Promoting a Healthier You! – June Edition

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A.C.T.I.V.E SUCCESS!!

Health Promotion's four-week, spring incentive program proved to be a success. Led by Program Assistant Rachel Keane, Accomplishing Community Through Imagination, Vitality and Exercise (A.C.T.I.V.E.) offered participants diverse activities to help them engage in physical and mental activity during the stay-at-home order. Activities included in the program were enjoying nature, starting a journal, learning a new language, starting a remote book club, tending to your lawn, reflecting on things for which we are grateful, trying a new recipe, watching the sun set, and many more individual and family-related activities.

Additionally, participants enjoyed the diversity, leisure and creative nature of the event. One participant even stated they would keep the activity cards for a “rainy day.” Each week a participant’s name was randomly drawn to reward them for their dedication and involvement throughout that week's list of activities.

The weekly winners are:
   Week 1: Kathy Henson   Week 2: Michelle Melton
   Week 3: Laramie Combs Week 4: Sarah Novak

CONGRATULATIONS to these four participants and THANK YOU all who participated.
The Greek philosopher Heraclitus of Ephesus stated, “The only constant is change.” Evidence supports that the coronavirus (COVID-19) pandemic is creating a constant change to our physical, social, and psychological well-being.

Perhaps one of the greatest challenges we face today is the impact social distancing and shelter-in-place orders have on our emotional well-being. In a recent Kaiser Family Foundation (KFF) poll, results showed 45% of adults in the United States reported that their mental health has been negatively affected due to worry and stress over the virus.

However, studies indicate that with proper access to social, physical and emotional support, one is better equipped to manage their stress-related symptoms. The World Health Organization (WHO), Center for Disease Control (CDC), American Public Health Association, (APHA), and the American Red Cross offer psychological first aid training modules designed to help individuals build resilience and support themselves as well as provide support to others during and the COVID-19 outbreak.

Psychological First Aid (PFA) is the “practice of recognizing and responding to people experiencing crisis-related stress. PFA consists of three principles – LOOK, LISTEN and LINK. When responding to one’s needs during a crisis, it is important to observe how one reacts, behaves or responds during distress. Consider the steps you would take to assist this person.

Next, listen to what the anxious person is telling you. Avoid interrupting, judging, stating your opinion. Seek ways to help the person feel calm. Reassure the person with factual statements only. Remember, you are not there to solve their problem; you are there for support.

Finally, when the person begins showing signs they are ready for help, connect them to the proper resources and support groups. These resources may include self-care and team-care strategies. During the self-care practice, the individual seeks ways to stay physically and emotional healthy with their colleagues. Half- and full-day facilitation programs allows the individual to interact with others at an organized venue, engaging in activities that help manage their stressors. Lastly, online resources are available for those in crisis to share their experiences.

In short, there is no single solution to managing stress. Everyone reacts and addresses stress in their own way. Nevertheless, if we can provide each other a peaceful environment, foster self-efficacy, and create connections, there is always hope the apprehension we are experiencing will turn to confidence.

Follow this link for sources

MENTAL HEALTH RESOURCES

**Campus Resources:**
Counseling and Psychology Services Center: (828) 262-3180
Appalachian State University Police Department: (828) 262-2150
Police Department Emergency: (828) 262-8000

**Community Resources:**
Daymark Recovery Services: (828) 264-8759
After-Hours/Crisis Line: (828) 264-4357
Finding Hope: Survivors of Suicide Support Group: (828) 262-1628
National Resources: National Suicide Prevention Lifeline: 1-800-8255[TALK]
The Trevor Project: 1-866-488-7386
Aromatic vegetables are a start to a great flavor in soups, stews, sauces, and other dishes worldwide. Adding these vegetables to your dishes can bring a deep, bold, and well-rounded flavor to your dish. In addition to adding flavor, each aromatic vegetable has health benefits! Cooking with more aromatic vegetables can replace salt, fat, and sugar to your meals without losing any flavor.

Overall Tips: Cook with fresh aromatics to avoid your dish becoming too watery.
- Chop your vegetables all at once and store for quick use during the week.
- Be careful chopping hot peppers, the oil can remain on your fingers!
- Wash your hands to avoid accidentally touching your face with these oils.

Carrots: The start of mirepoix, or just a healthy snack, carrots are good sources of beta carotene, fiber, vitamins C and B6, and potassium.

Peppers: Bell peppers can be used in Mexican, Italian, Asian, and American dishes. They all start out green and ripen to become yellow, orange, and red. One red bell pepper has one day’s worth of vitamins A and C which support immune function.

