

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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STRETCHING FOR STRESS RELIEF

Stress affects everyone, and it can take a toll on your mind and body. Fortunately, stretching can help alleviate the effects of stress, improving circulation, decreasing stiffness, and releasing tension.

Try these three quick stretches to help you manage stress:

- 1. Ear to shoulder stretch.** Tilt your head, bringing your right ear to your right shoulder. Using your left hand, apply slight pressure. You should feel the stretch along the left side of your neck. Repeat on the other side.
- 2. Neck stretch.** Stand with your knees slightly bent. Drop your chin to your chest. Place your hands on the back of your head while gently pushing down. Hold for 30 seconds.
- 3. Upper back stretch.** Sit up straight. Clasp your hands in front of you, arms parallel to floor. Keeping your head relaxed, round your upper back and push your hands forward with palms away from your body. Hold for 30 seconds.

Be sure to breathe steadily while performing each stretch.

Sources:

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thehealthy.com/mental-health/stress/stretching-exercises-for-stress-relief/



THE AMAZING EGG

When it comes to great taste and nutrition, eggs are an excellent choice. They're a good source of protein, and they're loaded with iron, vitamins, minerals, and carotenoids — all for just 75 calories. The American Heart Association's dietary guidelines now allow one egg a day for healthy adults while still advising a total daily cholesterol limit of 300 mg.

So, go ahead and enjoy an egg! They're a versatile food, perfect for any time of the day. Try them:

- 1. Boiled.** Easy to eat and great as a snack to help you feel full and satisfied.
- 2. Folded.** Omelets can be filled with almost anything, like lean meats, vegetables, and cheese.
- 3. Poached.** Complement a spinach salad with a poached egg or enjoy them in an eggs Benedict dish.
- 4. Scrambled.** Add onions, peppers, or chopped tomato to start your day off right.
- 5. Sunny side up or over easy.** Enjoy with a slice of whole-wheat toast for a filling breakfast or as a topping for a burger at lunch.

Sources:
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Crustless Quiche

- 6 eggs, beaten
- 6 Roma tomatoes, seeded and chopped
- 4 green onions, thinly sliced
- 1 tbsp. snipped fresh basil
- 1/4 tsp. black pepper
- 2/3 cup finely shredded Parmesan cheese
- Nonstick cooking spray

Preheat oven to 350 degrees F. Spray a 9-inch pie pan with cooking spray. In a large bowl, combine the rest of the ingredients. Bake 20–25 minutes.
Enjoy!



SPRING CLEANING FOR YOUR HEALTH

Spring is in the air. After being cooped up inside for so many months, it's time to open up the windows and let the fresh air in to your home. It's also the perfect time for a spring cleaning (think: deep cleaning, decluttering, and reorganizing).

A thorough spring cleaning will not only help your house look better, feel fresher, and function more efficiently, it also offers health benefits. Here are four ways spring cleaning can improve your health:

- 1. Boosts your mood.** A messy or cluttered home can make you feel overwhelmed and stressed out. Getting rid of excess things and reorganizing your space can be mentally refreshing and liberating, which has a positive effect on your mood.
- 2. Helps you breathe better.** By deep cleaning your home, you can remove allergy triggers like dust, mildew, mold, and pet dander that have built up over the winter.
- 3. Promotes a better night's sleep.** A cluttered room can cause a cluttered mind and feelings of stress before bed, which can prevent you from falling and staying asleep. A clean bedroom will help you feel more at peace so you can rest.
- 4. Reduces risk of injuries.** Falls are a major concern for senior citizens. Removing clutter and creating a clear path will help prevent slips, trips, and falls among older people.

Sources:

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elcaminohealth.org/stay-healthy/blog/health-benefits-of-spring-cleaning

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FEELING *Happiness*

Excitement, contentment, joy, and awe are a few ways to describe the combination of positive emotions that add up to the feeling of happiness. Unfortunately, chasing happiness may lead to less of it.

If being happy is your goal, it's important to enjoy the journey. True happiness comes from recognizing where it already exists in your life. Use the following to help you experience happiness this moment:

Don't

Try to be happier

Think the only way to be happy is for everything to be perfect

Judge how good or bad you are feeling

Do

Enjoy the present moment.

Practice gratitude daily by writing down three things you are grateful for.

Experience troubling thoughts without reacting to them.

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berkeleywellbeing.com/what-does-happiness-feel-like.html

psychologytoday.com/us/blog/liking-the-child-you-love/202006/3-ways-truly-feel-happier



THE EFFECTS OF ALCOHOL

We all know that drinking too much alcohol is bad for you. While some of the effects are well known, others may surprise you. Here are five surprising ways drinking alcohol can negatively impact your health:

- **Alcohol toxins can cause inflammation in the pancreas.** As a result, your pancreas may develop difficulty making the insulin you need, which can lead to diabetes.
- **Drinking alcohol can increase your risk of cancer.** Excessive alcohol consumption increases the risk of several types of cancers, including breast, colorectal, liver, and pancreatic.
- **Heavy drinking can impact heart health.** Heavy drinking can lead to stretching of the heart muscle and an irregular heartbeat, increasing the risk of stroke, heart attack, and heart failure.
- **It can shrink your brain.** This will affect your ability to think, learn, and remember.
- **It damages your liver.** Over time, too much alcohol makes your liver fatty and leads to tissue build-up, which limits blood flow and damages liver cells.

If you're going to drink, do so in moderation. Moderate drinking is defined as one drink or less a day for women, and two drinks or less a day for men.

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BREAKING

THE NEWS

No one wants to hear bad news, but sometimes it's unavoidable. The way you deliver the news can have a direct impact on how the receiver perceives and reacts to the situation. Here are four tips for delivering bad news:

1. Choose a private setting for your conversation to allow the other person the opportunity to respond and cope.
2. Speak in a calm and clear manner.
3. Try to identify solutions before delivering the news.
4. Treat the other person with respect and dignity, while being open, clear, and honest. Try to validate the other person's emotions. If they express sadness respond with, "I understand you are sad, and you have every right to be." This shows you are listening and validates their feelings.

Sources:

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MONTHLY QUIZ

1. Which of the following statements is true?

- A. Stress only affects the body.
- B. Stress doesn't impact your mind.
- C. Stress can take a toll on both your body and mind.

2. According to Feeling Happiness, when is happiness experienced?

- A. When it is being chased
- B. When everything is perfect
- C. By recognizing where it already exists

3. Which of the following organs can be damaged by too much alcohol?

- A. Heart
- B. Pancreas
- C. Liver
- D. All of the above

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