

# Healthy Lifestyles

May 10, 2023

## Yoga for All – Getting active with Yoga

**By Cristina Roy, CIYT**

If you're looking for a way to get active and improve your overall health, yoga is an excellent choice. Yoga is a low-impact form of exercise that can be practiced by people of all ages and fitness levels, making it ideal for beginners.

Many people turn to yoga because they want to improve their physical health, alleviate injuries, or reduce stress in their lives. The physical practice of yoga can help with all these things. Yoga improves strength, flexibility, and can reduce pain from injuries or chronic conditions. Furthermore, yoga can also have a positive impact on mental health, reducing stress and anxiety by connecting us to our bodies and helping us to be present in the moment.

Some people may be intimidated by yoga because they feel that they are not naturally flexible or strong enough to perform difficult poses. However, yoga is accessible to everyone, and poses can be adjusted to meet individual needs and conditions



using props such as chairs, blocks, and blankets. This enables beginning students, the elderly, or those with physical limitations to perform poses correctly, minimizing the risk of injury or strain.

One of the main benefits of yoga is improved flexibility. Many people struggle with stiffness and limited mobility, making it difficult to move freely and perform everyday activities. Yoga poses are designed to

stretch and lengthen muscles, releasing tension and increasing mobility. Regular yoga practice can make it easier to move without discomfort or stiffness.

Another benefit of yoga is improved balance and stability. Many yoga poses require you to engage your core and maintain balance, which can strengthen the muscles that support your body. This can be especially helpful for older

adults or those with mobility issues, as it can reduce the risk of falls and other injuries.

In addition to physical benefits, yoga can also have a positive impact on mental health. Studies have shown that yoga can reduce stress and anxiety, improve sleep quality, and enhance overall well-being. This can be especially important for those with stiff bodies, as chronic pain and discomfort can often lead to stress and anxiety.

One of the best things about yoga is that it can be practiced by people of all ages. Whether you are a child or a senior, yoga can be adapted to meet your needs and abilities. There are many different types of yoga, from gentle restorative yoga to more advanced forms such as power yoga, so there is something for everyone.

Yoga is an excellent way to get active and stay healthy. Whether you want to improve flexibility, strength, or balance, or simply want to reduce stress and promote relaxation, yoga has something to offer. With its low-impact nature and adaptability to all ages and abilities, it is an excellent form of exercise that can be practiced for a lifetime.

*Back2Health Yoga is a yoga studio located in Wappingers Falls. For information about yoga offerings, please visit [back2healthyoga.com](http://back2healthyoga.com) or call 845-202-2228*



**Top:** Many people turn to yoga because they want to improve their physical health, alleviate injuries, or reduce stress in their lives. **Above,** Instructor Cristina Roy provides guidance during class.

*Courtesy photos*

# Summer is on the way - Tips for senior summer health

By Laura Baldi OTR/L



Laura Baldi

Summer is a great time to enjoy celebrations and outdoor activities. While fun in the sun is good, it is important for seniors to reduce time in the heat, especially during these warmer months.

According to research conducted at Duke University, more than 80% of heat-related deaths occur in people over 60. Older adults may have increased risk of heat injuries, however, there are a few ways to help enjoy a safer and healthier summer.

**Stay Hydrated** - Seniors are more susceptible to dehydration. They may not sweat or recognize

## BROOKMEADE SENIOR CONCEPTS

thirst as effectively as when they were younger, and many seniors take diuretics which cause the body to lose fluids. Increasing liquids is important throughout the year but especially important during the hot summer months. Reduce caffeinated and sweetened beverages, drink extra water or a sports drink like Gatorade before leaving the house, and always bring a cold water bottle along with you.

**Dress to Stay Cool** - Wearing light, loose fitting clothes can help with your body's ability to regulate temperature and release heat. Avoid wearing dark, tight clothing.

**Protect Your Skin** - Always apply

and reapply a broad spectrum sunscreen that protects against UVA and UVB rays. Remember to protect your eyes by wearing sunglasses and wide brimmed hats to protect yourself from the sun. Find shady areas when possible.

