

Live Well

SCCMHA Wellness Newsletter

Get Fit for the New Year!

This January SCCMHA is celebrating *Get Fit Month*! The following are some tips to help you get fit this New Year.

Forget last year

Remembering the failed resolutions of years gone by will not help you succeed this year. According to Dr. Hristina Nikolova, an assistant professor of Marketing in the Carroll School of Management at Boston College, "Despite the common belief that remembering our mistakes will help us make better decisions in the present, we actually find that thinking about our failures at self-control leads us to repeat them and indulge in the present, so it's not helpful at all."

Want the change

If you just want to talk about it, your resolution won't pay off. You have to want the change. According to Meg Baker, director of UAB Employee Wellness, in research published by the University of Alabama at Birmingham, "Readiness to change is a big factor, [and] based on the stages of change model: precontemplation (unwilling to make a change), contemplation (considering lifestyle change) and action, you have to want to change your lifestyle to successfully improve your health."

Build up to success

Expecting results immediately is foolish. Take the advice published by Kansas State University from research conducted by Emily Mailey, assistant professor of kinesiology in the College of Human Ecology, "If you start with lofty goals, it's easy to become discouraged if you don't meet those goals right away. Start by trying to do something once or twice a week for short durations of about 10 to 15 minutes. Then you can build up from there. This way you can set yourself up to be successful."

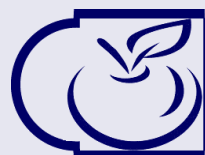
Tell people

Hiding a resolution from your family and friends is like hiding a blueprint from a contractor. Don't be afraid to open up about what your goals are. According to Dr. Aaron Michelfelder of Loyola University, "When you tell other people you are trying to lose weight, they will give you their support, and stop shoving cake and candy your way."



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Wellness

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Don't Share Your Germs

Cover your cough!

Influenza (flu) and other serious respiratory illnesses like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by cough, sneezing, or unclean hands.

To help stop the spread of germs,

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- You may be asked to put on a facemask to protect others.
- Wash your hands often with soap and warm water for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub.

Source: <http://www.cdc.gov/flu/protect/covercough.htm>



Help with Quitting Tobacco



Friends for Recovery Center is again offering an evidence-based group at their 2720 W. Genesee location to help people with tobacco dependence! Learning about Healthy Living is a twenty-session group treatment approach that is designed for all types of smokers with different mental health problems. It is open to the individuals we serve who are participants at the Friend for Recovery Center. The first group met January 6, 2017. It will meet each Friday from 11 AM to Noon. **You may join the group at any time.** If you would like more information on how one becomes a participant at the Friends for Recovery

Center, please go to <https://www.sccmha.org/healthcare-partnerships/friends-for-recovery-center/> or contact Miley Stuller at (989) 401-7587.

Learning about Healthy Living is typically provided in outpatient behavioral health treatment settings but has also been used in state hospitals. The program has been implemented by peers as well as professionals. The FFRC Program will be facilitated by Peer Support Specialist and Director of FFRC, Miley Stuller and Peer, Mike Domson. According to Mike, "This group offers people the opportunity to gain valuable insight into their tobacco use so that they can make better choices." All individuals who smoke are potential candidates for this group intervention as long as they are psychiatrically stable (although not necessarily asymptomatic), not currently experiencing a psychiatric crisis, and (ideally) not actively abusing substances other than tobacco.



Smokers at all motivational levels are included in this group (unlike other groups, which typically include participants of the same motivational level/stage of change) so a group may include members who are ambivalent about quitting and some who may not even express a desire to quit as well as those who are ready to quit. This intervention is motivating and designed to increase each consumer's desire to quit smoking through successive sessions. If you use tobacco, we hope you will consider joining the FFRC Learning about Healthy Living Group.

For more information on other Health and Wellness related activities provided by SCCMHA, please go to <https://www.sccmha.org/healthcare-partnerships/better-together-we-can/>.

Some information adapted from this source: *A Guide To Evidence-Based Wellness Practices*, April 2016, <https://www.sccmha.org/userfiles/filemanager/1058/>

"This group offers people the opportunity to gain valuable insight into their tobacco use so that they can make better choices."

Mike Domson, Friends for Recovery Center Peer

Julie Steffek, "Jules" works as an Administrative Coordinator for the Autism Program, reporting to Heather Beson. She has been employed with SCCMHA for four years and formerly worked in the training department. Jules shared that she has made many wellness changes in her life, but the biggest changes were in the areas of spiritual and emotional wellness.

