



Cook County
Public Health &
Human Services

TAKING CARE OF OURSELVES

August, 2017

Topic of the Month

Sawtooth Mountain Clinic
Together Through Life
a 501(c)(3) not-for-profit organization

Free - Help Yourself!

Hack Your Cravings!



I want something.....

Creamy!

Avocado on whole grain bread
Greek yogurt with berries

Crunchy!

No-sugar, whole grain cereal
Whole grain crackers
Popcorn with cinnamon or other spices

Liquidy!

Unsweetened iced tea with lemon or berries
Club soda with fruit slices
Nonfat latte with cinnamon

Squishy!

Frozen grapes
Tapioca made with 1/2 the sugar
Cherry tomatoes

Crispy!

Microwave Potato Chips (really!)
 1. Slice potato or other root vegetable VERY thinly.
 2. Soak in cold water and rinse until water is clear.
 3. Dry between towels.
 4. Arrange on a paper towel, making sure none touch.
 5. Option - brush with olive oil.
 6. Season to taste: salt, dill, Mexican seasoning - go wild!
 7. Microwave in 1 minute intervals, flipping & watching for browning.
 Cool and enjoy!

Taking care of ourselves can take a lot of support.
We're here to help!
Ask a nurse or provider if you'd like to talk.

HEALTH HACKS

Small Changes = Big Improvements!

Doing your best to make healthy lifestyle changes can sometimes feel overwhelming. Read on for tips, tricks, and hacks that will make the healthy choice, the easy choice!



In the Grocery Store

1. Go in with a game plan. Prime yourself by planning for meals with more veggies, fruits, and whole grains.
2. Use a smaller cart, or take up some of that big cart space with your coat, purse, or child.
3. Hit the produce sections first - either fresh or frozen, or both.
4. Chew gum or have a mint while shopping. Junk food isn't nearly as attractive when your mouth is full of minty-freshness!

In The Kitchen

1. Clear off the counters (except for the fruit bowl) and rearrange inside the cabinets. Put the healthy stuff in the front, and the less healthy in the back. You're most likely to use what's easiest to grab.
2. Reorganize the fridge, too! Try pulling the veggies out of the crisper and onto the middle shelves. Hide indulgences in the drawers.
3. Repack jumbo-sized containers into smaller ones, or store them out of the kitchen altogether.
4. Don't hang out in the kitchen. Move along to a nibble-free zone.
5. Put the big plates on the top shelves and serve everything on salad plates.

At The Table

1. Keep the serving dishes in the kitchen, except for the veggies. Put them front and center on the dining table!
2. Use smaller serving spoons for everything but veggies or fruit.
3. Follow the "Half-Plate Rule." Fill half your plate with veggies and the other half with whatever else you're having. Seconds of the "whatever else" are allowed only after you've had seconds on your half plate of veggies.
4. Turn off the TV and the phones. Give your attention to the food you're eating and the people with whom you're eating.

Eating Out

1. Most restaurant portions are BIG. As soon as your plate arrives, ask for a to-go box and pack up tomorrow's delicious lunch. If you ask, your server might even pack it up for you before bringing it out.
2. Ask the server to skip the bread or chip basket. You'll save room for the good stuff.
3. Skip anything labeled "buttery" or "crispy" and go for items described as "seasoned," "roasted," or "marinated."

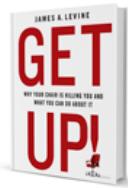
How about another serving of healthy eating tips?
Check out [Slim By Design](#)
by Brian Wansink or visit
mindlesseating.org



Activity Hacks

Studies show that we sit 7.7 hours a day, on average, and some people sit up to 15 hours a day. Too much sitting impacts our body's metabolic system: "Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named **sitting disease.**"

~ James Levine, MD, PhD



For more information, check out [Get UP!](#) By James Levine or visit www.JustStand.org.

At Work

1. Wear comfortable shoes. Nobody can get a move on when their feet hurt!
2. Track your steps. Before you can change anything, you have to pay attention to it. A pedometer, Fitbit, or app on your smart-phone can help you both monitor your steps and encourage you to take a few more.
3. Park farther away from your work and store your lunch in your car. That guarantees you'll take a least one movement break your day!
4. Use the furthest bathroom and copier and take the stairs to get there.
5. Set a timer every hour to remind you get up and move around.
6. Stand up and stretch whenever you get a phone call.

At Home

1. If your job is sedentary, your evenings shouldn't be. Even if you're going to watch TV, move while you do it. Walk around, get a little stair-stepper or dig that stationary bike out of the garage.
2. Go for a walk (inside or outside) when you're on the phone.
3. Putz around. Pulling weeds, folding laundry, sweeping - its all better than sitting.
4. PODCASTS! What are you interested in? Guaranteed there is someone else interested in it too, and they have a podcast just waiting for you to download and enjoy while you stroll.
5. When running errands, park in the middle of Grand Marais, and use your car as home base. Walk to where you need to go, and drop off heavy items at the car before you head back out to your next errand.

Sleep Hacks



If you read our March 2017 Topic of the Month, this list may look familiar. Since solid sleep is so important to good health, and since the information was so well received, we've decided to feature it again.

Small changes in our "sleep hygiene" can lead to big improvements in our quality, and quantity, of sleep. Here are some tips that will help you to fall asleep faster, sleep more soundly, and wake up feeling more rested.

- ✓ Set a routine. Getting into a "sleep rhythm" helps you to condition yourself to become sleepy when it's bedtime and alert when it's time to wake up. Yes....this means keeping regular hours on the weekend too.
- ✓ Stay away from stimulants. A stimulant is anything that revs you up. Four to six hours before you want to be asleep, cut out nicotine, alcohol, caffeine, and exercise. If you're especially sensitive to caffeine, you may want to stop at lunch. Alcohol can make you feel sleepy in the short run, but it can decrease the quality of your sleep later in the night. Even intense imagery can keep some people awake, so keep the TV shows happy ones.
- ✓ Make your bedroom a safe harbor. Save the paperwork for the office and the TV-watching for the living room. Keep the temperature cool, the room dark, and the bed soft, warm, and comfortable.
- ✓ Time your lights right. "Blue" or "cool" colored light makes our brains more alert. Morning sunshine has lots of blue and will

help you to wake up. Unfortunately, electronic screens and some household lighting also put out mostly blue light. "Warm" colored lights don't have as strong an alerting effect. So get some warm LEDs lights and turn off the screens.

- ✓ Limit daytime naps. A long nap during the day can interfere with sleep at night. If you just have to catch a few winks, set an alarm for 10 - 30 minutes.
- ✓ Get a move on! Regular physical activity can help you fall asleep faster and sleep more deeply. You don't have to strap yourself to the treadmill though. Choose an activity that you enjoy, and keep your heart rate up for a while. Just don't time it too close to bedtime.
- ✓ Manage stress. When you're doing too much or thinking about too many things, it can be hard to unwind. Remember the basics: organize, prioritize, and delegate tasks. If you need help with stress management skills, Sawtooth Mountain Clinic has Behavioral Health Consultants on staff that can assist you in making a stress management plan and help find ways to include those changes in your daily life.