

Reduce Your Fear of Getting Sick

FEAR HAS BEEN SCIENTIFICALLY PROVEN TO HARM YOUR HEALTH, putting you at risk of everything from the common cold to heart disease or cancer as well as overdiagnosis and overtreatment. This doesn't mean you should avoid doctors, ditch preventive medical exams or decline treatment – if you're suffering from a full-blown anxiety disorder or phobia, you should seek professional help. However, if you are one of the many individuals who is afraid of developing illnesses and need some guidance on managing your fear, here are some tips:

CONSIDER THE NEWS YOU TAKE IN. Take a break from reading constant updates and news reports and just examine what happens to your fear and anxiety levels – you might be amazed how relaxed you feel.

ASSESS HEALTH RISKS. Educate yourself. Know the real risks of the illness eliciting fear, then make decisions accordingly. Be

sure to get your information from reputable sources, such as the Centers for Disease Control and Prevention (CDC).

MEDITATE. This helps dismantle the cyclical stress response and engages the relaxation response, allowing your body to free itself from fear and turn on its natural self-repair mechanisms to heal.

DETACH FROM FEAR. Recognize that your fears don't come from you, but instead a part of your brain. Tap into your inner knowing; it will tell you whether you really need to worry or if you can trust that you're safe. You can do this by taking a deep breath and asking yourself is it real.

DECLARE YOUR COURAGE. Try statements like "I am brave." Also, if you're around fear-driven people, try seeking and communicating with courageous people and see how their energy affects yours.

"How to Reduce Fear & Anxiety About Disease & Death – Part 4," Lissa Rankin M.D., psychologytoday.com, March 26, 2013.

Springtime Rejuvenation With the Marie Kondo Method

With a little advice from Marie Kondo – famed for her expert organization and cleaning KonMari method – we’ve got a six-step spring-cleaning guide that will help you start this new season off with your space (home or office) renewed and decluttered! Here are the six rules of the KonMari method:



Commit to declutter. Set aside strict time to spring clean your space and honor your commitment.

Think about how decluttering will affect your lifestyle. What do you want to achieve by eliminating unwanted items? How will this make you feel and what will your space look like when you’re done? Envisioning the end goal will help keep you motivated.

Remove unwanted items and go paperless. Have you been waiting to get rid of that box in the basement? Do you have clothes to donate? Now is the time to donate and discard the things in your life that are making you unhappy. Are there paper copies and bills everywhere? Consider making these items digital and storing them in the cloud instead.

Declutter by category. Instead of clearing rooms one at a time,

KonMari suggests you sort items by category. For example, do you have junk drawers all over the house? Go through them all at once.

Organize items by order. First is clothes, second is books, third is papers, fourth is miscellaneous items, and, last is sentimental items. This method is designed to help you decide which items make you happy – and which items to discard.

Keep only what brings you joy. First, ask yourself what items in your house bring you joy. Then, ask yourself the reverse – what items DON’T bring you joy. If you are able to get rid of these joyless items, donate or discard them.

Although the KonMari method is more about getting rid of what you don’t need versus buying new items, here are some products that will be useful for keeping your home organized in the long run:

- **More storage:** A bookshelf, bathroom storage or a shoe rack are all great storage supplies for helping you stay organized and making your home less cluttered.
- **Boxes or organizers for drawers:** Shallow boxes or dividers help keep items organized inside drawers to prevent the junk drawer evolution. A bamboo expandable drawer organizer is great for cutlery drawers.
- **Cleaning supplies:** These help to clean and freshen your home before you start reorganizing. Microfiber cloths are great for cleaning and dusting and are washable and reusable.

“Using the Marie Kondo Method for the Ultimate Spring Clean,” Lauren Corona, Chicago Tribune, March 7, 2019.



TROPICAL BAY PARFAIT Serves: 2

Puree **1 ½ cups (12 ounces) 0% fat plain Greek yogurt** and **½ cup chopped frozen strawberries** in a blender or food processor until smooth. Alternate layering the pink yogurt with the **½ cup chopped pineapple**, **½ cup chopped frozen strawberries** and **½ cup chopped mango** in a clear glass or mason jar. Top with **¼ cup coconut flakes (your choice of sweetened or unsweetened)** and a drizzle **2 teaspoons honey (optional)**, if desired. As an alternative, you can also blend the honey into the yogurt during step one.

Adapted from “The Skinnytaste Cookbook: Light on Calories, Big on Flavor,” by Gina Homolka