ECE Staff Wellness

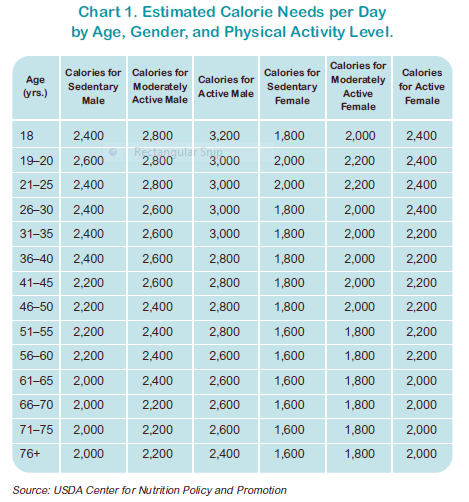
Taking Care of Yourself

Nutrition, Physical Activity, Stress Management and Knowing Your Numbers



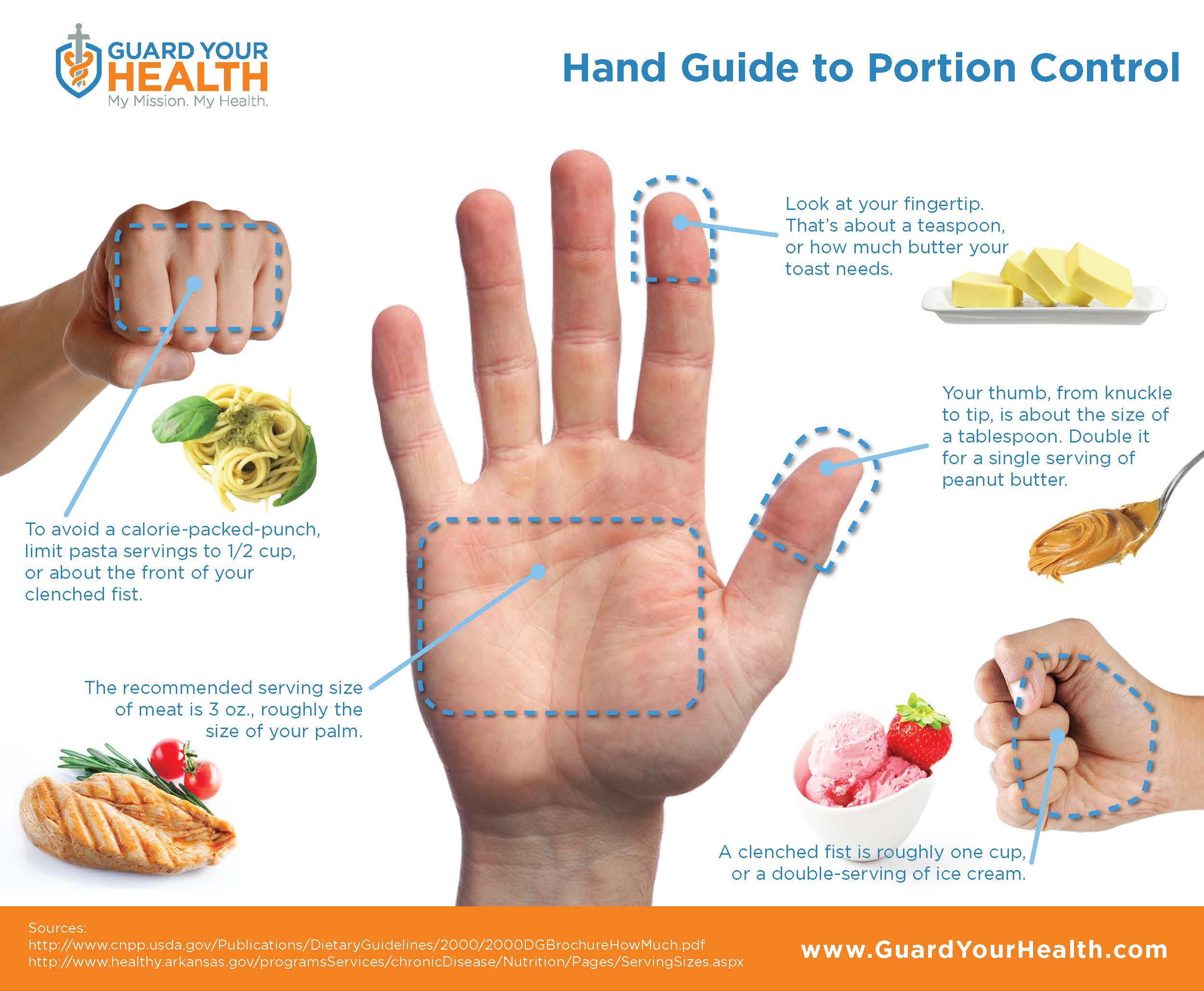
**Section I-Nutrition**

Knowing your calorie needs



There are several apps and websites available to help you understanding the calories and nutrients in the food you consume.

