

# Healthy U @ Work

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## Packing Minimally

If you are planning a trip home for the holidays or a weekend getaway, consider how you're packing to avoid back or neck injury. Many of us overpack, and lugging heavy baggage out of the trunk or onto a plane can strain muscles and joints. Here are some tips:

- Choose a rolling suitcase or bag when possible.
- Use the rule of 1 - bring 1 pair of each type of shoe you need, 1 purse, 1 sweater or jacket, 1 book, and so on.
- For those items that you need more of, keep it to the number of days you are traveling. Pack a travel size detergent to hand wash if necessary. Forgot the detergent, use shampoo!
- Avoid too many accessories, cosmetics, or toiletries. Pack what is essential, using small containers that you seal in a gallon bag (to avoid spills). If you are flying, remember the TSA rule that all liquids, gels, and aerosols must be in a 3.4 ounce or smaller container and all fit into a quart-sized bag to be in your carry-on bag. Larger bottles may be packed in luggage that has been checked in. There are exceptions for medicine and baby formula. Please contact your airline with any questions.
- Lay out everything you are planning to bring on a bed or table before packing. Eliminate anything that is a "just in case," unless the likelihood of you needing it is high. For example, if you are hiking and the weather calls for a 50% or greater chance of rain, pack the rain poncho. But you probably don't need a second belt.
- Pack efficiently, rolling t-shirts, shorts, jeans, and socks, so they take up less room. To save on space, you can also put bags of accessories, rolled socks, or your belt in a pair of shoes.
- Use an old sock to cover your brush and/or comb. This will help keep the bristles from snagging items.
- Don't fill travel bottles to the top. If you are traveling by plane, the pressure can cause them to leak.
- Pack your necessary items in your carry-on (if flying). You don't want to risk not having your medicine or other essentials with you if your luggage is delayed or lost.
- Be sure to pack a charger for your phone and any other electronic device.





## Domestic Abuse

Every relationship experiences some conflict in the form of a misunderstanding, a disagreement, an argument. But conflict that causes someone to be afraid, to engage in extreme self-doubt, or to isolate oneself out of a need to please the other falls under the category of domestic abuse.

Domestic abuse is defined as any maltreatment by one person in a romantic relationship of his or her partner. The maltreatment is often physical but can be emotional, psychological, sexual, or mental. As understood by the definition, domestic abuse victims can be male or female, adults or adolescents. According to the National Coalition Against Domestic Violence, 1 in 4 women will experience domestic abuse, while 1 in 9 men are also victims.

While immediate effects of domestic abuse are often physical, long term effects are psychological and emotional. There are also financial effects to domestic abuse, since victims are also likely to miss work or school due to injury or trauma.

Frequently, there are signs that precede domestic abuse. A partner may be domineering, insisting on controlling all finances or who his or her partner may see and when. The partner may be highly critical or insistent that his or her partner dress or behave in a certain way. A partner may talk down to his or her partner, making the partner feel lucky to be with the abuser, as if no one else would want him or her.

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## Produce of the Month

### Beets

Known for their intense color, beets are a nutritious vegetable, naturally sweet and buttery. In studies, beets have been found to contain powerful antioxidants, to lower cholesterol and reduce overall inflammation in the body which can reduce risk of coronary disease. Beets are easy to prepare and are often liked by adults and kids alike.

**The Basics:** Beets are a root vegetable and are available in a variety of colors, though the most common are the reddish-purple beets. Choose small or medium sized beets, since they will be more tender than the larger beets which can have a woody texture. It's important that they not have bruises, cuts, soft spots or other signs of damage. Trim the stems leaving between 1-2 inches of green to reduce bleeding or wilting. Beets should be stored unwashed in the refrigerator in a plastic bag or container by themselves. To cook beets, wash and boil until the beets are tender. Or they can be roasted alone or with other vegetables. Beets can be steamed as well. It is recommended not to peel beets until after they are cooked. At that time, the skin should slide off easily. Important: beets can stain skin, cutting boards, clothes, etc. Special care should be taken when handling beets to prevent staining. Cooked beets have the highest sugar content of all vegetables, giving them a sweet taste, but are low in calories and are a good source of fiber.

**Try This:** An easy way to introduce beets to the family is by roasting them. Roasting requires high temperature (375 degrees Fahrenheit or higher). Roast the beets until they can be easily pierced with a knife. Let the beets cool a bit, then remove the skins. Drizzle with a little olive oil and kosher salt and serve. Roast your beets along with sweet potatoes for a little variety.

**The Facts:** A cup of beets contains 170 calories and is an excellent source of folate. Folate is a form of vitamin B, especially important for the prevention of birth defects. Beets are also a good source of potassium, fiber, vitamin C and iron.



