



Self-Care and Wellness CPRS Conference 2020

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False Comfort

Move, Move, Move

Make a Change

What is our motivation for
eating ?

False Comfort in Food

We seek to survive. Calories give us energy.
Energy helps us survive. We cannot tell
negative energy reward from positive energy
reward. Negative is short lived, positive is
longer lasting. But, to our mind and body,
energy is the reward. The jolt we get from
energy/reward makes us want more. SO, not
only does it help us survive at a basic level, it
feels good too.

Look at Food As Energy and Healthy Eating as a Lifestyle Choice



Shop smart for affordable healthy food choices: Sales, price comparison, buy in bulk.

Make a list.



9 Additional Overlooked Cost Savers:

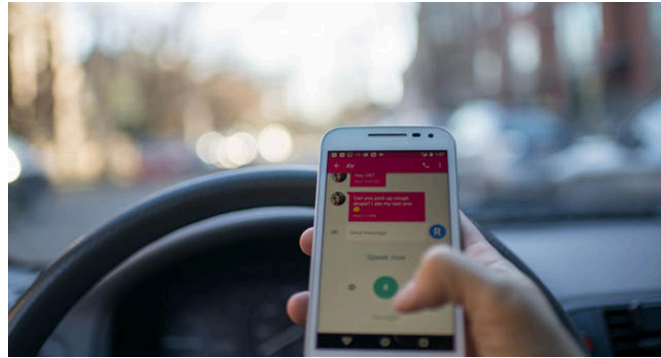
- ▶ 1. Having the right ingredients on hand for preparing meals makes you less likely to dine out.
- ▶ 2. Some options, such as chicken breast cutlets or ground turkey breast are good because they enable you to serve less meat per person.
- ▶ 3. Vegetarian options, such as lentils and rice, or bean soup with vegetables, are hearty and cheap and good for you! (Don't forget brown rice and whole grain breads).
- ▶ 4. Cabbage is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so helps you stretch the budget - buy one head of lettuce and when that runs out serve slaw - or stretch your tossed salad with shredded cabbage.
- ▶ 5. Apples and carrots make great snacks, brown bag treats and side dishes for meals.
- ▶ 6. Grapes get used better and are great grab and go snacks when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips!

7. Potatoes are underused. You can make oven fries, mashed potatoes, baked potatoes and even pizza with them!

8. Coupon clipping is only good when you are buying things you use on a regular basis otherwise the time is better spent to learn to cook more healthy dishes rather than buy more convenience foods.

9. The best place to shop is often in your own pantry or freezer. Plan meals around using up things you have on hand. Search for recipes with these items at: www.foodhealth.com

What other behaviors/feelings interfere with healthy living?



Move, Move, Move

How does movement help
your body function?

