

WELLNESS MINUTE

October 2020



5 STEPS TO PREVENT
OR OVERCOME BURNOUT

3 WORKOUT TIPS FOR SHORTER DAYS

OCTOBER RECIPE

HEALTHY MOUTH, HEALTHY BODY

5 STEPS TO PREVENT OR OVERCOME BURNOUT

The COVID-19 pandemic has added extra layers of stress onto the already hectic lives that most people live. If you're a parent working at home, you're likely doing double duty supervising your kids' remote education. If you're going in to the office, you may feel worried about being exposed to coronavirus. On top of that, social distancing doesn't allow for some of the activities that may have normally helped with stress management, such as the gym, getting a massage & social events. All of this can contribute to feelings of burnout. If that's how you're feeling, know that you're not alone. There are steps you can take to start to feel better.

1 REACH OUT TO OTHER PEOPLE

Social connection & having someone listen to you without judgment is one of the best ways to lower stress. This could be anyone you trust, such as your partner, a family member, friend, or co-worker. In fact, being more sociable with co-workers can also help alleviate feelings of burnout.

Make it a point to deepen existing relationships & develop new ones. You don't have to go it alone.

Having said that, do what you can to stay away from or limit time with negative people who may not listen well or who complain most of the time.

2 REFRAME HOW YOU VIEW YOUR WORK

Focus on aspects of your job that you enjoy or how your role helps others. Focus on teamwork & creating a compassionate work culture by putting yourself in other people's shoes. It may also be a time to stop overextending yourself & learn how to say "no".

If this is difficult, consider getting support from a therapist or coach. Take time off if you need to recharge your batteries.

3 TAKE TECHNOLOGY BREAKS

Studies show that spending a lot of time on social media & news reports can contribute to stress and depression. It's possible to stay informed & limit the amount of time you spend on your devices. Disconnecting can allow you to focus on activities that help manage your stress like deep breathing, yoga, meditation, sleep, reading, gardening, or other hobbies.

4 MAKE EXERCISE A PRIORITY

Even if you don't feel motivated, push yourself to do even a little physical activity. It helps reduce stress & lifts mood. Start with a short walk or even some gentle stretching. Do exercise you enjoy whether that's running, swimming, dancing, martial arts, weight lifting, or whatever type of movement you like.

5 EAT A HEALTHY DIET

What you put into your body can impact your mood. Eat plenty of healthy fats, like nuts, seeds, fatty fish, avocados, etc. Avoid sugary snacks or comfort foods that are high in refined carbs like pasta, pizza, or French fries. These foods might make you feel good in the moment, but they also make you crash later. This will negatively affect your mood and energy in the long run, not to mention increase your risk of weight gain & other health problems.

3 WORKOUT TIPS FOR SHORTER DAYS

Changes in season can affect us in many ways, including disrupting our exercise routines.

Cooler days, rain, shorter days can get in the way, especially if you're someone who's been running outside or doing other outdoor exercise. If that's the case, it's time to get ready for this transition.

Seasonal changes don't have to throw us off track, if we anticipate the changes and make a plan.

- 1 CHOOSE INDOOR EXERCISE THAT YOU LIKE** - If you already have exercise machines or weights at home, this is a no-brainer. If you don't, you can still easily workout at home. YouTube has a wide array of workouts that don't require equipment, whether you enjoy yoga, strength training, walking, HIIT workouts, dancing, Pilates, or any other type of exercise.
- 2 ADD MORE MOVEMENT THROUGHOUT THE DAY** - Find ways to sneak more activity into your daily routine. This works especially well if you're tracking your steps. Park your car farther; take a lunchtime walk; take the stairs; refill your water bottle more often, etc.
- 3 SHIFT TO A MORNING WORKOUT** - Waking up earlier to do a quick morning workout has lots of benefits. You are more likely to get it done if you prioritize exercise to the morning. It will give you more energy throughout the day & boost your mood, not to mention it feels great to be able to check that off your to-do list first thing. Getting up even just 15 minutes earlier can help. Research shows that short, consistent workouts can be very beneficial.

Broccoli Parmesan Chicken Soup

4 servings

Once Fall is here, soups can be an easy, healthy and delicious meal. Try this one and if you'd prefer a vegetarian option, swap the chicken with garbanzo beans, and the chicken broth with vegetable broth.

Ingredients

- 2 heads of broccoli
- 2 tbsp. olive oil
- 2 cloves garlic, finely chopped
- 1 onion, finely chopped
- Salt and pepper to taste
- 4 cups low-sodium chicken broth
- 3 cups baby spinach
- ½ cup grated parmesan cheese
- 1 tbsp. lemon zest
- 3 tbsp. lemon juice
- 2 cups shredded rotisserie chicken

Directions

- 1 Cut tops of broccoli into small florets and thinly slice stems.
- 2 Heat olive oil in large pot on medium, then add garlic and onion. Cook until sizzling, about 2 minutes. Add broccoli stems, season with salt and pepper, and cook 3 minutes.
- 3 Add florets and ½ cup water, cover and steam until bright green, about 3-6 minutes. Transfer half of florets to a bowl and set aside.
- 4 Add chicken broth and baby spinach and simmer 10 minutes.
- 5 Add grated parmesan cheese, lemon zest, lemon juice, then puree with immersion blender or standard blender.
- 6 Stir in shredded chicken and reserved broccoli florets.



HEALTHY MOUTH, HEALTHY BODY

It's Halloween time, which means there are sugary treats all around!

Did you know that your oral health can be a window to your overall health? Yes, problems in your mouth, teeth & gums can affect the rest of your body!

Keep in mind that your mouth is the entry point to your digestive & respiratory tracts. Bacteria in your mouth can spread & cause disease in other areas. Research has shown that there are links between oral health & the following conditions:

- Endocarditis (an infection in the lining of your heart chambers & valves)
- Heart disease possibly due to inflammation caused by bacteria
- Pregnancy & birth complications like prematurity & low birth weight
- Pneumonia & other respiratory conditions due to bacteria entering the lungs

Clearly, proper oral health care is very important and not just for preventing cavities. Here are steps to practicing good oral hygiene, especially if you're indulging in Halloween treats:

- 1 Brush twice a day with a soft bristled toothbrush & fluoride toothpaste.
- 2 Floss daily.
- 3 Use mouthwash after brushing and flossing.
- 4 Eat a healthy diet & limit foods with added sugars.
- 5 Replace your toothbrush about every three months.
- 6 Avoid tobacco use.
- 7 Visit your dentist for an exam and cleaning every six months.

Reference:
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>



Wellness-Connect
Powered by Allura Health

4445 Eastgate Mall #200
San Diego, California 92121
www.Wellness-Connect.net
support@Wellness-Connect.net
(877) 931-8005