

My Health, My Choice, My Life

November 2012 Newsletter



“Tomorrow Starts Today”

2012 National Wellness Week

National Wellness Week 2012, SAMHSA,

http://www.promoteacceptance.samhsa.gov/10by10/wellness_week.aspx

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As part of National Recovery Month, SAMHSA (Substance Abuse and Mental Health Services Administration) launched the first National Wellness Week in September 2011. National Wellness Week encourages individuals, families, and communities across the country to improve their health behaviors, while also exploring their talents, skills, interests, social connections, and environment to incorporate other dimensions of wellness.



Knoxville's Wellness Celebration

This year, our wellness coaches put together a Wellness Celebration in their area for everyone to attend. Attendees had an opportunity to visit several booths such as: *My Health, My Choice, My Life*, where people had the opportunity to go and have their height, weight, BMI (body mass index), and waist circumference checked. Also in attendance was a representative from Amerigroup and United Healthcare, where people were given great information and healthy snacks. Attendees were also given the opportunity to participate in activities such as kickball, volleyball, dancing, and many other games.

Several of our guests enjoyed dancing.



Madeline Rogero, the Mayor of Knoxville, issued a proclamation, recognizing the importance of wellness.

The *My Health, My Choice, My Life* booth



Many of our guests enjoyed playing a game of volleyball.

Motivation

- Mark Bresee
Wellness Coach, Chattanooga

Lack the passion to embrace wellness? Has your doctor recommended healthy behaviors you haven't gotten around to? Want to feel better but can't muster the motivation to fix what's wrong? Perhaps these insights can help.



1. **Fear won't keep you going, but it might get you started.** A recent wellness workshop participant contemplated whether to quit smoking. He knew it wasn't good for him, but he wasn't sure it was truly worth all the pain and suffering it would take to get to that goal. He talked it over with his doctor, who clearly defined the dangers of smoking. Fear pushed him over the line and as of yesterday, he hadn't smoked in three days. The battle isn't over, but it has begun.
2. **Begin with what you WANT to do.** Focus on wellness activities you enjoy. Like to fish? Go places that require walking and surround you with natural beauty. Breathe fresh air, soak in the sunshine. Hang out with a friend and turn off your phone. You'll feel better and live longer. Once you find a health-building activity you enjoy, you'll hunt for another and another.
3. **Focus on results.** If your attention is glued to the irritability you will experience for the first few days after you quit smoking, you might not ever take the plunge. But if your attention is tattooed to the thousands of dollars you will save, to the decrease in sick days, to the fact your food will taste better, to the truth you will smell better, to the people around you whom you aren't putting at risk with second-hand smoke, to the increase in your ability to work and workout, and to how good you will look, if you will think about these things, your motivation will take you places you never dreamed possible.
4. **Eat something you love.** Find healthy food you like and eat it! I've heard people say some desserts are too sweet, but I've never run into that problem – ever. Years ago I ate sugary snacks like it was my job. Health problems emerged. Over time I replaced empty-calorie, fat-producing, triglyceride-boosting sweets with fruit. I love bananas, blueberries, raspberries, strawberries, apples, oranges, peaches, pears, apricots, mangos, watermelon, cantaloupe, kiwi, grapes, cherries and more. Wellness? I'm lovin' it and you can too!

Be honest with yourself. How motivated are you to move your life in the direction of wellness and fullness of life? On a scale of one to ten, with one meaning you're glued to your couch and ten you're doing some type of physical activity at least three times a week, where are you? If your motivation level is lower than a seven, reread what you just read, pick something to do and find a way to get it done. You'll be glad you did!

Learn it...Live it

-Mark Bresee

A friend of mine said in regard to himself, "I am educated far beyond my level of obedience." His moment of transparency gave me the courage to step up and confess, "Me too". I love to learn and sometimes the pleasure of gaining new insights gives me the impression I have gained ground on the issue. Knowing I need thirty grams of protein a day and what foods I need to eat, isn't the same as actually eating the protein I need. Just like knowing that I need to exercise, isn't the same as actually exercising.



