

# WELLNESS @ MINUTE

September 2022

AVOIDING ALZHEIMER'S

SUICIDE PREVENTION

RECIPE OF THE MONTH

YOGA IS EXERCISE AND MORE

# AVOIDING ALZHEIMER'S

Alzheimer's is the most common form of dementia, which is a brain disease that affects memory, thinking, and behavior. Sadly, it gets worse over time and there is no cure. However, there are medications to slow the progress and treat the symptoms.

Even though there is no clear way to prevent Alzheimer's, there are steps you can take to reduce your risk.

- Take care of your heart health. The things that are good for your heart are also good for the rest of your body, including your brain. Getting an annual check-up that includes screenings for blood pressure, cholesterol, blood sugar, triglycerides, and markers of inflammation is important so you and your doctor can manage any health conditions. This also includes managing your weight since obesity can increase the risk.
- Stay active. Exercise allows more blood to flow to the brain. Aim for 30 minutes of exercise 5 times per week.
- Eat a healthy balanced diet. A heart-healthy diet that includes plenty of vegetables, fruit, protein, healthy fats, and whole grains, such as the Mediterranean diet may help. Limit unhealthy fats, sugar, refined carbs, salt, and alcohol.
- Get enough sleep. Inadequate sleep may increase your risk. Do your best to get 6-8 hours each night.
- Be tobacco-free. Avoid smoking and the use of all forms of tobacco.
- Exercise your mind. Continuing to challenge your mind by learning new things and by staying social is good for brain health.
- Protect your head. Injuries to the head may be a risk factor so be sure to wear seat belts while in a car and a helmet when bike riding,



# SUICIDE PREVENTION

Suicide rates have increased by 35% since 1999. While this can be a frightening topic, it's important to be aware of the risk factors and warning signs, which is why September has been declared Suicide Prevention Awareness Month.

## **Warning signs:**

- Increased alcohol or drug use
- Withdrawal from family, friends, or community
- Dramatic mood swings
- Impulsive or reckless behavior
- Giving away possessions
- Tying up loose ends like paying off debts or organizing personal papers

## **Risk factors:**

- 46% of people who die by suicide have a mental health condition.
- Drugs and alcohol can worsen suicidal thoughts.
- Access to firearms
- Family history of suicide
- A history of trauma or abuse
- A recent tragedy or loss
- Prolonged stress

If someone you care about shows signs or makes comments about suicide, take it seriously. Talk openly and honestly and ask them if they have a plan for how they would kill themselves. Express support and concern without raising your voice, arguing, debating, or threatening. Let them know you're willing to listen and validate their feelings. Help them get connected with psychiatric support and offer hope.



# CHICKEN

## BURRITO BOWL

Looking for a healthy lunch you can easily take to work? Give this meal prep recipe a try. Prep the night before by cooking the rice, shredding a rotisserie chicken, and making the pico de gallo. In the morning, just grab the ingredients and you're ready to go.

