Asset Health Talk *Keeping your health and wellbeing in the know* August 2020

YOUR GUIDE TO A SOCIAL MEDIA FREE WEEK

If you're finding yourself mindlessly scrolling through Instagram, Facebook, Twitter, etc., for hours each day, it might be time for a social media free week. As we ramp up to another election and news headlines continue to be triggering, taking a break from social media can be beneficial for mental health. Here's how to make the most of it and quell any temptations to get back on social media for a full seven days:

- Reflect on your habits.
- Evaluate how social media makes you feel and how it impacts your life, including your mental wellness, productivity and creativity.
- Ask yourself if social media is taking time away from the activities that make you happy.
- Focus on the positives of taking time away from social media.

Some potential benefits of a social media break include:

- A clearer mind
- Regaining control of your digital habits
- More free time to focus on loved ones or self-care
- Decreased anxiety
- Social media free mornings or evenings
- Enhanced mindfulness

Delete the apps from your devices. This will remove the immediate temptation to log in quickly or check your social media profiles. Remind yourself apps can easily be reinstalled. Experiment by seeing what thoughts or feeling arise by not being on social media.

Talk to loved ones for support. If you're really worried about not being in touch for a week, tell people you're taking a break. You can also ask your nearest and dearest how they feel about your social media usage.

Give your phone a curfew. Set a time each night when your devices "go to sleep." Consider moving your charging station from your bedside to a place that is out of arm's reach. Without easy access, the less likely you are to be on your phone until the wee hours of the morning.

Remember your time is valuable and irreplaceable. Nobody wants to get to the end of their life and regret how much time they spent scrolling on a screen. Use your extra free time to get moving, take that class, make a healthy meal, connect with loved ones, or focus on self-care. Your time and attention are irreplaceable, so use it wisely!

"Here's How to Do a Social Media Detox the Right Way," Andrea Chantim, goodhousekeeping.com, Jan. 31, 2020.

"How to Take a Social Media Detox to Improve Your Mental Health," Amber Murphy, declutterthemind.com, Feb. 19, 2020.

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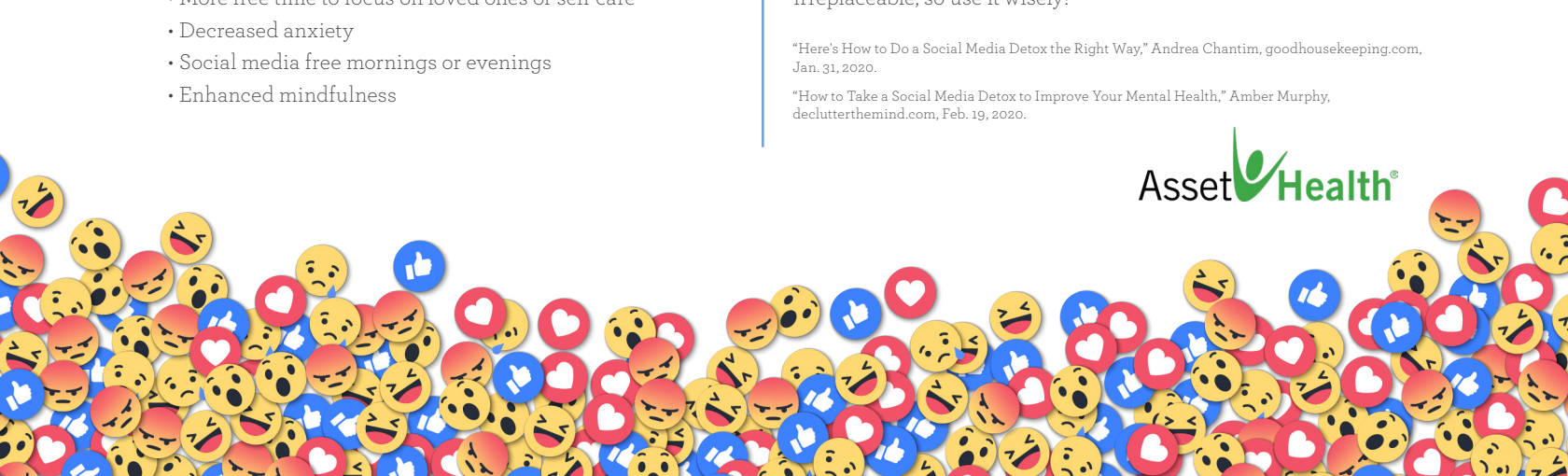

LIVING WELL WITH DIABETES

Managing Your Diabetes Through a Healthy Lifestyle

Improving your health while living with diabetes can be simpler than you may think initially. There is not a stringent, limited list of foods you are restricted to, nor is there a specific exercise plan you must follow. Surprising, right? The following suggestions can help you start taking charge of your own health through managing your diabetes.

