



HOPE Health Letter

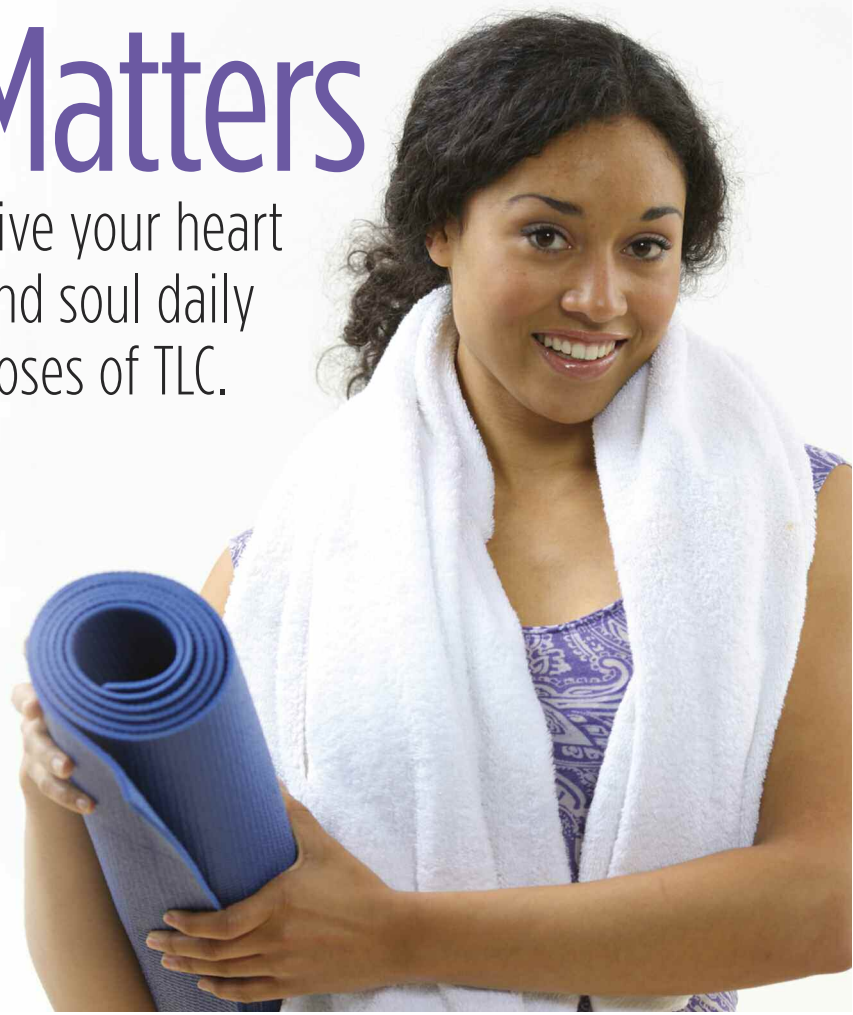
"Life Is a Journey. Have Some Fun."

A healthy outside starts from the inside.

— Robert Urich

Mental Health Matters

Give your heart and soul daily doses of TLC.



Volume 36 • Number 5 • May 2016

Learn more about nurturing your emotional and mental health in all areas of your life.

OuterAisleFresh:

3 not-so-secret strategies to feed your mental health. Foods and drinks you take in determine the nutrients in your body. Those nutrients can affect how your mind and body work. Pg. 2

GetMoving:

Your mental health likes it when you move more. In addition to the physical-health benefits, working out may boost your mental health, too. Pg. 3

TheWholeYou: Physical Health

The mind-body connection is real. Learn to interpret what your body is trying to tell you about your emotional health through its physical signs. Pg. 4

TheWholeYou: Emotional/Mental Health

Is there something wrong with me? Mental health problems can affect anyone at any time. Be aware of the common signs that you may need help. Pg. 5

FiscalFitness:

The particulars of the 'mental-health parity.' Mental-health parity is a health insurance term you may want to make sure you understand should you and/or a loved one ever need mental-health care. Pg. 6

Plus...