**Pay Attention to the Environment** - The risk of falling increases when in unfamiliar areas or on uneven surfaces, so be attentive of your surroundings. It is easy to get distracted by the scenery but be aware of tripping hazards.

**Stay Cool** - Avoid going out during peak hours, usually between 10am and 4pm, when temperatures are at their highest.

Also, try to limit heavy activity such as gardening. If you begin to feel hot, stop what you are doing and cool down. Go indoors, sit in the air conditioning, and drink some water. If you cannot find a cool place with air conditioning, put cold wet cloths on your neck, wrist, and ankles to help cool your body down.

**Know the Signs** - Signs of heat related injuries include confusion, weakness, cramping, heavy sweating or a change in sweating, fatigue, clammy skin or nausea or vomiting. If you experience these symptoms you should contact 911, you may need medical attention.

Summer is all about vacations, family get-togethers, and spending more time outside. Using these tips can help reduce the risk of injury and increase your ability to have fun with family and friends. Enjoy your summer festivities!

*Author Laura Baldi is the Director of Rehabilitation at Meadows at Brookmeade Community which provides long-term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation.*



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## Wellness exams are keys to health for older adults

(StatePoint) You've selected your insurance plan for the year. Now, it's time to start using your benefits, beginning with an annual wellness exam.

An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added.

A number of annual check-ups are available at no extra cost to those with Medicare. They include a "Welcome to Medicare" visit for customers who have just reached Medicare eligibility and an "Annual Wellness Exam" for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit.

Sobel offers the following tips to ensure you get the most from your visit. 1. Prepare. Before you go, write down anything you'd like to discuss with your health care provider. 2. Speak openly. Being honest is the only way your health care provider can help you reach your goals. 3. Mind mental health. Talk to your doctor if you are feeling sad, anxious or hopeless. 4. Monitor medications. Don't forget about over-the-counter drugs, vitamins or nutritional supplements you take. 5. Schedule screenings and get vaccines.



## Managing emotional and physical stress is an important consideration for caregivers

Caregiving often means assisting with one or more activities of daily living including bathing and dressing, as well as multiple important activities of daily living such as paying bills, shopping and using transportation. Caregivers also provide emotional support to people with Alzheimer's disease as well as communicating and coordinating care with other family members and health care providers, ensuring safety at home and elsewhere and managing health conditions.

A 2022 report from the Alzheimer's Association found that 83 percent of the care provided to older adults in the United States comes from family members, friends or other unpaid caregivers. Nearly half of all caregivers (48 percent) who provide help to older adults do so for someone with Alzheimer's or another dementia, and more than 11 million Americans provide unpaid care for people with Alzheimer's or other dementias.

Caregivers are at risk for depression and can develop other stress-related health conditions. The Alzheimer's Association also found that 17 percent of caregivers were in poor physical

health, while more than 52 percent had chronic health conditions. More than 28 percent suffered from depression.

"Caregiving can take a serious toll on the primary caregiver, both physically and emotionally," said Meg Boyce, vice president of programs and services for the Alzheimer's Association Hudson Valley Chapter. "Self-care is critically important, and our organization provides several ways to help caregivers do that – whether it's getting a Care Consultation with one of our staff social workers to learn about available resources, taking advantage of our Time Away respite grants so they can have some time to themselves or participating in one of our virtual or in-person support groups."

If a caregiver experiences one or more of the following symptoms, they may be experiencing caregiver stress:

- They regularly feel like they have to do it all themselves and that they should be doing more;
- They withdraw from family, friends and activities that they used to enjoy;
- They worry about the safety of

the person they care for;

- They regularly feel anxious about money and healthcare-related decisions;
- They deny the impact of the disease and its effects on their family;
- They feel grief or sadness that their relationship with the person isn't what it used to be;
- They feel frustrated or angry when the person continually repeats things and doesn't seem to listen; and
- They experience health problems that take a physical or mental toll.