The fact that you're reading this newsletter tells us you probably find information on wellness interesting and motivating. Don't stop reading! Gain all the insight you can, but don't stop there! Read with a bias for action. Imagine what would happen in your life if you acted on just 10% of the life-improvement information you learn every day.

A Story of Success



My name is Effie Cates. I have been a smoker for 37 years. I was at the point where I couldn't walk from my house to my car, or do a lot of other things that I wanted to do without running out of breath. I had thought about quitting several times and did one time for 6 months but made the mistake of thinking I could smoke just one, and it put me right back where I started. In October of 2011, I took the *My Health, My Choice, My Life* training. I learned about making healthy choices and setting and achieving goals. My goal while in the class was to cut back on my cigarette smoking by three a day and I was able to accomplish this. We then taught the class at the Enrichment House where I work and it got me to thinking about it again. I thought about my sister who is virtually a prisoner in her home because she has to wear oxygen 24 hours a day and how I didn't want to be like her. I was also experiencing some chest pains around this time, and that scared me enough to take action. With the aid of Chantix I haven't smoked a cigarette since August 12, 2012. My breathing is better and I am starting to do some of the things I used to do. Some days are a struggle but definitely one worth fighting. If you set a goal and believe in yourself and keep fighting for it you can achieve it. I did!

Recovery is REAL

- Sue W.

Recovery. We have heard a lot about it lately. But what does it mean? They say it means different things to different people. O.K. I buy that. I would like to take this opportunity to state what it has meant to me thus far.

I have been in and out of therapy for over 30 years now. It took a few years before they came up with a diagnosis that has stuck. That was mainly my fault because I was not forthcoming with all my symptoms. I simply didn't think they were pertinent. I came from a family that did not believe in psychotherapy. They just thought I was overly sensitive, should just toughen up and simply deal with things.

Once the diagnosis was agreed upon I was told I would be this way for the rest of my life and there was nothing that could change that. I was given a prescription of what I lovingly call "Happy Pills" and told "come back next month and stay out of trouble".

I followed that routine faithfully for years. My life didn't change much. I slowly came to grips with my diagnosis. I mourned certain expectations I was told I would never accomplish. My family and I became more and more distant; I was the "crazy" one after all. I was damaged. I was incapable of reaching their standards.

Then I started taking classes for my job as a Peer Support Specialist, and the buzz is all about recovery and self-reliance! HUH? I didn't think I could BE reliable! I couldn't be reliable because of my diagnosis. I would fly off the handle. I was non-conforming, antisocial and unpredictable. I took classes on "How to Talk with your Doctor". WHAT?? Aren't they gods?? They are the experts and I am a lowly crazy person with papers to prove it---I have a diagnosis of mental illness! I took classes on how the consumer has a voice and is the expert in his/her recovery. HUH?? No one ever wanted to hear what I had to say before! I was told I was argumentative. Now all the sudden I am an expert??! I liked the sound of that of course but it took a while for me to wrap my head around what it really meant. Then I became angry! Angry that I wasted 30 years of my life!! I listened as I was told what to do and did NOT question the doctors!! I became overwhelmed with emotion and actually began to cry during one of these classes. I then began a mourning process!! I grieved at all the lies, all the lost possibilities, all the messed up relationships, all the jobs I gave up or asked to leave. I mourned all the possibilities that never took place because I told myself I had a diagnosis and a person with a diagnosis wouldn't succeed so why try??

Hmmm, so what does recovery mean to me?? ENDLESS possibilities! I am finally the captain of my OWN ship!! I am no longer my diagnosis. I am a person WITH a diagnosis. I am also a person who wears glasses to correct THAT diagnosis as well. They hold the same weight!!

My purpose for writing this article is to reach out to others who have been in "The System" for any length of time and were sold a bunch of malarkey as I had been. This recovery stuff is REAL!! It is like anything else---you get out of it what you put into it. It takes courage to learn how to believe in yourself; to stop listening to all the negative self-talk and to replace it with YES I CAN!! Thomas the Train comes to mind, remember the child's story? The real scary part is getting out of the back seat and taking your rightful place in the driver's seat of your own life!!! The first time they asked me to write this article I said flat out NO!! It frightened me to put my feelings/experience on paper!! But that is part of my diagnosis that I am learning does not define me and it's O.K. to be afraid.