About 28 years ago, Jules was experiencing significant depression and was feeling like she had no direction in her life. She had thoughts of ending her life. It was at this point that she feels that God intervened and gave her new hope. Spirituality has become central to Jules' life. She embraces her spirituality through her involvement with the Baptist church. Through her church involvement, Jules has been very active in her faith community. She is an assistant for "Junior Church" for children; she helps with picking up children on a church bus, has led bible studies, reading groups at church, and has done inspirational speaking to women's groups. Jules also uses scripture and music to help her when she is feeling anxious. Jules believes, "I have joy in my life because of my faith. I wouldn't be here without God."

Jules feels that her faith has made "all the difference in the world" for her emotional wellness. She shares, "I know I would be a depressed person without my faith." Jules also works on her physical wellness by exercising regularly and making an effort to eat healthy. She shared, "I am very grateful for the Better Together program." Better Together We Can is a series of FREE Health & Wellness classes, activities, and clinics that are open to SCCMHA staff members, consumers and the SCCMHA provider network workforce. Jules regularly participates in Better Together walking and toning classes. Between her faith and her regular exercise, Jules feels that she has improved confidence and self-esteem and has an increased energy level.

Jules wants others to know that "everyone has their own journey" with wellness-related changes, but for her she shares, "God is where I've found my greatest strength and centeredness." We congratulate Jules for her wellness-related success!

Jules was nominated by Danelle Elliott and selected by the SCCMHA Wellness committee. Are you a SCCMHA employee who has had great success with one or more of the eight dimensions of wellness? If you are, we want to hear from you! You may also nominate coworkers for this opportunity. The idea is to feature an employee "Spotlight on Wellness" in each issue of *Live Well* where an employee will share their personal wellness success. **To qualify, please send a brief summary of your success story to mbaukus@sccmha.org by 02/18/16.** You may also call Mary at 272-7228 with questions. Summaries will be reviewed by the Wellness Committee. The person who is chosen will be featured in the next *Live Well* newsletter.



Julie Steffek, December 2016

Spotlight on Wellness



Some Winter Awareness Themes

January

National Volunteer Blood Donor Month

Local Resource:
Main Blood Donor Center
1771 Tittabawassee Road,
Saginaw, 48604-9341
989-755-5387



February

American Heart Month

Check out www.heart.org for more information on heart health.

National Children's Dental Health Month

Local Resource:
Dental Resource Guide,
[http://www.saginawhealthplan.org/uploads/1/2/6/1/12617007/resource_guide\[516640\].pdf](http://www.saginawhealthplan.org/uploads/1/2/6/1/12617007/resource_guide[516640].pdf)

March

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. Go to <http://www.eatright.org/nnm/> for more information.

For more themes, go to <http://healthfinder.gov/nho/default.aspx>



Managing Stress

Everyone has stress in their life at one point or another. When stress continues for a long time, it can become a problem. Lowering stress and tension is good for your health. Managing your stress may result in fewer physical problems, such as trouble sleeping or headaches. It also may lower the chances of serious health issues, like heart problems.

How do you know it is stress?

The first step in dealing with stress is recognizing that you are stressed. While everyone reacts differently, some signs of stress may be:

- Feeling sad, frustrated, or tired
- Losing your appetite
- Having difficulty concentrating
- Having aches and pains

One thing at a time

You can add stress to your life by trying to do too much.

These ideas may help you lower your stress:

- **Practice saying “no”** when you have too much to do.
- **Be patient** with yourself and others.
- **Ask for help** if you need it.

For more information, go to <http://ow.ly/VZUh306RIOa>



American Heart Month

National Wear Red Day is February 3, 2017

February is American Heart Month. Did you know that there are 7 easy ways to help control your risk for heart disease?

Manage your heart risk by understanding “Life’s Simple 7.”

1. Get active

Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.

2. Control cholesterol

When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

3. Eat better

Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains, and lean meats including fish, your body is missing the basic building blocks for a healthy life.

4. Manage blood pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

To manage blood pressure, you should:

Eat a heart-healthy diet, which includes reducing sodium
Get regular physical activity and maintain a healthy weight
Manage stress, limit alcohol and avoid tobacco smoke.

5. Lose weight

If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.

6. Reduce blood sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes. Although diabetes is treatable and you can live a healthy life with this condition, even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die from some form of heart or blood vessel disease.