In fact, the Centers for Disease Control and Prevention (CDC) found that more than half (53 percent) of caregivers indicate that a decline in their health compromises their ability to provide care. And caregivers and their families often experience economic decline through lost wages and an increase in medical expenses.

The CDC also found that caring for an older adult can be associated with elevated levels of depression and anxiety, higher use of psychoactive medications,

worse self-reported physical health, compromised immune function and increase risk of early death.

In 2020, at the height of the COVID pandemic, the American Psychological Association found that two-thirds of unpaid caregivers for older adults reported at least one adverse mental or behavioral health symptom in the 30 days prior to taking a June survey, while roughly one-third of unpaid caregivers reported mental or behavioral health problems such as anxiety, depression or substance use in the 30 days prior to the survey.

Identifying this stress is the first important step so that caregivers can work toward managing their own health by consulting their doctor and taking advantage of Alzheimer's Association resources. Resources include confidential information and support, in-depth care consultations, caregiver support groups, education programs specifically for caregivers, helpful online tools and referrals to local resources.



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# It's time to 'get moving' – exercise counts!

By Christian Campilii PT, DPT



Christian Campilii

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control and overall quality of life.

The second edition of the "Physical Activity Guidelines for Americans," reports that approximately 80 percent of U.S. adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and

## BODY KNOWLEDGE

improve many chronic conditions. America, it's time to get moving!

According to the guidelines, the following is recommended:

- **Preschool-aged children** (ages 3 through 5 years) should be physically active at least for three hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
- **Children and adolescents** (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
- **Adults** should do at least 150 minutes of moderate-intensity

aerobic activity a week, and at least two days for muscle-strengthening activities. Adding more time provides further benefits.

- **Older adults (ages 65 and older)** should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
- **Pregnant and postpartum women** who were physically active before pregnancy can continue these activities during pregnancy and in the postpartum

period, but they should consult their health care provider about any necessary adjustments.

• **Adults with chronic health conditions and disabilities**, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a healthcare provider about the types and amounts that are appropriate for you.

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

You can contact a physical therapist directly for an evaluation. You do not need a physician referral.

\*Adapted from APTA and U.S. Department of Health and Human Services

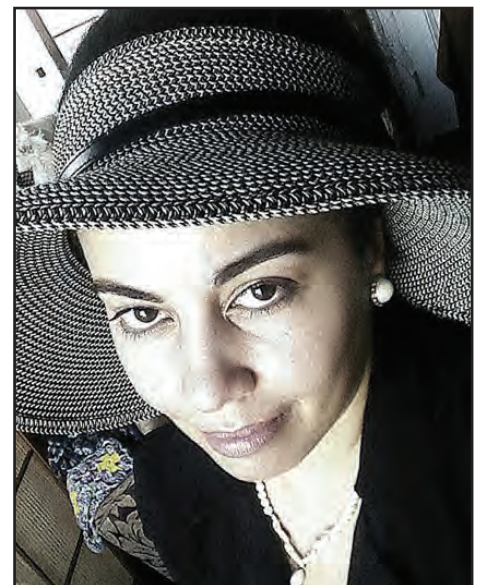
For more information, visit [centerforphysicaltherapy.com](http://centerforphysicaltherapy.com) or call 845-297-4789.

# Special candles will make great gifts for Mother's Day

Whether it's breakfast in bed, dinner at a restaurant or a gift card, most of us have already begun planning something special for that special lady we all know as "Mom."

## LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady



Here are some candle ideas to consider as you plan to celebrate Mother's Day.

1. The way to successfully achieve a tasteful décor is to create special settings in different areas of the house. If you have a fireplace, decorate the mantel with a banner with the word Mom in it such as "Best Mom Ever" and place beeswax pillars on the mantel and tealight candles on the coffee table adorned with floral candle rings.
2. If your memories of Mom are of her baking sweets, surprise her with a homemade cake or cookies. This homemade item will be an excellent choice especially if you include a sweet scented candle such as Vanilla.