Be sure to follow your primary care physician's guidance as well as the other health care professionals in your diabetes management team for all aspects of your diabetes care.

Balanced Nutrition

A "diabetes-friendly" meal pattern is typically a regular, healthy balanced diet that everyone should be following, even without diabetes. Today, there is no single diet for individuals with diabetes. There are, however, more specific combinations of food that are recommended you eat together to prevent blood-sugar spikes, such as protein with carbohydrates and eating meals and snacks at regular times throughout the day. By meeting with a diabetes educator and/or a registered dietitian, your health care team can help you create an individualized plan that is right for you.

Tips for Healthy Eating With Diabetes

- Eat a variety of foods, including whole grains, vegetables, fruit, fat-free and low-fat dairy, and lean protein.
- Space your meals and snacks evenly throughout the day.
- Do not skip meals.
- Try following the USDA Choose My Plate guidelines to learn how to eat a balanced meal.

Regular Physical Activity

As approved by your primary care physician, regular exercise can not only help with weight loss and blood sugar control, but it's also important for heart health. These all are key in minimizing your risk of possible diabetes complications. Physical activity can decrease your blood sugar in the short term and will help lower your A1C (average blood sugar) levels when you are active on a regular basis. Start slowly, such as taking a walk a few times a week, and gradually aim for 30 minutes of physical activity, at least five days a week. Doing strength and resistance training, such as lifting weights or yoga, twice a week is also recommended.

Weight Loss

Your diabetes health care team may suggest losing weight to help you improve your blood glucose, blood pressure and cholesterol levels. Making small, gradual changes over time is the key to keeping weight off. Even losing a small amount of weight, such as 5% to 10% of your total body weight, can make a difference in your blood sugar levels. For example, for someone who weighs 180 pounds, a 7% weight loss would be as little as 13 pounds to see an improvement in their blood sugar levels.

This is the second article in our Living Well With Diabetes series. Stay tuned for future newsletters highlighting different aspects of diabetes and how to live well with this diagnosis.

"Living with Type 2 Diabetes Program," diabetes.org, accessed July 7, 2020.

"Type 2 diabetes," mayoclinic.org, accessed July 7, 2020.

Easy Egg-Free Quiche

INGREDIENTS

5 ounces shiitake mushrooms
½ bunch asparagus, chopped
1 tablespoon coconut aminos (or soy sauce)
1 cup chickpea flour
¼ cup nutritional yeast
1 teaspoon garlic powder
½ teaspoon turmeric
½ teaspoon baking powder
½ teaspoon sea salt
1 cup unsweetened non-dairy milk
1 tablespoon chives, chopped

INSTRUCTIONS

1. Preheat the oven to 350 F. Line and prepare an 8-inch pie tin with parchment paper.
2. Add 2 tablespoons of water to a medium nonstick pan over medium-high heat (or use 1 tablespoon of cooking oil). Add the asparagus and mushrooms, then sauté for two to three minutes. Pour the coconut aminos into the pan, then sauté for an additional five to seven minutes, until the mushrooms are cooked down and no liquid remains in the pan.
3. Prepare the quiche filling while the vegetables are cooking. Whisk the chickpea flour, nutritional yeast, garlic powder, turmeric, baking powder and salt together in a large bowl until well-combined. Pour in the milk and mix well, until no clumps remain. Finally, fold in the cooked asparagus and mushrooms once they are finished cooking.
4. Pour the quiche mixture into the pre-lined pan and smooth the top out with a spatula. Bake in the oven for 30 to 35 minutes, until a toothpick comes cleanly out of the center. Let the quiche cool for five to 10 minutes, then slice and serve as desired. Store leftovers in the fridge for up to five days.

Adapted from frommybowl.com

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