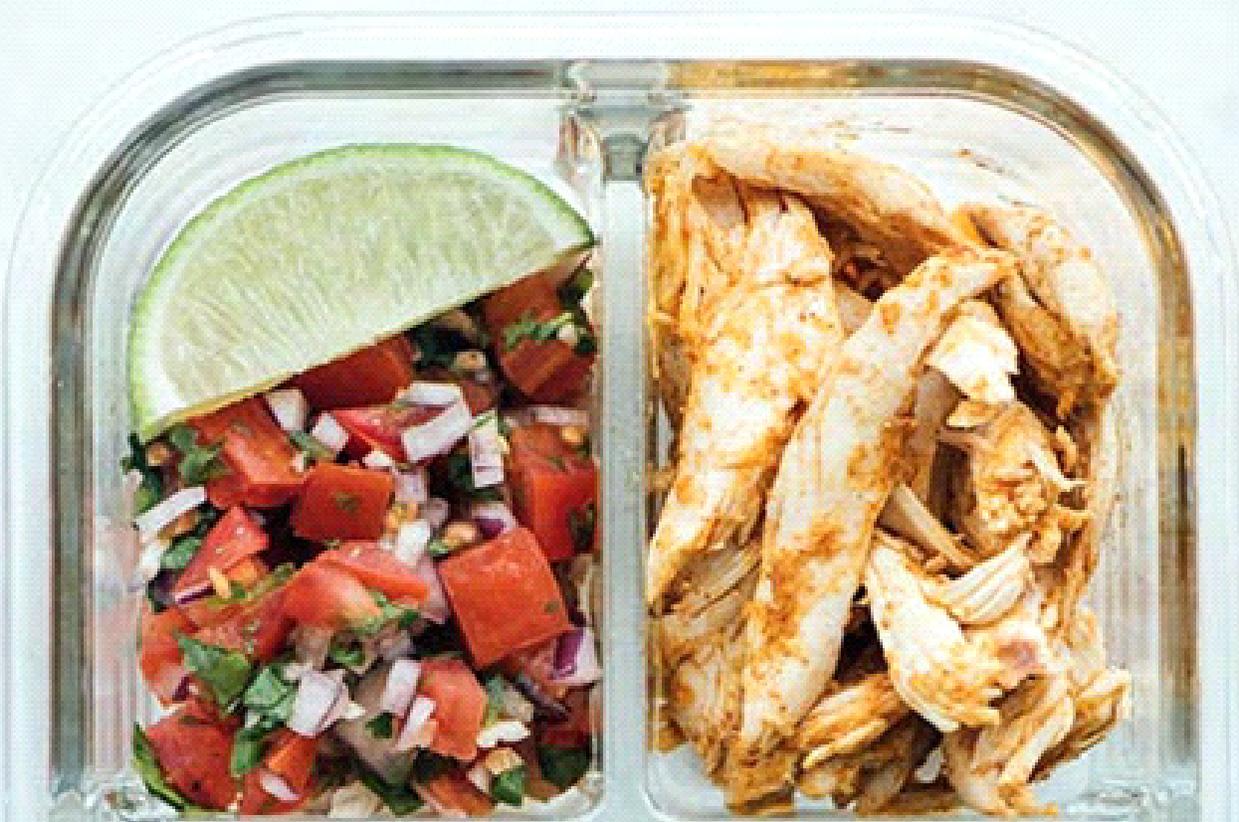
### *Ingredients*

- $\frac{3}{4}$  cup cooked brown rice
- $\frac{1}{4}$  cup pico de gallo
- $\frac{1}{4}$  avocado, sliced
- $\frac{1}{2}$  cup shredded rotisserie chicken
- 1 tbsp. chopped cilantro
- 1 lime wedge

### *Preparation*

- Place brown rice, pico de gallo, avocado, and shredded chicken into a bowl.
- Garnish with chopped cilantro and enjoy!

Note: Pico de gallo is made by chopping up tomatoes, red onion, cilantro, garlic, and jalapeño chile and seasoning with salt and lime juice.



# YOGA IS EXERCISE AND MORE

While we may think of yoga as a good way to exercise, it is an ancient practice that offers much more than that. Research shows that yoga is incredibly beneficial to overall wellbeing. It's a mind and body practice since it combines physical postures, with breathing techniques, meditation, and relaxation.

## Here are 10 benefits of committing to a yoga practice:

1. Improves flexibility
2. Increases strength
3. Improves balance
4. Promotes better posture and body awareness
5. May improve bone health
6. May improve heart health
7. Helps with stress relief and anxiety
8. May improve sleep
9. Improves mental health and brain functioning
10. May boost immunity

Reference:

<https://www.healthline.com/nutrition/13-benefits-of-yoga>



Wellness-Connect  
Powered by Allura Health  
4445 Eastgate Mall #200  
San Diego, California 92121  
[www.Wellness-Connect.net](http://www.Wellness-Connect.net)  
[support@Wellness-Connect.net](mailto:support@Wellness-Connect.net)  
(877) 931-8005

## September is National Cholesterol Education Month

Do you know your risk for high cholesterol?  
Learn about your risk factors at  
[https://www.cdc.gov/cholesterol/risk\\_factors.htm](https://www.cdc.gov/cholesterol/risk_factors.htm)