Consider what her favorite colors are and select natural dried flowers or wooden roses in those same colors. If you are serving her breakfast in bed, include a small vase with the flowers and a unscented votive candle.

3. Even if you find yourself far away from Mom, find out what "local" shops she likes and have a gift basket delivered to her doorstep. Include items that encourage her to have "me time." Taking a bubble bath and gifting her a lavender scented lotion candle that can also be used as a lotion will make her feel pampered.

4. For those that unfortunately do not have mothers anymore, it is acceptable and appropriate to light a candle next to her picture or plan a visit to place a solar

candle lantern at her final resting place and reflect on a life well lived.

The attention to detail in making Mother's Day memorable will be greatly appreciated.

Practice safety when burning candles, never leave them unattended and keep away from children and pets.

Never burn a candle for more than 4 hours, trim the wick to ¼ inch each time it is re-lit.

Sonya, the Candle Lady has established herself as a trusted source for soy and beeswax candles when she opened Ye Olde Candle & Gift Shoppe in 2015. She was featured in The Hudson Valley Magazine's Face of Soy & Beeswax Candles for 2022 and was selected as an artist to participate in Dutchess Homemade for Arts Mid-Hudson. She believes that candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax. Sonya offers weekly candle making classes including wax melts. You may e-mail her at [sonya@yeoldecandlehousegiftshoppe.com](mailto:sonya@yeoldecandlehousegiftshoppe.com)

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# Spring is the season to focus on wellness

**By the All Sport Staff**

There are exciting things happening at All Sport Health and Fitness. From new equipment to new classes, this club is giving its members a variety of options to stay healthy and well.

As the temperatures begin to rise and the flowers start to bloom, many of us start to feel the urge to get moving. Spring is a great time to focus on fitness, wellness and exercise, and there are many ways to take advantage of this season to improve your health and well-being.

While spring exercises can be done outside, there are many benefits to joining a health club. Here are just a few reasons why you should consider joining a gym this spring:

- Access to equipment: A gym is

## HEALTH TIPS

equipped with everything you need on your wellness journey, from free weights and classes to yoga and cardio equipment. When it comes to equipment, All Sport just introduced lots of new machines and platforms to the workout rooms. The Free Weight Room and Cardio Room have some shiny new pieces for members to try, which include: 2 Squat Racks & Deadlift Platforms, 4 Precor Ellipticals, 2 Recumbent Bikes, 2 Flat Bench Presses, 4 Rogue Adjustable Benches, Portable Decline Bench, New Bumper Plates, and New Barbells. As always, if you have any questions about the new equipment, we have a wonderful

team of Personal Trainers available to show you the ropes.

- Expert guidance: When you join a fitness club, you'll have access to expert guidance from Personal Trainers who can help you develop a workout plan that's tailored to your goals and fitness level. You'll get more than just a great exercise program. Our staff will help you improve your body composition, strength, endurance, flexibility, stress level, and many other key factors.

- Motivation: Working out at a fitness club can be a great way to stay motivated and on track. When you see others around you working hard, it can inspire you to

push yourself harder. We're a community that is focused on living a healthier and more fulfilling life.

- Variety: A fitness club offers a wide range of classes and activities, from yoga and Pilates to cycling and team training. This variety can help keep your workouts interesting and exciting.

All Sport is so much more than just a gym. The club has created a wellness community that focuses on both physical and mental health, and look forward to keeping the community healthy in 2023 and beyond. Please see Membership to get started with this limited-time offer.

For more information about All Sport's offerings, please visit [allsporthealthandfitness.com](http://allsporthealthandfitness.com) or call 845-896-5678.

# Do you know how to prevent tick bites? Follow these tips

**By Dr. Shashowt Ojha**  
Family Medicine resident  
Nuvance Health

Ticks are tiny parasites that can cause not-so-tiny problems. They carry dangerous diseases, such as Lyme disease, Babesiosis, Anaplasmosis and Rocky Mountain spotted fever. To stay healthy during months when ticks are out and risk is high, follow these tips:

**1. Wear protective clothing.**

When you're in areas with long grass, piles of leaves, low shrubs or forest areas, wear long-sleeved shirts, long pants and closed-toe shoes. Tuck your pants into your socks or boots to prevent ticks from crawling up your legs.