Camping with conservation in mind. Enjoy the great outdoors and leave little, if any, footprint with this minimal-impact camping approach. Pg. 7

StockYourToolBox:

Don't miss our favorite PDF, "Score financially," and our favorite video on picking the right sunglasses... Plus more resources like these at May.HopeHealth.com. Pg. 8

Remember: When your body is hungry, it wants nutrients, not calories.

— Author Unknown



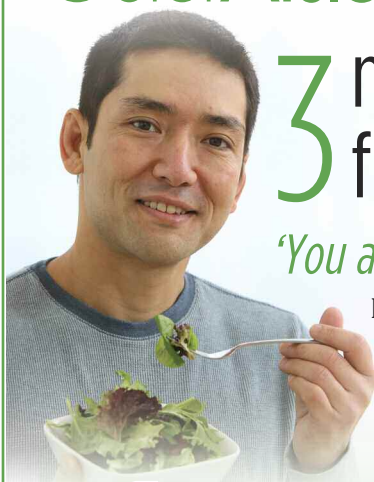
The 'whole' truth on identifying whole grains

Whole grains are the best way to go when eating grain-based products. Look for breads, cereals, tortillas, and pastas with "100% Whole Grain" or "100% Whole Wheat" on the package. Foods that are usually not 100% whole-grain products include wording such as 100% wheat, cracked wheat, multi-grain, made with whole grains, made with whole wheat, 7 grains, and bran. To learn more about whole grains, go to May.HopeHealth.com/wholegrain.

Frequent farmers markets to feel good about your health and the local economy

Many farmers markets open for the season in May, if they haven't been open year round. Feel good about going to these markets. You can buy fresh, locally grown or produced foods and other items, which may be good for your health and the local economy. To find markets near you, go to May.HopeHealth.com/markets.

OuterAisleFresh: Mental Health Matters



3 not-so-secret strategies to feed your mental health

'You are what you eat,' right? Well, sort of.

Foods and drinks you take in determine the nutrients in your body. Those nutrients can affect how your mind and body work, or don't work.

Want to focus on feeding your mental health?

1 Drinks	Avoid: Sugary drinks and those with too much caffeine	Try: More water instead. You can't go wrong with H ₂ O.
2 Breakfast	Skipping it or relying on high-fat and/or high-sugar foods, such as doughnuts	If you're short on time, grab a whole-grain granola bar; low-fat, low-sugar yogurt; and a piece of fruit to get you off to a good start.
3 Lunch & Dinner	High-fat dairy and fried, processed, and sugary foods	Whole foods, such as fruits, vegetables, nuts, whole grains, fish, and unsaturated fats (such as olive oil).

Source: Mental Health America

Slaw with Chicken and Grapes

- 16 oz. bag coleslaw mix
- ½ small onion, sliced thin
- ½ cup red grapes, washed and cut in half
- 1 cup skinless, baked/sautéed chicken, diced
- ½ cup tidbit pineapple, juice drained
- ¼ tsp. ground black pepper
- ¾ cup poppy seed dressing
- 6 Tbsp. chopped pecans, divided

Mix all ingredients in a large bowl using 4 Tbsp. pecans. Chill until serving time. Serve on a bed of lettuce, and sprinkle each serving with remaining pecans.

Serves 4. Per serving: 240 calories, 17 g fat (2.3 g saturated fat), 23 mg cholesterol, 225 mg sodium, 11 g carbohydrates, 10 g protein



“The mind is the most important part of achieving any fitness goal. Mental change always comes before physical change.”

— Matt McGorry

Earn screen time through exercise

Most people spend a good chunk of their day glued to a screen — whether a computer screen, a mobile device display, or a TV. You can't get around some screen time (*for instance, using a computer at work*). However, when it comes to free time, you can keep screen time under control. Challenge yourself to earn screen time through exercise. For example, you can watch 30 minutes of TV if you take a 30-minute walk first or exercise while watching the show. You can check social media after you do a one-minute plank.