I wish you all the best in your own recovery! Namaste.

5 Healthy Options

By: Meagan Hinds
Wellness Coach, Knoxville, TN

Snack bars are quick, filling, and easy to grab. The tricky part is finding the healthiest ones. They can be loaded with sugar, calories, and saturated fat (the bad kind). Here are 5 excellent options to choose from (in no particular order):



- Special K Cereal Bars (all flavors) – 90 calories each

- South Beach 100-calorie Snack Bars (all flavors) – 100 calories per bar

- Nature Valley Crunchy Granola Bars (all flavors) – 190 calories per pack of two

- Kashi TLC Cereal Bars (Baked Apple Spice): 100 calories per bar

- Kashi Chewy Granola Bars (Honey Almond Flax) – 140 calories per bar



7 Ways to Make Calories Vanish

Brown, Mackenzie. September 28, 2012. 7 Ways to Make Calories Vanish, Health.com, http://www.health.com/health/gallery/0,,20306653_2,00.html

Here are some small ways that add up to big calorie savings.

◇ Milk Swap

Switch from 2% milk to fat-free milk and save 117 calories.

◇ Different Dressing

Switch from ranch salad dressing to balsamic vinegar and save 128 calories.

◇ Bag the Bagel

Switch from a bagel with cream cheese to a light English muffin with jelly and save 360 calories.

◇ Snack on this

Switch from multigrain chips to dried fruit and save 95 calories.

◇ Downsize

Switch from a large order of fries to a small order and save 270 calories.

◇ Happy Trails

Switch from trail mix to dried fruit and save 61 calories.

◇ Say no to salad

Switch from a taco salad to a taco and save 396 calories.

5 Quick Tips to Reducing Salt

5 Quick Tips - Cutting Back on Salt and Sodium. The Nutrition Source. Harvard School of Public Health.
<http://www.hsph.harvard.edu/nutritionsource/salt/>

◇ Get fresh

- Most processed food like canned foods and sandwich meats are high in sodium.
- Choose fresh foods and season them with herbs and spices - not salt.

◇ Scan the label

- Look for canned, boxed, frozen, and prepared foods with less than 300 milligrams of sodium per serving.

◇ Downsize your portions

- The more calories a meal has, the more sodium it has.
- Skip the super size.
- Share a dish and you can cut your salt by half.

◇ Seek low-salt options when dining out

- Check restaurant websites for sodium information.
- Ask your server for a list of dishes that are lower in salt.



Benefits of Eating Fruits and Vegetables

You can eat more. Your Weekly Health Tips. Partners for Health TN.
<http://e2.ma/message/y7ald/ekfd5c>

Adding more fruits and vegetables to your diet is a great way to improve your nutrition and will also help improve the flavor of many of your favorite meals.

Eating more fruits and vegetables can:

- ◇ Help curb your cravings for eating junk food.
- ◇ Improve your health by taking in more fiber, vitamins and minerals.
- ◇ Increase your energy levels.
- ◇ Add a flavorful variety to meals and your diet.
- ◇ Help prevent diseases, such as diabetes, heart disease and many more.



Wellness Activity Corner

Butternut Squash

Ingredients:

12 cups of Market Side Butternut Squash
 3 tablespoons of extra virgin olive oil
 1/2 box of multigrain crackers
 Assortment of herbs and spices:



- Oregano Leaves
- Ground Thyme
- Parsley
- Garlic Salt
- Ground Black Pepper
- Paprika

Directions:

1. Place 12 butternut squash in large dish
2. Mix in 3 tablespoons of extra virgin olive oil
3. Dash desired spices into mix
4. Place mix on cookie-sheet (line cookie-sheet with tinfoil)
5. Bake in oven for approximately 20 minutes on 375 degrees
6. Serve with multigrain crackers

WORD SCRAMBLE

DIMSOU

CEUSSCS

TIVAICTY

BLLAKCIK

LACROIES

MUTILAGRIN

DNOWSIEZ

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