HEALTHY You!
“Your Source For A Happy and Healthy Lifestyle.”

April 2018

THIS EDITION FEATURES:

FUN WITH FOOD

FORK IN THE ROAD

GROUNDED IN GRATITUDE

RAINY DAY WORKOUTS

COPING WITHOUT ALCOHOL

A SMART BUY

Brought to you by Independence
Fun with Food

Make healthy food fun so both your mind and your body will be happy. It’s fun to come up with new ways to jazz up healthy fare.

Use creative containers:
- Fill mason jars. Layer your favorite combination of salad ingredients, making sure to put the heaviest, most non-absorbent ingredients on the bottom and your greens on top. Or you could make fruit and yogurt parfaits.
- Serve it on a stick. Make kabobs with low-fat cheese squares and fruit (try strawberries, grapes, or melon balls) or veggies (try cherry tomatoes, cucumber slices, or bell pepper chunks).
- Stuff it. Scoop out the insides of zucchini, mushrooms, or peppers and then stuff them with ingredients like cooked ground meat, beans, rice, barley, and cheese.

Get colorful:
- Create a personal pizza. Use a whole-wheat pizza crust and cover your pie with veggies of every color.
- Top your toast. Use spreads like nut butters on whole-wheat toast or rice cakes. Add strawberry, banana, or apple slices for sweetness.
- Veggie up your cream cheese. Start with light cream cheese, and then finely chop and add your own crunchy veggies like carrots, red peppers, celery, and scallions.

Entertain:
- Host a tapas party. Small portions are a great way to enjoy different foods and healthy (but tasty) options. You could make baked chicken wings, stuffed mushrooms, fresh salad, or roasted vegetables.

Recipe of the Month:
Stuffed Peppers

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>ground turkey</td>
</tr>
<tr>
<td>1 cup</td>
<td>cooked brown rice</td>
</tr>
<tr>
<td>1 cup</td>
<td>tomato sauce, divided</td>
</tr>
<tr>
<td>4</td>
<td>large bell peppers (any color)</td>
</tr>
<tr>
<td>1 medium</td>
<td>onion, chopped</td>
</tr>
<tr>
<td>1 clove</td>
<td>garlic, minced</td>
</tr>
<tr>
<td>½ Tbsp</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>flat parsley, chopped</td>
</tr>
</tbody>
</table>

Instructions:
Preheat oven to 350°F. Cut stems off peppers and clean out seeds, being careful to keep the peppers whole. Then stand the peppers in a casserole dish. Heat the oil in a large skillet over medium heat. Add the garlic and onion and cook until softened. Then add ground turkey and cook until browned. Remove from heat, and stir in the cooked rice, ½ cup of tomato sauce, and parsley. Stuff the peppers with the mixture and top each with remaining tomato sauce. Cover with foil and bake for 35 minutes.
If you are feeling down or stressed, could having a few drinks hurt you? After a while, it could. You could develop the habit of using alcohol to feel relief from pain or stress, which can quickly become a substance abuse issue.

Using alcohol is not a healthy coping skill. It is a tempting trap to:

• Numb yourself by masking issues and delaying the feelings you need to address to move on
• Self-medicate, which can lead to substance abuse, addiction, and a host of new problems that are far more difficult to manage than dealing with the pain you were avoiding
• Avoid anxiety, when in reality you are only postponing it

Be mindful of your feelings
Assess, understand, and build awareness about your drinking, including when you do it, how much you have, and what emotion or trigger was behind your decision to drink.

If you are feeling down, don't mask the pain with alcohol. It is important to work through your feelings to resolve the underlying issue. And you don't have to do it alone — your doctor or a mental health professional can help you to find healthy ways to cope. Be sure to ask for help if you are struggling.

Coping without Alcohol

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Try these tips to develop a healthy mindset when making food choices:

• Rather than thinking about calories and losing weight, focus instead on gaining good health.
• Eat more vegetables, fruits, and whole grains. These foods have fiber, which keeps you feeling fuller longer so you're less likely to give in to poor choices.
• Plan your splurge. If you know you're allowing yourself that slice of pie after dinner, you won't feel deprived when you pass on cookies in the office.

We make many food choices daily, often without even being aware of the decisions we're making. Paying attention to environmental cues or emotional triggers can help you make more mindful decisions about what to eat and how much.

Alternatives to Alcohol

1. Enjoy club soda with lime for bubbly.
2. Try a non-alcoholic beer for brew.
3. Choose mindfulness over drunkenness.

Source: https://www.healthline.com/health/depression/forms-self-medication
Rainy Day Workouts

As they say, “April showers bring May flowers.” But don’t let wet weather leave a damper on your good intentions to get active. While a little drizzle never hurt anyone, rainy days may leave you feeling unmotivated if you’re used to exercising outdoors. Here are a few alternatives to keep you moving even when the forecast calls for rain:

- **Online workouts.** You can get the encouragement and accountability of a trainer or instructor without leaving your house. Search for online fitness videos on sites like YouTube, and you’ll have access to seemingly endless free workouts for all kinds of exercise.

- **Self-guided exercise.** If you’re skipping your outdoor walk, try some self-guided exercises instead. Try jogging in place, doing crunches, using free weights, practicing your favorite yoga poses, holding a plank, or doing squats. Focus on one area of the body at a time and do three sets of each exercise with a one-minute break in between.

- **Body weight exercises.** If you don’t have free weights at home, don’t fret — you can use your own body weight for resistance! Moves like squats and lunges tone your legs and glutes, while pushups and tricep dips work your arms and chest.

Being cooped up inside doesn’t mean you have to neglect your well-being. With these suggestions, you can break a sweat without ever leaving the comfort of your home. And remember to always check with your doctor before starting a new exercise routine.

**Grounded in Gratitude**

The mind tends to naturally focus on what is going wrong. But you don’t need to completely shy away from the negative — after all you can’t escape the bad in life. Instead you can embrace setbacks as part of your overall journey.

When you stop to consider what you are grateful for and why, those feelings of gratitude will linger. Take time to recognize the positive experiences you have each day by writing down or thinking about three things that you are grateful for in your life. It will affect how you feel and look at the world.

Making it through tough times is never easy. But keeping your spirits high and your attitude on an even keel — even during trying situations — can help to keep you feeling happier. The more thankful we are, the more connected we feel to the people in our lives, our environment, and ourselves.
Impulse spending can hinder both your short-term and long-term financial goals. To save money and avoid making unnecessary purchases, try these tips:

- Consider how each purchase will impact you, your life, and the lives and environment of those around you.
- Remember that nothing you buy can ever truly make you happy.
- Have a clear vision of what makes you happy and your intentions in life. If what you are purchasing is getting you closer to your goals, then it’s a smart buy. For example, spending more money on high-quality, wholesome foods may get you closer to your intention of living a long and healthy life. Spending money on a new cell phone doesn’t.

**Monthly Quiz:**

1. **Which statement is most true?**
   - a. One should never exercise outdoors when it’s raining.
   - b. The internet is a helpful resource for workout videos to try in the comfort of your home.
   - c. There are no exercises to do at home if you don’t have equipment.
   - d. Squats and lunges can only be performed in a gym.

2. **What does it mean to develop a healthy mindset towards food?**
   - a. Focus only on eating foods that will lead to weight loss.
   - b. Focus only on eating foods that will lead to weight gain.
   - c. Focus on eating foods that improve your health, not worrying as much about calories and weight.

3. **Which option is a healthy coping skill?**
   - a. Numbing feelings of loneliness with ice cream.
   - b. Being aware of your moods and motivations before you have a drink.
   - c. Having a few drinks to ease anxiety before an event.