

Wellness Program Newsletter

Wellness Matters

All benefitted and benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs and classes listed. Other employees, family members and friends are also invited to participate, however will not be eligible for incentives.

Coordinator's Corner

Summer may be the time to try something new, whether it is a new workout, a new way of thinking, taking a new class, meeting new people, or traveling to a new place. If you are staying here and want to try a new activity, Longmeadow Park and Rec is starting another round of Karate and Tai Chi classes on July 2. You can register on-line at www.lprd.net. Benefit-eligible employees receive a 40% discount, paid for by the Wellness Program.

Do you know how to stay safe in the sun? Take the quiz at <https://www.cancer.org/healthy/be-safe-in-sun/sun-safety.html> to find out!

Pretty soon the school year will be starting again, and along with it, more wellness programming. Please reach out to me if you have an idea for a class or event that would spread wellness throughout your workplace. I'd love to hear from you!

Here's to a happy and safe summer of '19~
~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You are most welcome to "like" us on FB for health info: <https://www.facebook.com/scanticvalleywellness/>

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Big Y Nutrition Events with Jacqui Campbell, MS, RD, CDN:

The monthly **gluten free support group** is Wednesday July 10th at 6:30pm in the West Springfield Big Y.

The monthly **diabetes tour** is in the Cooley street Springfield Big Y this month on Friday, July 26 at 10:30am.

More events can be found on our website!



Scantic Valley Regional Health Trust

Please visit our website for more helpful information: <http://www.scantichealth.org/>

Cocoa Banana "Ice Cream"

Keep a bag of banana pieces in the freezer for a quick and delicious any-time chocolatey treat. (It works without the peanuts as well.)

1 banana, cut into small pieces, placed in a plastic bag, and frozen 1 1/2 tsp cocoa powder 14 dry roasted salted peanuts

Place the banana and cocoa powder in a food processor. Process on and off several times until creamy, stir in the peanuts, and serve immediately.

Yield: 1 serving Nutrients per serving: Calories: 193; Total fat: 7 g; Total carbohydrate: 32 g; Dietary fiber 5 g; Total sugars: 15 g (Added 0 g); Protein: 5 g; Sodium: 95 mg; Potassium: 552 mg; Calcium: 17 mg.; Vitamin D: 0 mcg; Iron: 1 mg.

Recipe courtesy of The Pescetarian Plan by Janis Jibrin, recipes by Sidra Forman (Ballantine Books, 2014). Taken from:

[https://www.nutritionletter.tufts.edu/news/Cocoa-Banana-Ice-Cream-2525-1.html?](https://www.nutritionletter.tufts.edu/news/Cocoa-Banana-Ice-Cream-2525-1.html?ET=tuftshealthletter:e35548:2193772a:&st=email&s=p_WeeklyUpdate012219)

[ET=tuftshealthletter:e35548:2193772a:&st=email&s=p_WeeklyUpdate012219](https://www.nutritionletter.tufts.edu/news/Cocoa-Banana-Ice-Cream-2525-1.html?ET=tuftshealthletter:e35548:2193772a:&st=email&s=p_WeeklyUpdate012219)

Take 5 Challenge 2019 Monday, July 15 - Saturday, August 10

- GOALS:
1. Eat 5 servings of fruits and veggies a day
 2. Practice 5 minutes of stress-relieving behavior a day
 3. Perform heart pumping activity 5 days a week

Everything you need to complete this challenge is in this newsletter:

1. A checklist to keep track of your daily accomplishments
2. Fruit and vegetable serving size information
3. Relaxation techniques and a link to "How to Practice Mindfulness Meditation"



Use the checklist on the page 4 to keep track of your daily accomplishments. Simply put a / over the o on the days that you practiced a stress-relieving behavior, and /or got some physical activity in. Cross off each time a serving of fruits and/or veggies is consumed. When you have completed the program, please scan and email a copy of your checklist to me at lyn@scantichealth or lyn.fioravanti@eastlongmeadowma.gov or mail to me at SVRHT Wellness Program, 240 Springfield St, Wilbraham, MA 01095. Please email, call or text (896-9080) me with any questions. Everyone who completes the challenge and returns their sheet to me by August 16 will be entered into a raffle drawing for on-the-go salad bowl kits, long-sleeve t-shirts and aqua-gel hot/cold packs. Have fun!