* [www.supertracker.usda.gov](http://www.supertracker.usda.gov)
* My fitness pal
* Spark People
* Lose it!



**Meal planning tips**

Make a list

Shop the list

Prep for the week-cut veggies/fruit

Cook starches

Use freezer meals

Portion out lunches for the week

Invest in storage containers

**Infused Water**

Mint and Cucumber

Lemon and Orange

Raspberry

Basil and Strawberry

Watermelon

**Meal planning sites/apps**

<https://bellaforzafitness.wordpress.com/2014/05/19/tips-on-how-to-meal-prep/>

<https://www.pinterest.com/pin/ATp76MHC6I2PG8iuvd9jwMmyHHT97ozb8hGcWeW29OGH7tGAM3xmLoA/>

Paprika Spark people.

**Mason Jar Salad sites**

<http://www.huffingtonpost.com/2014/06/06/mason-jar-salads_n_5452313.html>

<https://recipes.sparkpeople.com/great-recipes.asp?food=mason+jar+salad>

What are some common signs of stress?[[1]](#footnote-1)

**Section 2: Physical Activity**

Everyone responds to stress a little differently. Your symptoms may be different from someone else's. Here are some of the signs to look for:

•Not eating or eating too much

•Feeling like you have no control

•Needing to have too much control

•Forgetfulness

•Headaches

•Lack of energy

•Lack of focus

•Trouble getting things done

•Poor self-esteem

•Short temper

•Trouble sleeping

•Upset stomach

•Back pain

•General aches and pains

The body responds to stress by releasing stress hormones. These hormones make blood pressure, heart rate, and blood sugar levels go up. Long-term stress can help cause a variety of health problems, including:

•Mental health disorders, like depression and anxiety

•Obesity

•Heart disease

•High blood pressure

•Abnormal heart beats

•Menstrual problems, Acne and other skin problems

**Quick Quiz: 5-minute Stress Test[[2]](#footnote-2)**

|  |  |  |
| --- | --- | --- |
| **DO YOU FREQUENTLY:** | **YES** | **NO** |
| **Neglect your diet?** |  |  |
| **Try to do everything yourself?** |  |  |
| **Blow up easily?** |  |  |
| **Seek unrealistic goals?** |  |  |
| **Fail to see the humour in situations others find funny?** |  |  |
| **Act rude?** |  |  |
| **Make a 'big deal' of everything?** |  |  |
| **Look to other people to make things happen?** |  |  |
| **Have difficulty making decisions** |  |  |
| **Complain you are disorganized?** |  |  |
| **Avoid people whose ideas are different from your own?** |  |  |
| **Keep everything inside?** |  |  |
| **Neglect exercise?** |  |  |
| **Have few supportive relationships?** |  |  |
| **Use sleeping pills and tranquilizers without a doctor's approval?** |  |  |
| **Get too little rest?** |  |  |
| **Get angry when you are kept waiting?** |  |  |
| **Ignore stress symptoms?** |  |  |
| **Put things off until later?** |  |  |
| **Think there is only one right way to do something?** |  |  |
| **Fail to build relaxation time into your day?** |  |  |
| **Gossip?** |  |  |
| **Race through the day?** |  |  |
| **Spend a lot of time complaining about the past?** |  |  |
| **Fail to get a break from noise and crowds?** |  |  |
| **TOTAL** |  |  |

**What Your YES Score Means:**

0-5: There are few hassles in your life. Make sure though, that you are not trying so hard to avoid problems.

6-10: You’ve got your life in fairly good control. Work on the choices and habits that could still be causing you some unnecessary stress in your life.

11-15: You’re approaching the danger zone. You may well be suffering stress-related symptoms and your relationships could be strained. Think carefully about choices you’ve made and take relaxation breaks every day.

16-25: Emergency! You must stop now, re-think how you are living, change your attitudes and pay careful attention to diet, exercise and relaxation.