Muscle Strength- coordination- balance

Joint function- lubricates joints

Heart function- lowers blood pressure

Immune response-lymph nodes

circulation, reduces muscle tension

Nervous system- calms it down

Mind/Mood- regulates hormones,
organ function

Lung function-oxygen rich blood flows
carbon dioxide goes

Digestion-food processes, helps
elimination

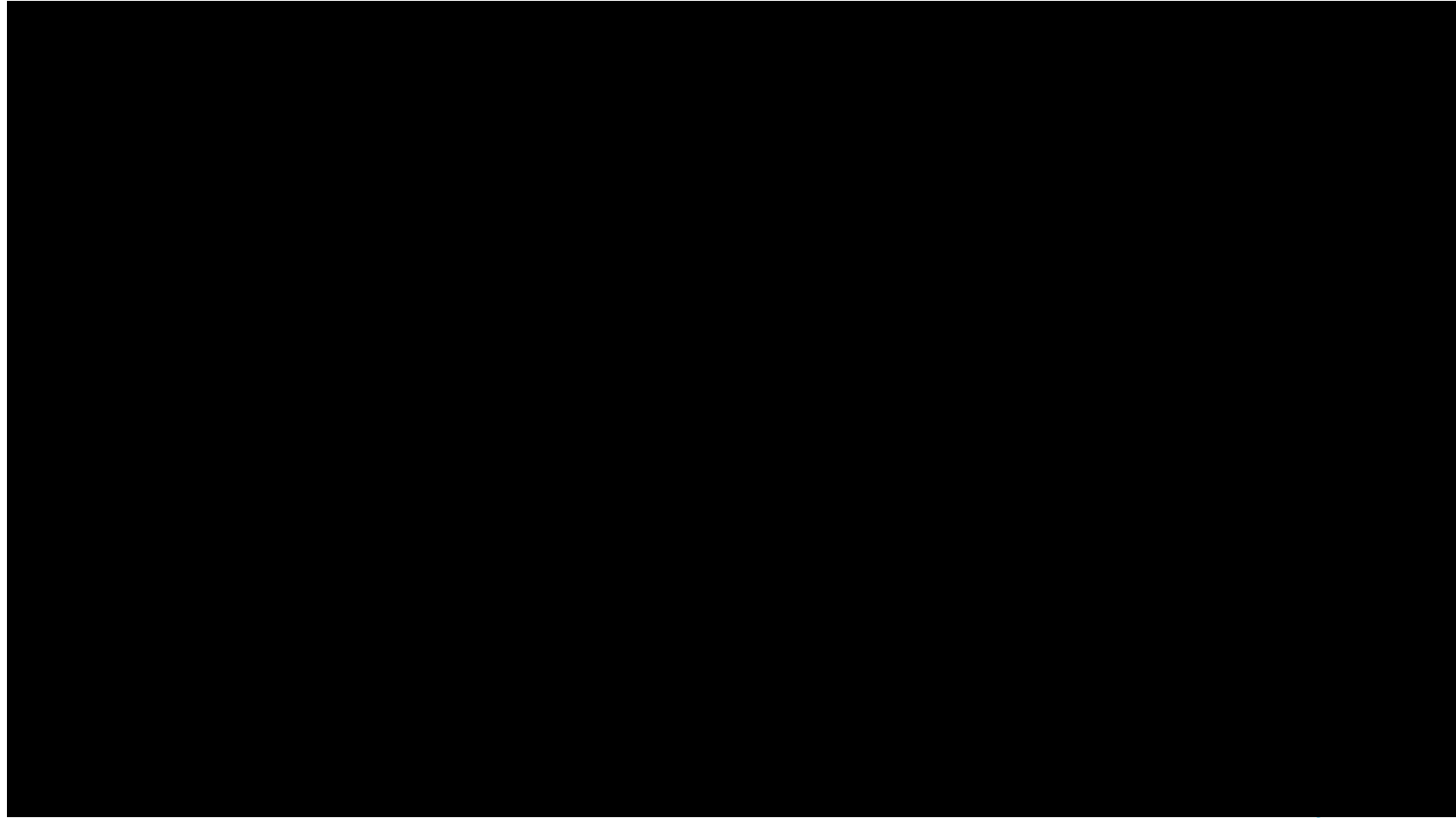
Gentle Exercise to relax can be a first step.

(please do not attempt to do the exercise as Shown on the video if you have or may have underlying health issues that may be aggravated by doing so)