**2. Use insect repellent.**

Use an insect repellent that contains DEET or other EPA-approved repellents on your skin and clothing prior to leaving the house. Be sure to follow the instructions on the label.

**3. Check for ticks.**

After spending time outdoors, check your skin and clothing for ticks. Pay particular attention to areas such as your scalp, behind your ears, in your armpits and groin. A tick is oval-shaped and flat with six to eight legs. If it is embedded, the head of the tick will be buried into your skin.

**4. Remove ticks quickly.**

If you find a tick, remove it quickly using fine-tipped tweezers. Grasp the tick as close to the skin as possible and pull it straight out. Do not twist or jerk the tick as this can cause the mouthparts to remain in the skin. Wash the bite area and your hands after removal and never crush a tick with your fingers.

**5. Shower and wash clothes.**

After being outdoors in areas

## PATIENT FIRST

where ticks are common, take a shower and wash your clothes in hot water to kill any ticks that may be hiding on your skin or clothing.

**6. Keep your yard tidy.**

Ticks normally hide in leaves, grass and shrubs and wait for a passing host to latch on to. That's why you should keep your yard tidy by mowing the grass regularly and removing any brush or leaf litter. This can help reduce the tick population in your yard.

**7. Treat your pets.**

Make sure your pets are treated with tick preventives and regularly checked for ticks. Pets can bring ticks into your home, which can increase the risk of tick bites.

**The bottom line:** By following these tips, you can reduce your risk of tick bites and stay healthy

during tick season. If you develop symptoms such as fever,

headache or a rash after being bitten by a tick, seek medical attention immediately.

Learn more about Nuvance Health's Lyme disease research.



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# Stuck in a Pickle?




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# Give children hope and they will learn

Sometimes it appears that grownups view our children as mini-adults. We tell them to do something and we expect them to do it. If we give them a direction, we expect that they will follow it. But it doesn't always work that way. We hope that they will follow through. They hope to succeed and with a little help from the grownups, they will.

So what is hope? It is a desire to achieve something and expect that it will happen. And it did for a young father I met in a grocery store several weeks ago. He is an employee in this store and I spoke to him about a product I was looking for. Somehow, in the course of our conversation, he told me that he was a single father with two children, I asked him how they were doing in school. He told me that they were doing well, but getting their chores done at home was a different matter. I mentioned using a behavior modification chart and offered to develop one for him. He agreed and gave me three chores only three, he wanted them to do each day.

A few days later I gave him the plan and explained how to use it with both rewards and consequences. A week later I met him again and asked how the plan was working. He was beaming! "It's working!" he said,

## MAKING EDUCATION WORK with Diane Fulves

I met him today and he told me that he had added another goal and his children are complying. Yes, they are receiving rewards for their completed tasks, but don't we all work for rewards? We call adult rewards a salary, a bonus, a promotion, so we should not have a problem rewarding our children for good behavior and achieving their goals.

This story extends far beyond a behavior plan. These children are hopeful for a reward, while they are developing commitment to a job well done. They are obedient to their father and learning the value of teamwork. And this father, because of his commitment to his children, they are learning life lessons. He is instilling in them the hope to achieve goals and trust that their success will be recognized and rewarded. He is hoping for their best and he is rewarded, not only by job completion, but by the trust his children have in their father. I think that their family bond is growing stronger.

How can we develop hopeful children in our classrooms? We need to recognize who they are

and how they learn. When we do this, we will have hope-filled children who will succeed. And we will see many smiles and happy faces.

A teacher once told me that it was unfair to give some children special accommodations. What is not fair is teaching every child in the same way, giving them the same assignments, when we know that they learn differently. When we make accommodations, we give these children "eye glasses for the brain".