## Sneaky Salt

**Have you stayed away from the salt shaker?** If so, good news, because excess salt can increase your blood pressure, a leading cause of heart disease. But using less salt in recipes and at the table is only part of the solution. Many processed foods contain large amounts of salt, and restaurant meals can contain almost an entire day's worth of salt in one meal (1,500 mg.). In fact, it's estimated that only about 20% of your daily salt intake is from the salt shaker, leaving 80% that come from processed foods. So, is salt really a big deal, and what should you do about it? Here's what you should know.

The human body can't live without some sodium. It's needed to transmit nerve impulses, contract and relax muscle fibers (including those in the heart and blood vessels), and maintain a proper fluid balance. What we need to keep in mind is that it doesn't take much salt to do this.

**What's the problem?** Too much sodium causes the body to retain water. This excess water increases the volume of blood in the bloodstream, which increases blood pressure. High blood pressure increases your risk of heart disease since it puts extra pressure on the arteries, causing them to harden over time. The hardening of the arteries can lead to a number of problems, including stroke, heart attack, and heart failure. Excess sodium also puts strain on the kidneys, as they try to flush the excess water out of the body.

**How much is too much?** The Centers for Disease Control and Prevention (CDC) recommend a limit of 2,300 milligrams of sodium per day. The American Heart Association also recommends no more than 2,300 mg but also recommends an ideal amount of sodium as 1,500 mg. To understand how much that is, just 1 teaspoon of salt = 2,300 mg of sodium, the daily limit recommended.

**What to do?** Measure and limit all added salt at home. Read packages carefully for sodium/salt. Choose packaged foods that say "no salt added." Choose fresh or frozen over canned vegetables whenever possible and look for reduced sodium dressings, sauces, and condiments. And do not add salt automatically to a meal. Taste it first. With your doctor's recommendation, you can try a salt substitute (some salt substitutes can be harmful for people with certain conditions). An even better idea is to use herbs and spices to create flavor without added sodium. Your taste buds will adjust and you will find you need less salt over time.



## Did You Know?

Sodium can be found in the following food ingredients.

1. Disodium guanylate (GMP)
2. Disodium inosinate (IMP)
3. Fleur de sel
4. Himalayan pink salt
5. Kosher salt
6. Monosodium glutamate (MSG)
7. Rock salt
8. Salt
9. Sea salt
10. Sodium bicarbonate
11. Sodium nitrate
12. Sodium citrate
13. Sodium chloride
14. Sodium diacetate
15. Sodium erythorbate
16. Sodium glutamate
17. Sodium lactate
18. Sodium lauryl Sulfate
19. Sodium metabisulfite
20. Sodium phosphate
21. Trisodium phosphate

# Foam Rolling

Foam rolling is sometimes known for “hurting so good.” Foam rolling can help your body to achieve myofascial release, the process of separating muscular fibers and re-establishing the integrity of the tissue, therefore allowing the muscles to separate, relax, and become more flexible. It is great to do before a workout to prepare the body. It can lengthen and warm your muscles, which can improve performance. It is also a great idea to foam roll after a workout to help with recovery, increase flexibility, and reducing Delayed Onset Muscle Soreness (DOMS). However, when done improperly, foam rolling can actually hurt you (and not in a good way). Some things to consider:

- Address your knots prior to foam rolling. Attempting to use a foam roller on knots can actually just compound and worsen them. You can release the knots with a tennis ball by applying sustained pressure to the area for 1 to 5 minutes or until you feel a release. Try to get the knots out before hitting the roller.
- If you find yourself rolling for more than 20 minutes without relief, you may have a larger problem you need to address. You should only be spending about 30 to 90 seconds on a muscle group. If you still aren't feeling relief, it might be time to see your physician or a reputable massage therapist or physical therapist.
- Is rolling really the best option? Sometimes people will use a foam roller because they have heard about it from a friend or they have seen others at the gym using it. Sometimes simply stretching or massaging the area is actually best and will lessen risk of injury.
- Make sure you're using an appropriate roller. One that is too firm or textured can cause bruising or further injury.
- Always stick to rolling your muscles and stay away from your joints. If you have a history of lower back pain or previous injury, avoid that area. When in doubt, stick to your legs, glutes, and middle back and shoulders.
- After foam rolling, allow 24-48 hours before focusing on the same area again.

As always, drink plenty of water, get enough sleep, and eat clean. This will help to flush your system and fuel your muscles more effectively. Like any other recovery method, find what works for you. Be safe with your movements and target locations, and stop if you feel something isn't right.