<https://vimeo.com/123638763>

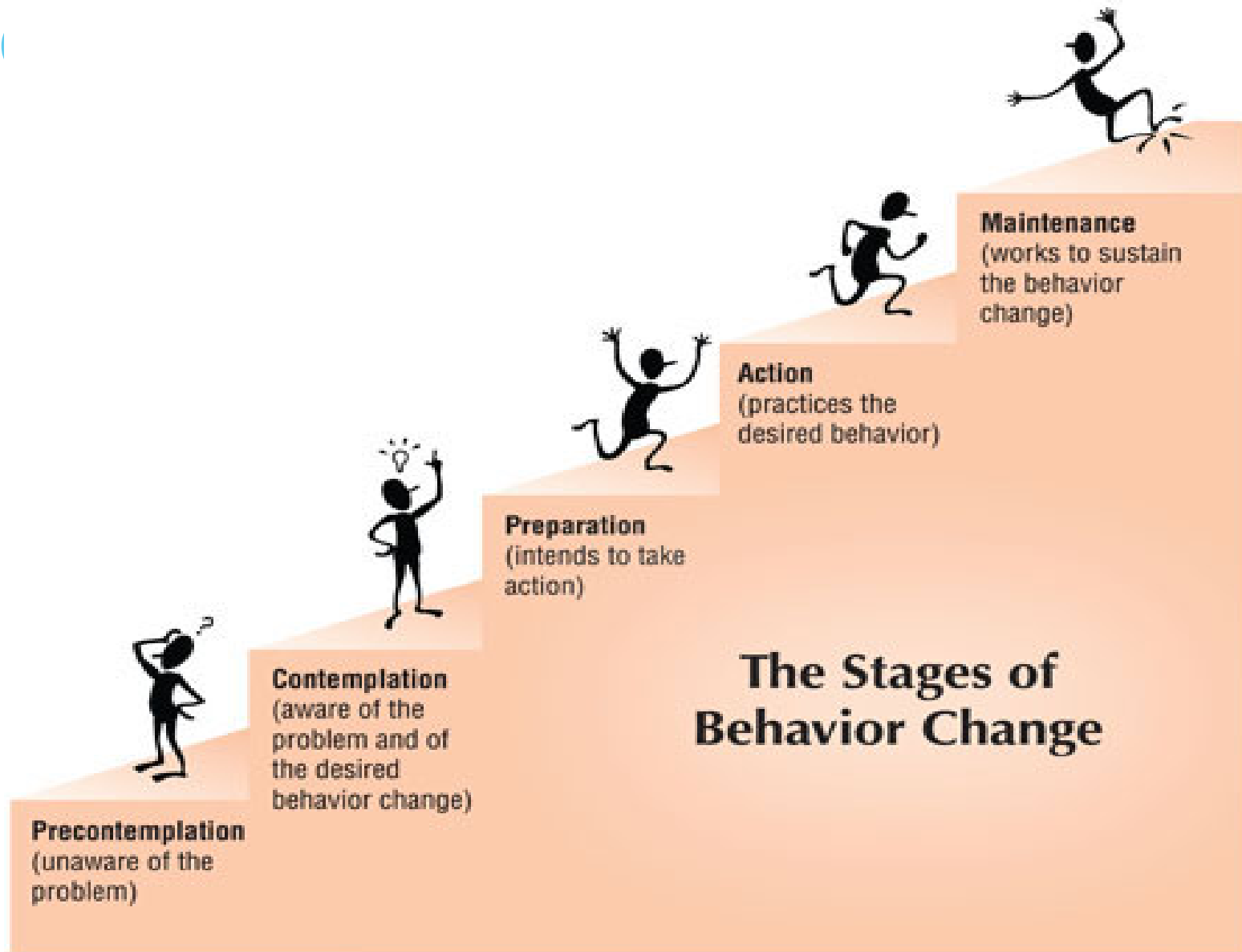
***Exercise Resources: Books, DVD's, Videos, Netflix**

Gentle Stretches



CHANGE: IT DON'T COME EASY (usually)

My changes have been incremental, small steps
with some slips along the way



MOVING FORWARD:

- How will I look at food and other harmful behaviors differently
- How will I move my body to increase my functioning
- What changes will I make for my health

Thank you for sharing your time with me.
Remember: we can choose a healthy lifestyle!!



Source Documents:

<https://drhyman.com/blog/2012/03/01/how-to-rewire-your-brain-to-end-food-cravings/>

<https://www.news.com.au/lifestyle/health/mind/yale-university-works-out-why-people-turn-to-a-sugar-hit/news-story/b6a1f8ff2057cde93fd47c6cfa9fb632>

<https://www.livestrong.com/article/123164-effects-exercise-body-systems/>

<https://foodandhealth.com/cheapshop.pdf>

Videos: <https://vimeo.com/37858064>

<https://vimeo.com/123638763>

*Graphics as cited in PowerPoint