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Stock Your ToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Activity trackers may not be as accurate as you may think

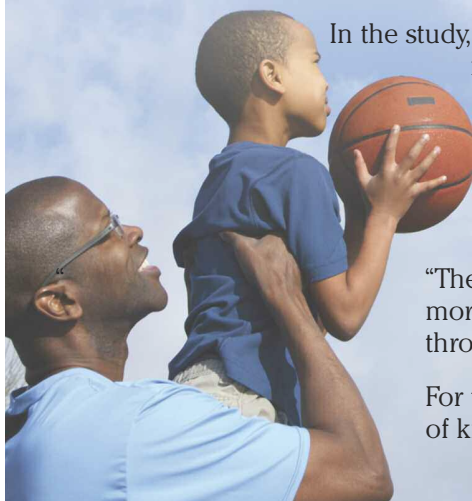
A study of some of the most popular activity trackers showed that the calories-burned tally may be off. The error rate was between 15% and 30%, depending on the brand. For more on the study, go to May.HopeHealth.com/activitytracker.

GetMoving: Most tots need plenty more playtime

According to one study, kids in daycare and preschool may not get enough physical activity during the day.

Youngsters should get at least two hours every day, researchers indicated. Guidelines recommend at least:

- One hour of adult-led, structured physical activity
- One hour of unstructured free play



In the study, the researchers found children spent 33 minutes a day playing outside and logged 48 minutes daily of active play. Less than 10 minutes a day involved teacher-led physical activity. You may want to find out how much activity your youngster is getting during the day if your child goes to daycare or preschool.

“The more active the child is from an early age, the more likely they will maintain a higher activity level throughout childhood,” one researcher said.

For tips on making physical activity more a part of kids' lives, go to May.HopeHealth.com/fitkids.

Source: Healthfinder.gov

Mental Health Matters

Your mental health likes it when you move more

Have you ever heard or seen the saying, “Food is the most abused anxiety drug, and exercise is the most underutilized antidepressant”?

Although this is likely an over-exaggeration and not completely accurate, the part about working out to help your mood may be true.

Many people who regularly exercise report that, in addition to keeping them physically healthy, their fitness routine:

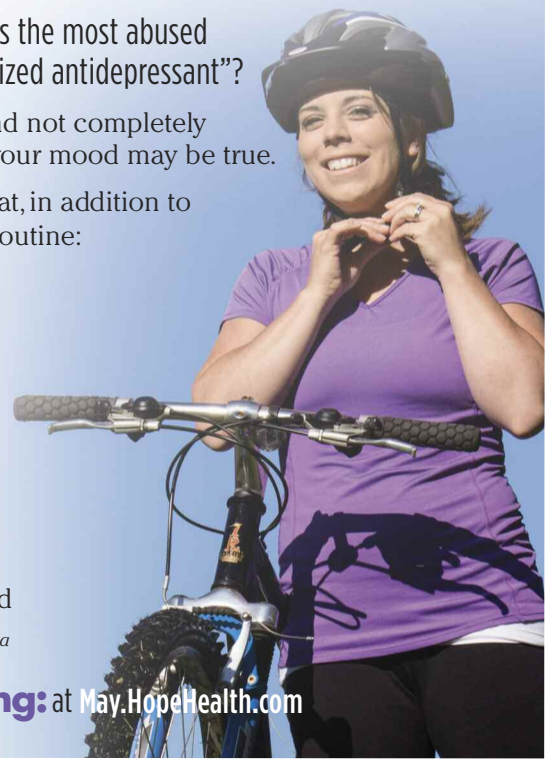
- Decreases stress, anger, and tension
- Reduces anxiety and depression
- Offers a greater sense of wellbeing

Many experts add that exercise can:

- Relieve pent-up muscle tension
- Stimulate feel-good hormones
- Reduce stress hormones
- Increase blood flow to the brain

Figure out what you like to do to be active and then do it often.

Source: [Mental Health America](http://MentalHealthAmerica)



“One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man.”