Chili Peppers: Ranging from mild to hot, chili peppers are a necessity to a great salsa. Adding peppers to your meals can increase your intake of vitamins A and C, as well as help digestion!

Garlic: One of the most well-known and pungent of the aromatic vegetables, garlic is enjoyed in sauces, salads, stir-fries, and stew. Regular consumption of garlic, which is rich in phytochemicals, can reduce atherosclerosis (cholesterol) and risk of stomach and colorectal cancers.

Peppers: A traditional Appalachian vegetable, are smaller than a scallion, and taste stronger than a leek, and more garlicky than a scallion. They are a good source of vitamin A, selenium, and chromium.

Shallots: Shallots are a mix between an onion and a garlic, they are a pungent flavor typically used in French sauces and dressings. They are a good source of vitamins C and B6, and manganese.

Follow this link for more information
Healthy Recipe Recommendations with Aromatics

THAI GINGER AND GARLIC NOODLE BOWLS
Spicy Sweet Potato Jambalaya

Chicken with Mexican Charred Tomato Sauce

Aromatic vegetable Soup

Wellness Goals and Accountability Suggestions.

With all of us still working from home, our regular wellness accountability norms might have disappeared. Without gyms open, exercise classes on our calendars, personal training appointments twice per week, etc. many of you have expressed that your motivation and accountability are suffering. We would like to offer a few suggestions:

1. Set SMART goals: Specific, Measurable, Attainable, Relevant and Time-Bound. Ie: I am going to increase my cardiovascular fitness by walk 30 minutes 5 days a week. I will walk from 9:00 -9:30 am and push myself to go a little farther each day by increasing my speed.

2. Stay accountable. Once you select a goal, being accountable, even if only to yourself, can help you achieve it. Keeping a simple chart on your phone or your fridge where you can check a box for every day you work out.

3. Be a role model! We tend to do for others more than we do for ourselves. Reach out to a family member, friend, spouse, co-worker, etc. Offer a team approach to holding each other accountable. Make a competition or share your log for a no pressure tracking of progress.

4. Look forward. Focusing not on how low you feel now but on how energized you’ll be when you’re done, or how you might feel if you skip it. “A body at rest wants to stay at rest, and a body in movement wants to stay moving.”

5. Track your progress. Using fitness trackers, apps, or even just keeping a journal can help you stay accountable and motivated. Seeing your progress and your ability to keep active during this difficult time will give you a sense of accomplishment and an emotional boost to keep going.

6. Take advantage of pauses during the day. Take advantage of times when you’re waiting for something to finish or start. You can fire off some arm exercises or practice some yoga poses while the dinner is in the oven or during those 15 minutes before a Zoom meeting.
Health Benefits of Exercise, It's Never Too Late to Start

We all know that regular physical activity is an important characteristic for our health. If you are new to exercise, it is recommended first to consult with your physician to make sure it is safe for you to begin an exercise program. Your physician has your family medical history and your current health status to consider when prescribing cardiovascular exercise to your wellness program. This exercise referral from your family physician is a path supported by the American College of Sports Medicine's "Exercises as Medicine" initiative.

The good news is that it's never too late to start being physically active! You can start slowly, and find ways to fit more physical activity into your life. In a study of nearly 8,000 participants, age 45 and older, found that for less active individuals, replacing as little as 30 minutes a day of sitting with bouts of light activity—walking or doing chores, for example—lowered the risk of death by 17% (Mayo Clinic). To get the most benefit, you should try to get the recommended amount of exercise for your age. If you can do it, the payoff is that you will feel better, help prevent or control many diseases, and likely even live longer.

For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

- **Aerobic activity.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.

- **Strength training.** Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

### Health Benefits of Exercise

- Helps control your weight.
- Reduce your risk of heart diseases.
- Reduce Your Risk of Chronic Disease
- It Can Make You Feel Happier
- Helps your body manage blood sugar and insulin levels
- Help you quit smoking
- Increases your chances of living longer.
- Reduces your risk of falls.
- Improves your sleep
- Strengthens your bones and muscles
- Reduces your risk of some cancers
- Allows you to be a leader to family and peers to represent healthy lifestyle choices.
- Increases your energy levels
- There are many more benefits, we encourage you to give it a try!

Whether you practice a specific sport or follow the guideline of 150 minutes of activity per week, you will inevitably improve your health in many ways. Please reach out to Health Promotion for Faculty and Staff for more information, virtual personal training and exercise resources.

Follow this link for Resources