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SCCMHA staff members were pink on October 21, 2016 to help raise Breast Cancer awareness.

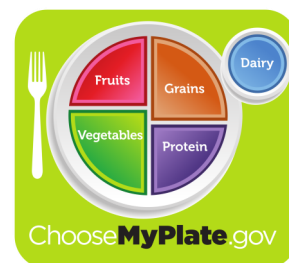


Nutrition Facts

Good For You Cornbread

Serving Size: 1 square
Servings Per Recipe: 10
Amount Per Serving
Calories: 178

Total Fat 6 g
Saturated Fat 1 g
Cholesterol 22 mg
Sodium 94 mg
Total Carbohydrates 27 g
Dietary Fiber 1 g
Potassium 132 mg
Protein 4 g



The Healthy Recipe Spot

Good For You Cornbread

Makes 10 Servings

Ingredients

1 cup cornmeal
1 cup flour
¼ cup sugar
1 teaspoon baking powder
1 cup low-fat (1%) buttermilk
1 egg, whole
¼ cup margarine, regular, tub
1 teaspoon vegetable oil
(to grease baking pan)



Directions

Preheat oven to 350 ° F

1. Mix together cornmeal, flour, sugar, and baking powder.
2. In another bowl, combine buttermilk and egg. Beat lightly.
3. Slowly add buttermilk and egg mixture to dry ingredients.
4. Add margarine and mix by hand or with mixer for 1 minute.
5. Bake for 20–25 minutes in an 8 x 8-inch, greased baking dish. Cool.
6. Cut into 10 squares.

<https://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf>

Sleep Tips

1. Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.
2. Practice a relaxing bedtime routine.
3. If you have trouble sleeping, avoid naps, especially in the afternoon
4. Exercise daily.
5. Evaluate your room. Design your sleep environment to establish the conditions you need for sleep. .
6. Sleep on a comfortable mattress and pillows.
7. Use bright light during waking hours to help manage your circadian rhythms.
8. Avoid alcohol, cigarettes, and heavy meals in the evening.
9. Wind down.
10. If you can't sleep, go into another room and do something relaxing until you feel tired.

If you're still having trouble sleeping, don't hesitate to speak with your doctor or to find a sleep professional. For more information, go to: <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>



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Look at the big picture

The number one resolution for Americans is losing weight. If you're hoping to drop some pounds, research published by Orlando Health found that just dieting and exercising won't yield the results you're hoping for. "In order to lose weight and keep it off long term, we need to do more than just think about what we eat, we also need to understand why we're eating," says Dr. Diane Robinson, a neuropsychologist and Program Director of Integrative Medicine at Orlando Health.

Get some support

There really is strength in numbers. Want proof? According to Dr. Julie Sharp, Cancer Research UK's head of health information, "Getting some support can help people take up good habits. For example if you want to lose weight and have a friend or colleague who's trying to do the same thing you could encourage each other by joining up for a run or a swim at lunchtime or after work. And local support such as stop smoking services are very effective at helping people to quit."



Don't expect tech to save the day

Everybody's wearing a new device that's supposed to help achieve health-based results these days. According to research published by doctors Mitesh Patel, David Asch and Kevin Volpp, attending physicians at the Philadelphia VA Medical Center: "The notion is that by recording and reporting information about behaviors such as physical activity or sleep patterns, these devices can educate and motivate individuals toward better habits and better health, [and] the gap between recording information and changing behavior is substantial, however, and while these devices are increasing in popularity, little evidence suggests that they are bridging the gap."

Power through temptation

Feeling a little too tempted? Research published by the University of Chicago indicates that just flexing your muscles could enhance your will power. Study authors Iris Hung and Aparna Labroo state: "The mind and the body are so closely tied together, merely clenching muscles can also activate willpower—thus simply engaging in these bodily actions, which often result from an exertion of willpower, can serve as a non-conscious source to recruit willpower, facilitate self-control, and improve consumer wellbeing."

Sleep more

We've all sacrificed sleep for work, play or late-night television marathon binging. Recent research published in Annals of Internal Medicine indicates that could derail your fat loss goals. "If your goal is to lose fat, skipping sleep is like poking sticks in your bicycle wheels," according to study director Dr. Plamen Penev, assistant professor of medicine at the University of Chicago. "Cutting back on sleep, a behavior that is ubiquitous in modern society, appears to compromise efforts to lose fat through dieting. In our study it reduced fat loss by 55%."