*This quiz is for educational purposes only and should not be used as a substitute for professional health and mental health care or consultation. Individuals who believe they may need or benefit from care should consult a psychologist or other licensed health/mental health professional.*

**[[3]](#footnote-3)Environmental Strategies**

100 Ways to Reduce Stress: Making the Balancing Act More Manageable

1. Enjoy being

2. Light a scented candle

3. Try aromatherapy

4. Bake bread or cookies

5. Adjust lighting

6. Plant flowers

7. Buy a bouquet for yourself

8. Create a collection of things you love

9. Put up a birdfeeder and watch it

10. Read in the sunshine

11. Sip a hot drink/ iced drink

12. Snuggle under a blanket with a book

**Cognitive Strategies**

13. Reframe the problem

14. Choose positive thoughts

15. Meditate on positive words

16. Practice positive affirmations

17. Take responsibility for your thoughts

18. Have realistic expectations

19. Visualize the outcome you desire

20. Post affirmations on a mirror

21. Work a puzzle/game

**Creative Strategies**

22. Journal Write

23. Write a letter

24. Paint

25. Draw

26. Spend an afternoon in photography

27. Create pottery/work with clay

28. Knit/Crochet/Needlework

29. Stroke a pet

30. Listen to/compose relaxing music

31. Play an instrument

32. Attend a concert

33. Start a new hobby

34. Garden

**Physical Strategies**

35. Dance

36. Bicycle

37. Run

38. Take a nature walk/hike

39. Walk the dog

40. Train for a walking fundraiser

41. Swim

42. Snorkel

43. Get a massage

44. Give yourself a foot massage

45. Soak your feet in warm water

46. Enjoy a steamy bubble bath

47. Take a yoga class

48. Practice t’ai chi

49. Do progressive muscular relaxation

50. Frequently practice deep breathing

51. Check out an exercise video

52. Choose a healthy diet

53. Drink pure water

54. Take a multivitamin

**Humorous Strategies**

55. Go see a movie comedy

56. Watch a funny sitcom

57. Read a book of comics

58. Laugh out loud

59. Tell a friend a new joke

60. Giggle with a girlfriend

**Spiritual Strategies**

61. Pray

62. Meditate

63. Practice gratefulness

64. Participate in a religious service

65. Sing joyful songs/hymns

66. Seek to serve others

**Management Strategies**

67. Manage time

68. Prioritize tasks

69. Delegate

70. Make and follow a budget

71. Problem solve one dilemma

72. Clean a room

73. Organize a closet/cabinet

74. Set goals

75. Make a life list

76. Use mental imagery of success

**Relational Strategies**

77. Cook a special meal for a loved one

78. Be kindly assertive

79. Vent to a friend

80. Meet someone for lunch/coffee

81. Call a friend

82. Get a manicure

83. Get a haircut and enjoy the wash

84. Email an old friend

85. Join a social-support group

86. Join an exercise class/group

87. Forgive a hurt

88. Volunteer

89. Do something just for fun

**Outdoor Strategies**

90. Sit on a park bench and use the senses

91. Stroll through a zoo or aquarium

92. Star gaze

93. Spend a few hours boating/yachting

94. Take a scenic drive

95. Build a sandcastle

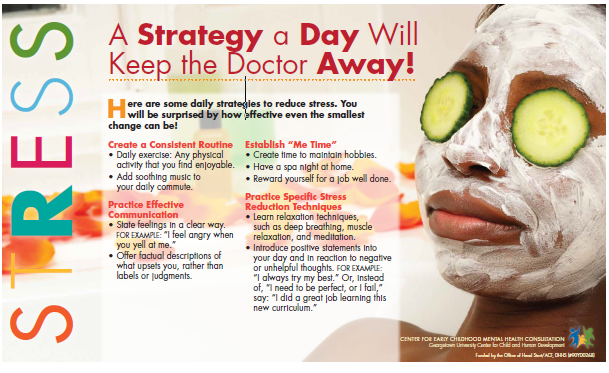
96. Build a snowman

97. Listen to the crackle of a campfire

98. Picnic near water

99. Go out to dinner

100. Window shop



*For more information on stress including free stress see the Center for Early Childhood Mental Health Consultation. http://www.ecmhc.org/az.html*

**Section 4-Know your Numbers**

**Sleep**

To pave the way for better sleep, follow these simple yet effective healthy sleep tips, including:

•Stick to a sleep schedule, even on weekends.

•Practice a relaxing bedtime ritual.

•Exercise daily.

•Evaluate your bedroom to ensure ideal temperature, sound and light.

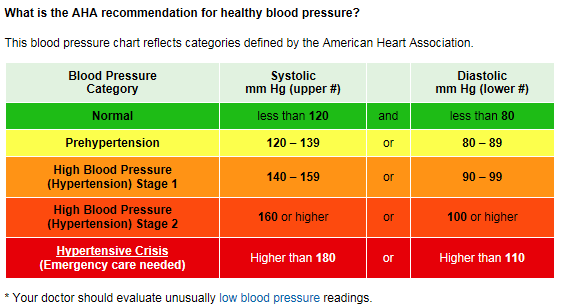
•Sleep on a comfortable mattress and pillows.

