • Post-menopausal hormone use • Not breastfeeding.

For more information on breast cancer, visit the Susan G. Komen Breast Cancer Foundation website at www.komen.org.

Recognize the Signs of IBC

Many people may not be aware of inflammatory breast cancer (IBC). Unlike other forms of breast cancer, IBC often lacks a distinct lump or tumor. Instead, it grows in nests or sheets that spread through the breast.

There are many symptoms of inflammatory breast cancer. It's important to see your doctor if you have any of these symptoms: • one breast becomes much larger than the other one (often sudden) • warmth and swelling in the breast (often sudden) • redness or pinkness that may look like an infection • itching or pain in the breast that won't go away • dimpling of the skin that may look like the skin of an orange • ridges or thickened areas of skin • nipple discharge • nipple retraction or flattening • change in the color of the areola (the dark skin around the nipple) • a bruise that doesn't go away • swollen lymph nodes on the neck or under the arm • a lump (although often there is no lump).

For more information on this type of breast cancer, visit the Susan G. Komen Breast Cancer Foundation at http://www.komen.org/stellent/groups/public/@dallas/documents/-komen_site_documents/dsbcinflammatory.pdf. Or, visit the American Cancer Society at www.cancer.org or the IBC Research Foundation at www.ibcresearch.org.

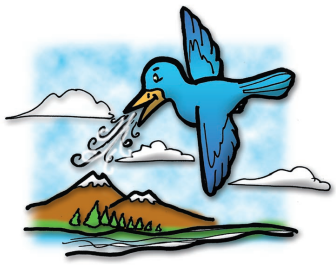
A Healthy Smile Lasts a Lifetime

Today's hectic adult lifestyle often leaves little time for the daily oral health care routine needed to prevent cavities and periodontal disease. According to the American Dental Hygienist's Association, this is unfortunate since periodontal disease is the most common cause of tooth loss in adults. In fact, an estimated 75 percent of Americans reportedly have some form of periodontal disease.

Early detection of periodontal disease reduces the risk of permanent damage to teeth and gums and can prevent more extensive and costly treatment later in life. Regular professional visits, every six months or as scheduled by your dental hygienist, can help you learn more about proper care for your teeth and gums.

To find out how to brush and floss your teeth properly, visit http://www.adha.org/oralhealth/brushing.htm and http://www.adha.org/oralhealth/flossing.htm.

Ways to Breathe Easier



According to the American Academy of Allergy, Asthma and Immunology, approximately 60 percent of asthma attacks are caused by environmental allergens and irritants such as smoke, pollen, and animal dander. **Here are ways to help prevent asthma attacks:**

- Watch for changing weather conditions such as ozone alerts, changes in temperature, humidity, barometric pressure, or strong winds that can aggravate asthma.
- Minimize strenuous physical activity outdoors on days when temperatures are excessively high.
- Take medications as prescribed by your allergist/immunologist in the recommended dosage.
- Sit far away from smoke created by campfires or someone who's smoking.
- Don't stand directly behind cars that are running; exhaust fumes can trigger an asthma attack.
- Air out tents, tree houses, or other confined places where mold, a common allergen, can be found.
- Shower and wash your hair every night before going to bed to remove allergens from your hair and avoid getting them on your pillow.

For more information, visit the American Academy of Allergy, Asthma and Immunology, www.aaaai.org.

Crunch into Pumpkin Seed Benefits

While you can buy pumpkin seeds at your local grocery, you and your family may find it fun to make your own. Here's how: First, remove the seeds from the pumpkin's inner cavity and wash them off to remove clinging pulp that may be on them. Then, spread the seeds out evenly on a foil-lined cookie sheet to dry. After the seeds are dry, lightly spray the seeds with vegetable cooking spray or sprinkle them with olive oil and add seasonings of your choice – Worcestershire sauce, garlic, cajun seasoning, or hot spices. Place the tray in a preheated oven at 250°F for 10 to 15 minutes or until seeds are a light golden brown color. You may need to stir the seeds to make sure they don't burn. Once cooked, cool the seeds before eating or storing. Then, store them in an airtight container at room temperature up to three months or refrigerate up to one year.

Here are ways to enjoy the health benefits of pumpkin seeds:

- Pack baked pumpkin seeds in your lunch for a crunchy snack.
- Add pumpkin seeds to sautéed vegetables or pasta dishes.
- Toss pumpkin seeds in your mixed green salad.
- Mix ground pumpkin seeds in your homemade breads or granola recipe.
- Grind pumpkin seeds with garlic, parsley, and other spices and mix with olive oil and lemon juice for a tasty salad dressing.
- Add some ground pumpkin seeds to your hamburger meat mixture.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, The Energy Edge, *gives power points to have energy for life!*

Serve Up a Slice of Health

Nutritionists know that pumpkin does more than satisfy the taste buds. It also wins big for its nutritional values. A slice of pumpkin pie has up to three times the recommended daily value of beta-carotene plus the phytonutrients *lutein* and *zeaxanthin*.

Research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene also offers protection against other diseases as well as some degenerative aspects of aging.