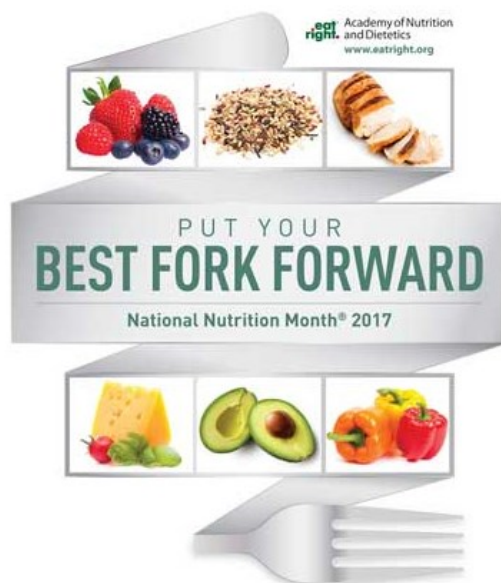
With these tips to strengthen any goal, you're sure to have the best tools at your disposal to ensure success in the New Year. Just be sure to stay diligent and not expect instant results. Do the work and by this time next year, you're already a totally new person.

Adapted from an article from this source: <https://www.rewireme.com/wellness/10-tips-getting-fit-new-year/>

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

"Put Your Best Fork Forward" is the theme for NNM 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.



Need Healthy Eating Ideas?

- Check out Cooking Tips and Trends: <http://www.eatright.org/resources/food/planning-and-prep/cooking-tips-and-trends>
- Another option is My Plate: <http://www.choosemyplate.gov/>
- Download a free cookbook: <https://www.sccmha.org/userfiles/filemanager/541/>

Some information for this article was adapted from this source: <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>



Wellness resources are just a click away at

<https://www.sccmha.org/healthcare-partnerships/wellness-resources/>

Better Together



We Can

Better Together We Can is a series of FREE Health & Wellness classes, activities, and clinics that are open to SCCMHA staff members, consumers and the SCCMHA provider network workforce. Topics include Coloring for Relaxation, Yoga, Blood Pressure Management, Walking and more. There are typically several offerings each week.

Find flyers for these events and activities at: <https://www.sccmha.org/healthcare-partnerships/better-together-we-can/>.

You may also call Mary at 272-7228 with questions.

We hope to see you there!



Did you know?

- The onset of menopause is significantly higher in winter than in spring or autumn, with a smaller peak in summer.
- Winter cold increases a person's appetite.
- Winter cold kills more than twice as many Americans as summer heat does.
- Around 12% of Earth's land surface is covered in snow and ice.



Source:

<http://facts.randomhistory.com/winter-facts.html>

Continued from page 4

The following tips can all help reduce your blood sugar:

- Reduce consumption of simple sugars that are found in soda, candy and sugary desserts
- Get regular physical activity! Moderate intensity aerobic physical activity directly helps your body respond to insulin
- Take medications or insulin if it is prescribed for you

7. Stop smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risks for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.



Adapted from this source: <https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/lifes-simple-7/>

About *Live Well*

Live Well is a newsletter that is promised to be full of wellness-related information and news. The current editor is **Mary Baukus, Wellness Coordinator**. *Live Well* is published quarterly (Winter, Spring, Summer, Fall) by Saginaw County Community Mental Health Authority and distributed throughout SCCMHA and our network service providers.

Do not consider the content of Live Well as medical advice. Never delay or disregard seeking professional medical advice from your doctor or other qualified healthcare provider because of something you have read in Live Well. You should always speak with your doctor before you start, stop, or change any prescribed part of your care plan or treatment. If you think you may have a medical emergency, call your doctor or dial 911 immediately.

If you are interested in contributing to the ***Live Well SCCMHA Wellness Newsletter***, please contact Mary Baukus, at mbaukus@sccmha.org.

Is there a wellness topic that you would like to know more about? We welcome your suggestions.

Are you a **consumer** who would like to have this newsletter delivered **FREE** to your mailbox or e-mail? We can add you to our mailing list. We can also remove you from our mailing list if you already receive *Live Well* and wish to discontinue it or change your method of receiving it to e-mail. Please fill out the form to the right and mail to:

Mary Baukus, MSW, LMSW, Wellness Coordinator
Saginaw County Community Mental Health Authority
500 Hancock



Live Well

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