Daily Stress Relief: 10 Relaxation Techniques That Zap Stress Fast

Relax. You deserve it, it's good for you, and it takes less time than you think. You don't need a spa weekend or a retreat. Each of these stress-relieving tips can get you from OMG to om in less than 15 minutes.

1. Meditate A few minutes of practice per day can help ease anxiety. "Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress," says psychologist Robbie Maller Hartman, PhD, a Chicago health and wellness coach.

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

"Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure," psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.

3. Be Present Slow down. “Take 5 minutes and focus on only one behavior with awareness,” Tutin says. Notice how the air feels on your face when you’re walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach Out Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. “Simply be aware of places you feel tight or loose without trying to change anything,” Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

6. Decompress Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension. “Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure,” says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Center in Columbus.

7. Laugh Out Loud A good belly laugh doesn’t just lighten the load mentally. It lowers cortisol, your body’s stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

8. Crank Up the Tunes Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. “Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece,” Benninger says. You also can blow off steam by rocking out to more upbeat tunes -- or singing at the top of your lungs!

9. Get Moving You don’t have to run in order to get a runner’s high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

10. Be Grateful Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life.

“Being grateful for your blessings cancels out negative thoughts and worries,” says Joni Emmerling, a wellness coach in Greenville, NC.

Use these journals to savor good experiences like a child’s smile, a sunshine-filled day, and good health. Don’t forget to celebrate accomplishments like mastering a new task at work or a new hobby.

When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters.

Taken from: <https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#3> retrieved 6/28/19, WebMD Feature Reviewed by Jennifer Robinson, MD on December 10, 2017

To learn more about mindfulness, please check out: <https://www.mindful.org/mindfulness-how-to-do-it/>

A great app for meditations on all topics and for any length of time is insight timer: <https://insighttimer.com/>

A new 21-day meditation experience starts the same day as this challenge and can be accessed here:

<https://chopracentermeditation.com/>

Take 5 Challenge 2019 Name _____ Work Location _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Check off each accomplishment once achieved.	7/15	7/16	7/17	7/18	7/19	7/20
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	<input type="radio"/> 5 min relax	<input type="radio"/> 5 min relax	<input type="radio"/> 5 min relax	<input type="radio"/> 5 min relax	<input type="radio"/> 5 min relax	<input type="radio"/> 5 min relax
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7/28	7/29	7/30	7/31	8/1	8/2	8/3
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8/4	8/5	8/6	8/7	8/8	8/9	8/10
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Fruits and Veggies	Fruits and Veggies	Fruits and Veggies	Fruits and Veggies	Fruits and Veggies	Fruits and Veggies	Fruits and Veggies
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

One of the best sources for learning why it is important to eat fruits and vegetables is:
<https://fruitsandveggies.org/stories/why-fruits-veggies/> Take a peek when you get a chance. The site has research on the benefits of eating fruits and veggies, recipes, tips for eating on a budget and more. **When making your meal plan consider what a serving size actually is:**

1 medium sized fruit (apple, banana, orange) 1/2 cup cut up fruit or berries

1/2 cup raw, cooked, canned, or frozen fruit or vegetable (i.e. grapes, broccoli, carrot sticks)

3/4 cup (6 oz) 100% fruit juice 1/4 cup dried fruit (ie. raisins, apricots)

1 cup raw leafy vegetables (ie. lettuce, spinach)

1/2 cup cooked peas or beans (ie. green, snow, kidney, pinto)

To keep it simple...try to fill 1/2 your plate with fruits and veggies at each meal.