

# QUARTERLY NEWSLETTER

OCTOBER | NOVEMBER | DECEMBER | 2020

## MAKING HEALTHIER FAST FOOD CHOICES

Opting for fast food when you're busy or don't have the energy for cooking doesn't necessarily mean you have to stray from healthier eating. Today, healthier options are available at many fast-food places.

Try these tips for a healthier meal:

**Plan ahead.** Most fast-food chains provide detailed nutritional information on their website.

**Stay away from the supersize.** Super-sizing usually means twice the fat, calories, and sodium.

**Choose sides wisely.** Fries, onion rings, coleslaw — these sides can add hundreds of calories. Instead, look for lighter sides like fresh fruit or a side salad with low-fat dressing.

**Limit the extra fat.** When ordering hamburgers and sandwiches, limit the extras that are high in fat, such as bacon and cheese. When ordering pizza, add veggies instead of extra cheese and other high-fat toppings like sausage and pepperoni.

**Skip the sweetened drinks.** Sugary drinks like soda and fruit juices are a big culprit of hidden calories. Say no to the sugary drinks and choose for water or unsweetened tea instead.



Source:

<https://www.healthline.com/nutrition/20-healthy-tips-for-eating-out>

# Limit Bad News to Elevate Your Mood

Sources:

<https://www.health.com/mind-body/what-is-doomscrolling>  
<https://www.npr.org/2020/07/19/892728595/your-doomscrolling-breeds-anxiety-here-s-how-to-stop-the-cycle>

When you're surrounded by bad news — particularly now in the age of COVID-19 — it can be easy to fall into a spiral where you just can't seem to quit reading or watching for more and more information. There's even a word for this phenomenon: **doomscrolling**.

**Doomscrolling** can have a serious effect on your mental health, but there are things you can do to help yourself. Below are a few suggestions to get you started:

**Set a time limit.** Allow yourself a set amount of time each day to read the news — fifteen minutes is a great start. Set an alarm so you know when to quit.

**Don't read the news just before bed.** This is especially true if you're having trouble sleeping. Ending your day on a positive note will help ease your stress and set you up for a great morning after a full night's rest.

**Stay aware.** Open your phone with a purpose. What news or information are you trying to find? Check in with yourself to see if you've found what you needed. Once you have, close out your news sources.

## BOOST YOUR MOTIVATION WITH AN ENERGY BREAK

During times of stress, mustering up motivation can be difficult. Taking short energy breaks throughout the day can help boost your mood and your productivity.

Here are a few physical, emotional, and spiritual mini-break ideas you can incorporate throughout your day (going to the bathroom or checking social media doesn't count — aim for an activity that will actually energize your body):

1. Practice deep breathing or listen to a quick guided meditation. This can spark your creativity, release tension in your muscles, and take your mind off work.
2. Read a magazine or a book, something that has nothing to do with work or the news.
3. Call a friend or a loved one.
4. Complete a stretching exercise. You don't need more than 5-to-10 minutes to get a short physical break in your day that will re-energize and motivate you.



Source:

<https://www.lifhack.org/articles/productivity/21-counter-intuitive-break-ideas-to-boost-your-productivity-at-work.html>

# Getting Safe Care During a Pandemic



## Sources:

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/how-to-safely-go-to-your-doctor-during-coronavirus/art-20486713>

<https://www.elfp.com/preventive-care-important-now-ever/>

To stay safe and help reduce the spread of COVID-19, many Americans are avoiding seeking medical care and have postponed their annual screenings and physical exams. However, this can often lead to more damage than good. Even during a pandemic, you shouldn't ignore your health needs.

Managing ongoing medical conditions — like diabetes, heart failure, or high blood pressure — is as important as avoiding the coronavirus itself. It's these conditions that can make you more vulnerable to COVID-19 complications. In addition, parents may be avoiding taking their kids for their well-child visits; however, it's essential that these routine checkups happen, especially for vaccinations and immunizations.

There are ways you can stay safe during the pandemic while still getting the care you need:

- Find out what safety measures are in place (masks, temperature checks, social distancing).
- Check to see if your insurance covers telemedicine or virtual care — this allows health care professionals to “see” patients using phone or video.
- If going to an office, wear a mask and practice physical distancing.
- Your body is your most valuable asset — it's important to keep it in check and monitor your health all year long, even amid a pandemic.

## FEATURED RESOURCE: Happiness

HelpGuide is a nonprofit mental health and wellness website that provides trustworthy content people can use to improve their mental health and make healthy changes. Check out <https://www.helpguide.org/articles/mental-health/cultivating-happiness.htm> for information on cultivating happiness and getting more joy and satisfaction out of life.