Accommodations can be as simple as shortening an assignment. Some children are confused by seeing an entire page of math examples. Instead of insisting that a child complete the entire math sheet of 25 problems, assign only 10. If he can compute 10 correctly, why does he need to complete the rest?

If learning an entire multiplication table is overwhelming, assign only three facts and add three more each day. Slow and steady wins the race.

Instead of assigning a page of

questions relating to a story, assign only five. If the child has trouble locating information in the story to answer the questions, next to each question, write the number of the paragraph where the information will be found. This strategy does not give the answer, only where the answer can be found. Some children need this help, at least until they learn the skill.

The opposite of hope is despair. I have seen too many children, and, indeed, their parents, who have given up. They have lost hope. We are in the business of "EDUCATION". We must lead our children into knowledge and wisdom. We are problem solvers. We are solution finders. Let us also and forever be givers of hope. When we give our children hope, they WILL LEARN.

*Diane Fulves, M.A., M.S. Ed., is a learning specialist and advocate for children and parents who is located in Millbrook. She is director of "Empowering Our Parents," which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net .*

## Alzheimer's Association sets programs for May

The following programs are scheduled for May 2023. Unless otherwise noted, register by calling 800.272.3900 or visiting [alz.org/crf](http://alz.org/crf) and searching for the programs by zip code.

**Research Forum:** 9-11:30 a.m. Wednesday, May 10, at Abigail Kirsch at Tappan Hill Mansion in Tarrytown featuring Percy Griffin, Director of Scientific Engagement for the Alzheimer's Association; Margaret M. Cahn Research Award winner Min-Jeong Kim, M.D., Ph.D., Assistant Professor of

Psychiatry and Behavioral Health at Stony Brook University School of Medicine; and A. Zarina Kraal, Ph.D., a postdoctoral research scientist in the Department of Neurology at Columbia University Irving Medical Center.

**Virtual Memory Cafe:** 1-2 p.m. Thursday, May 11. Virtual Memory Cafes are offered monthly and feature musical entertainment. They are a fun way for people with early-stage dementia to interact and meet friends in a safe environment via Zoom. The May

Memory Cafe will feature Richard Frank. Prescreening is required to participate. Call 800.272.3900.

**Something for Alz:** Musical Moments: 10:45-11:45 a.m. May 16 and 23. Join us for free virtual music sessions facilitated by music therapist Jeffrey Friedberg.

### About the Hudson Valley Chapter

The Hudson Valley Chapter serves families living with dementia in seven counties in New York, including Dutchess, Orange, Putnam, Rockland,

Sullivan, Ulster and Westchester. To learn more about the programs and services offered locally, visit [alz.org/hudsonvalley](http://alz.org/hudsonvalley).

### About the Alzheimer's Association

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection and maximizing quality care and support. Its vision is a world without Alzheimer's and all dementia. Visit [alz.org](http://alz.org)



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# Tips to reduce stress and improve your overall health

**By Premier Health Group**

Stress is a natural response to challenging situations, but when it becomes overwhelming, it can negatively affect our physical and mental health. Too much stress can impact your blood sugar balance, heart health, and immune system. In today's fast-paced world, it is important to effectively manage stress to maintain good physical and mental health. We're sharing some helpful tips and healthy lifestyle habits to help manage your stress for a healthier body and mind.

**Understand the Causes of Stress**

The first step in managing stress is to understand its root cause. There are a variety of things in our daily lives that can trigger stress, such as work, school, family, finance, and health. There is a difference between stress and anxiety. That's why it's important to reflect on your experience and feelings to best understand whether your mental and physical symptoms are related to one or the other.

Stress is typically caused by an external trigger, whereas anxiety causes worry that doesn't go away even in the absence of a stressor<sup>1</sup>. Determining the triggers of your stress in your life will ultimately help you to better manage your stress. Best of all, this proactive approach can result in improved well-being both emotionally and physically.

**Tips to Reduce Stress**

**Get Enough Sleep:** Getting enough quality sleep is essential for stress management. It helps regulate emotions, reduce physical stress, improve cognitive function, and aid in physical recovery. It is recommended that adults get 7-9 hours of sleep per night to maintain good health and manage stress effectively.