## Domestic Abuse

*Continued from page 2*

Angry outbursts may become more frequent, including physical outbursts such as throwing things, knocking over furniture, or punching walls. Demanding behavior that creates fear is a red flag for domestic abuse. If the abuse becomes physical, unexplained injuries or attempting to cover injuries is common. The victim's behavior may change, becoming nervous or insecure, worried about checking in with a partner frequently or overly anxious to please a partner.

Domestic abuse is a serious health threat and is often criminal behavior. Seeking help or reporting domestic abuse is an important step to insuring the safety of the victim. Victims of domestic abuse can call the Domestic Violence Hotline at 1-800-799-7233 or chat with someone online at [thehotline.org](http://thehotline.org). The National Domestic Violence Hotline website provides a variety of resources for victims of abuse and family or friends who may be worried about someone they know. Teens who may be victims of domestic violence can also seek help at [Loveisrespect.org](http://Loveisrespect.org), a project of the Domestic Violence Hotline. [Loveisrespect.org](http://Loveisrespect.org) provides teens with resources to prevent abusive relationships and ways to end them. Teens can call 1-866-331-9474, chat online at [Loveisrespect.org](http://Loveisrespect.org), or text LOVEIS to 22522 to speak to someone.

Promises and apologies will not end domestic abuse. Domestic abuse does not get better without counseling and support. Victims need to know that there are places they can go to be safe and to receive help.



**Q:** Hi Erin. I am looking to lose weight and want to start eating healthier but I love carbs. I've tried many programs but always slip up and give into eating too many carbs. How can I still eat carbs and lose weight? Thank you in advance,

Shanda M.

**A:** Hi Shanda, thank you for reaching out and asking a great question. I get asked this quite often. When people think of carbs they are talking about pizza, pasta, breads, etc., which I am guessing you are asking about. You can still lose weight and have these types of foods on occasion, you just have to watch portion size. There are plenty of things you can make as well to replace breads, pastas, rice or baked goods or find ways to make healthier versions of these items so you do not have to give them up all together.

Vegetables and fruit are examples of healthy carbs that are full of nutrients and fiber that are key to managing a healthy weight. There are also lots of ways to incorporate vegetable substitutes for some of our favorite high carb meals. For instance, a cup of spaghetti noodles contains roughly 200 calories, 38 grams of carbs and 4 grams of fiber. Where a cup of zucchini noodles is roughly 60 calories, 12 grams of carbs and 4 grams of fiber. I do not know of many people who just stop at one cup of pasta either so zucchini noodles allow you to eat a greater sized portion with more nutrients and no guilt.

Another thing to keep in mind is the time of day you eat carbs. Staying away from the breads and pastas later in the day can help. If you eat them too late in the evening, your body is unable to use the carbohydrates before bed and your body will store them as fat. Another little trick is to eat your higher carb meals after a workout when your metabolism and burn rate is higher. Like I said, though, watching the portion size and the quality of the product is key. Find the healthiest whole grain pasta, breads, and cereals with high fiber and low added sugar. Look for products with a short list of ingredients that you can pronounce.

If you are cutting back on the foods you love, don't deprive yourself for too long. In my experience if you don't give yourself a little treat every once in a while, you will be tempted to binge and undo all of your hard work. In the end, cutting back on the higher calorie carbs while watching portion size and working out a little more will help you lead a balanced lifestyle. It is possible to eat your favorite foods on occasion while trying to lose weight!

Dedicated to your success,



## From Surviving To Thriving With Stress:



### *Where Is Your Balance?*

According to WebMD, “Stress is any change in the environment that requires your body to react and adjust in response.” Your body is simply hard-wired to respond and react to changes and this could be felt physically, mentally, and emotionally. When stress turns to distress, physical symptoms can occur, which may include difficulty concentrating, headaches, sleeping problems, elevated blood pressure, upset stomach, etc.... Did you know 75% to 90% of all doctor’s office visits are for stress-related ailments?” (2005-2018 WebMD LLC).

What if you were taught that stress is no longer the enemy, but rather a natural, friendly, bodily response to changes? Kelly McGonigal, TedTalks, 09/2014, entitled, “*How to make stress your friend*”, discusses the science and research supporting “**When you change your mind about stress, you can change your body’s response to stress.**” Can *your balance* be *changing how you think about stress*?

Amy Morin, (Inc.com, July 19, 2018), discusses seven ways mentally strong people handle stress effectively:

1. They accept stress as a part of life.
2. They keep problems in proper perspective.
3. They take care of their physical health.
4. They choose healthy coping skills.
5. They balance social activities with solitude.
6. They acknowledge their choices.
7. They look for the silver lining.

*If you need assistance finding your balance:*

**Call your Franciscan EAP at  
219-662-3730 or 1-800-747-7262**

EAP Webinar on From Surviving To Thriving With Stress: *Where Is Your Balance?* and Staying Healthy When You Work The Night Shift on  
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