•Beware of hidden sleep stealers, like alcohol and caffeine.

•Turn off electronics before bed.

*For more on sleep visit: sleepeducation.org and sleepfoundation.org*

**\*Blood Pressure**



**\*Cholesterol**

A total cholesterol score of less than 180 mg/dL is considered optimal.

**\*Fasting Blood Glucose**

100 or lower

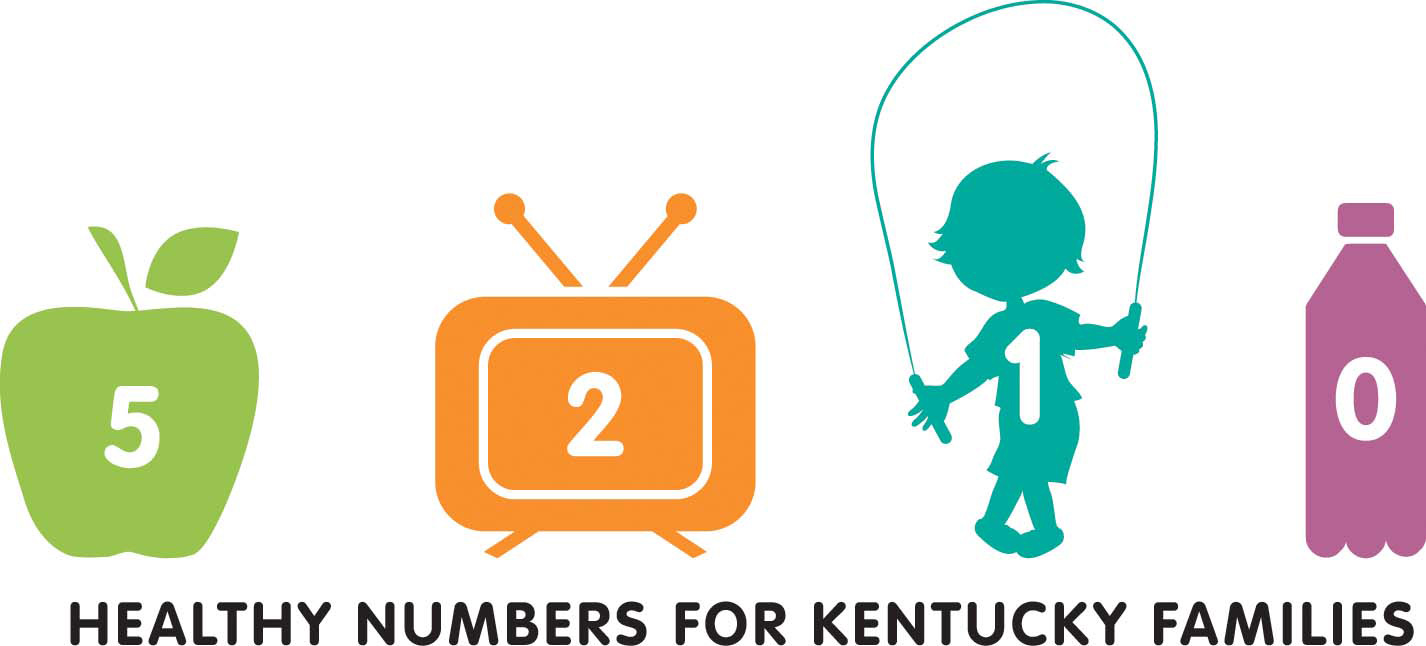
**\*Body Mass Index**

Greater than 18.5 and less than 25

BMI Calculator

<http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html>

\***Discuss these numbers and how to manage these with your health care provider.**



**My Wellness Plan**

* **Things I do well and need to keep doing:**
* **Things I need to stop doing or do less:**
* **Things I need to begin doing or do more:**
* **Action step(s) I plan to take right away:**
* **Action step(s) I plan to take in the next month:**
* **Action steps(s) I plan to take in the next year:**
* **Something/someone who will help me be successful is:**
* **I will know I am successful when:**

1. http://www.womenshealth.gov/publications/our-publications/fact-sheet/stress-your-health.html#c [↑](#footnote-ref-1)
2. Canadian Mental Health Association, Ontario Division, “Take the 5-minute Stress Test,” [www.ontario.cmha.ca/stress](http://www.ontario.cmha.ca/stress) (accessed February 17, 2010). [↑](#footnote-ref-2)
3. Thomas, D. A. (2011). 100 ways to reduce stress: Making the balancing act more manageable. Retrieved from http://counselingoutfitters.com/ vistas/vistas11/Article\_27.pdf [↑](#footnote-ref-3)