**Exercise:** Regular exercise has been shown to have numerous benefits for mental health, including the reduction of stress. Exercise causes the release of endorphins, which are natural chemicals in the brain that promote feelings of happiness and well-being. Exercise has also been shown to decrease cortisol levels, which can help reduce stress.

Certain types of exercise, such as yoga and tai chi, are designed to promote relaxation and reduce stress levels. These exercises incorporate



deep breathing and gentle movements, which can help calm the mind and reduce tension in the body. Aim for at least 30 minutes of moderate intensity exercise most days of the week for the best results.

**Practice Mindfulness:** Mindfulness has been found to be effective in reducing stress and improving overall well-being. According to the American Psychological Association (APA) mindfulness is "awareness of one's internal states and surroundings." It enables those who apply this practice in their lives to learn how to observe their thoughts, emotions, and be present in their daily experiences without judging or reacting to them to the emotions they are feeling.

Some benefits of mindfulness for stress reduction include improved emotional regulation, reduced physical symptoms such as headaches and muscle tension, and increased self-awareness. This self-awareness can help you identify patterns of stress and develop strategies to manage them.

Simple ways to practice mindfulness include meditation, taking pauses during the day to reflect and check in with yourself, journaling, doodling, taking breaks from social media, and walking in nature.

**Eat a Balanced Diet:** Nutrition can have a significant impact on stress levels. Eating a healthy, balanced diet with plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats can support a healthy stress response and improve overall well-being. For example, unstable blood sugar levels can contribute to feelings of anxiety and stress. Additionally, deficiencies in micronutrients such as magnesium, zinc, and vitamin B12 can lead to symptoms of anxiety and stress as these are important for maintaining healthy brain function.

Consider ways you can eat better so that you can feel better each day. This may include regular meal planning. Access your dietary needs and start making the changes necessary to reduce your

stress levels and fuel a positive change in your life this month.

**Practice Self-Care:** Self-care refers to any intentional action that an individual takes to maintain their physical, mental, and emotional health. It involves actively engaging in activities that promote well-being and reduce stress. Self-care is important because it helps individuals maintain their health and well-being, and it can help prevent burnout and other negative consequences of chronic stress.

Examples of self-care practices include exercising, practicing good personal hygiene, journaling, engaging in hobbies, spending time with loved ones, and reading. Self-care can look different for everyone, and it's important to find activities that work best for your own personal needs and preferences.

**Manage Your Time Effectively:** Effective time management can help reduce stress by increasing productivity, improving work-life balance, and reducing the feeling of being overwhelmed by deadlines and tasks. You can reduce procrastination and make time for what matters most with better time management and time allocation, avoiding over-commitment and burnout.

**Connect with Others:** Social support plays a crucial role in stress management. It refers to the emotional, practical, and

tangible assistance provided by family, friends, and other people in an individual's social network. Research has shown that social support can help individuals cope with stress by providing them with a sense of belonging, validation, and self-worth.

**Finding Stress Management Techniques That Work Best for You**

Stress management is not a one-size-fits-all solution. The most important tip to remember when it comes to managing your stress is to find methods that work best for you. The tips we've shared are just a few techniques and recommendations you can implement in your daily life to help manage and cope with stress.

Should you need professional help to cope with stress, know that it's always best to reach out for the help you need. Seeking help for stress is a sign of strength, not weakness. One of the simplest ways to seek help for stress is to talk to someone you trust. This could be a friend, family member, or a mental health professional. Sometimes just sharing your thoughts and feelings with someone can help you feel better and gain a fresh perspective. A mental health professional, such as a therapist or counselor, can provide you with more specialized support and guidance. They can help you identify the root causes of your stress, develop coping strategies, and offer tools for managing stress.

Talk to your primary care doctor about how you can better manage your stress. Contact our Premier Medical team today 1-888-632-6099.



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# Keep your high cholesterol under control

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