Pumpkins come from the same family as squash, gourds, cucumbers, and melons. The pulp, seeds, and flowers of a pumpkin are all edible and nutritious. In fact, the seeds of a pumpkin may help reduce the risk of prostate cancer. Many people use pumpkin to make breads and muffins, soups, and puddings. They can also be added to vegetable casseroles and risottos or stuffed in tortillas, wraps, or pita bread.

Pumpkins are a rich source of beta-carotene, which the body uses to make vitamin A. They also contain calcium, iron, folate, fiber, and vitamins C, K, and E. Another benefit of pumpkins is they're naturally low in salt, calories, and fat, and they taste good. Pumpkins also have no cholesterol.

Here are several helpful tips on cooking with pumpkin:

- Look for pumpkins that are unblemished and heavy for their size.
- To cook fresh pumpkin, try roasting, baking, or adding it to other dishes.
- To reduce the fat content of your pie, use fat-free canned milk.
- If you use whipped cream as a topping, select fat-free whipped cream.
- For more intense flavor in your pie, add a bit of extra spices such as nutmeg, cinnamon, and cloves.
- Store fresh, cooked pumpkin properly. You can keep it in your refrigerator for about five days, or in the freezer for up to six months.

PUMPKIN BREAD PUDDING

Makes 15 servings

2 cups skim milk
1 cup honey
1 can (16 oz.) unsweetened pumpkin
1/2 tsp. ground ginger
1-1/2 tsp. cinnamon
2 egg whites, slightly beaten
2 tsp. vanilla

1/3 cup dates, soaked in water and coarsely chopped
1 large carrot, grated
1/2 loaf French bread, cubed
2 Tbsp. fat-free frozen yogurt, per serving
1 tsp. pourable fruit (purchased), per serving
Sliced fruit for garnish

Preheat oven to 350 degrees. Mix together milk, honey, pumpkin, spices, egg whites, vanilla, dates, and grated carrot. Place bread cubes in a 9x13-inch pan sprayed with cooking spray. Pour liquid mixture over bread cubes. Cover pan with foil and bake for 35 minutes. Remove foil and bake an additional 10 minutes or until browned on top. Cut into 15 squares. To serve, place a square on a plate or in a sundae glass. Spoon on 2 Tbsp. frozen yogurt as sauce. Garnish with fruit and drizzle with 1 tsp. all-fruit syrup.

From Pamela Smith's Eat Well, Live Well. *Visit www.pamsmith.com for more information.*

Each serving contains: 154 calories, 3.5 g. protein, 0 g. fat, 0 mg. cholesterol, 34 g. carbohydrates, 130 mg. sodium. Calories from fat *0 percent*

✂ clip and keep

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safety

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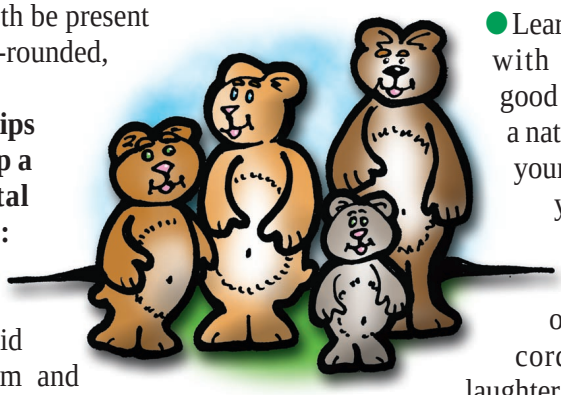
- Change your habits for yourself, not others. Changing a bad habit requires self-motivation. Take ownership of the change in your life.
- Seek support from others. Get the help of friends, family, a support group, or a professional such as a doctor or counselor.
- Establish a new routine. Rearrange your schedule to include time for exercise. Set aside time for a healthy lunch instead of grabbing something from a fast-food place.
- Be patient. Give yourself time to change bad habits into good ones. Avoid thinking that change can happen overnight.

When Life Gets You Down...

In most cases, people spend time taking care of their physical health and often neglect their mental health. However, it's important to recognize that physical and mental health must both be present to lead a well-rounded, healthy life.

Here are tips on how to keep a postive mental outlook on life:



- Boost your self-confidence. Avoid self-criticism and respect yourself.
- Be realistic. If you feel overwhelmed by too many activities, learn to say no. Avoid taking on more responsibilities than you can or should handle.
- Do nice things for yourself once in a while. Spend time doing things that give you joy. Make time for your hobbies and favorite projects.
- Meditate. Spending 10 to 20 minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Listen to music, relax, and try to think of pleasant things or nothing.
- Enhance your mind. Work a daily crossword puzzle, do a word find, plant a garden, learn to play an instrument or to speak a different language, or take a college class with a friend.
- Learn to deal effectively with stress. Practice good coping skills, take a nature walk, play with your pet, or write down your thoughts in a journal.
- See the humorous side of life. According to research, laughter is good medicine and can boost your immune system, ease pain, offer relaxation, and lessen your stressed-out feeling.
- Be open to new things. Don't be afraid to vary your routine occasionally. Change how you exercise, do something spontaneous with your spouse or a friend, visit a new restaurant, or attend a concert or play in your area.
- Talk to someone. Sharing your thoughts and concerns with someone can help you deal with issues you're facing.

For more information, visit the National Mental Health Association at www.nmha.org.