— Elbert Hubbard

Seriously, people, use sunscreen already



Less than two in 10 men and only three in 10 women in the United States use sunscreen regularly to help prevent exposure to the sun's cancer-causing rays when out in the sun for more than an hour, a study showed. Dermatologists recommend a broad-spectrum (protection against UVA and UVB rays) sunscreen with an SPF of 30 or higher that is water-resistant. To test your sun-safety IQ, go to May.HopeHealth.com/sun.

Source: American Academy of Dermatology

Don't let a food allergy eat away at your health

Food allergies are on the rise and can develop at any age. Just because you've never had one before doesn't mean you won't get one. Eight foods account for 90% of all reactions: milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish. To learn about food-allergy symptoms and whether you should be checked, go to May.HopeHealth.com/foodallergy.

Source: Food Allergy Research & Education

The Whole You: PHYSICAL HEALTH

The mind-body connection is real

Mental Health Matters

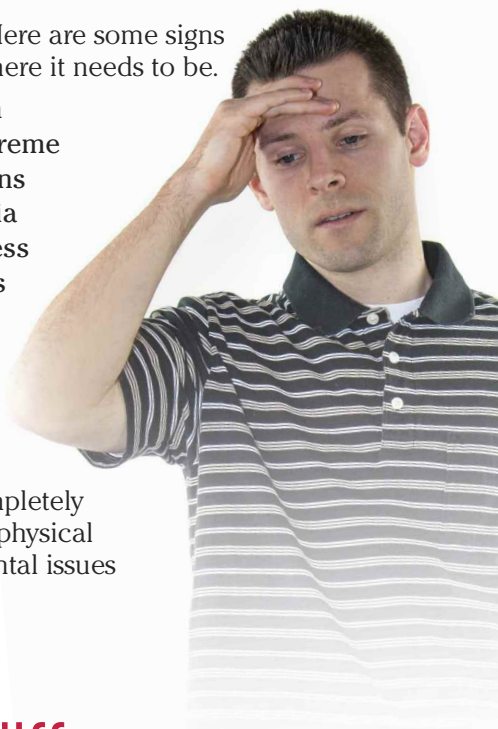
Your physical self reacts to how you think, feel, and act. When you are stressed, anxious, or upset, your body tries to tell you, “Hey there, something isn’t right.”

Pay attention to your body's physical messages. Here are some signs that may suggest your emotional health is not where it needs to be.

- Back pain • Change in appetite • Chest pain
- Constipation or diarrhea • Dry mouth • Extreme tiredness • Fatigue • General aches and pains
- Headaches • High blood pressure • Insomnia (trouble sleeping) • Lightheadedness, dizziness
- Palpitations (racing heart) • Sexual problems
- Shortness of breath • Stiff neck, muscle tension • Sweating, night sweats
- Upset stomach • Weight gain or loss

Many of these symptoms can be linked with other problems, too. The key to addressing both your physical and emotional health is being completely honest with your healthcare provider about any physical symptoms you may have and any emotional/mental issues in your life.

Source: American Academy of Family Physicians



Learn to decipher the differences between a cold and seasonal allergies

This time of year, it can be tricky to tell the difference between a cold and a seasonal allergy.

Both conditions come with runny, stuffy, or itchy nose, sneezing, coughing, tiredness, and even headache, but the root cause often lies in the minor details.

Seasonal allergies often involve more itching in the nose, fits of sneezing, and rubbing your nose in an upward motion. You may also experience an itchy, scratchy throat or itchy eyes; whereas with a cold, you usually don't. Also, nasal discharge is usually clear with a seasonal allergy and yellowish with a cold.

For tips on reducing seasonal allergy symptoms, go to May.HopeHealth.com/allergies.

Source: Cincinnati Children's Hospital Medical Center, news release, April 20, 2015



“Not everyone has a mental illness, but everyone has mental health. It’s your responsibility to take care of your mental health.”

— Andrea Nguyen

Believing you can be smarter may make you smarter

Many people believe you can’t change how smart you are. According to many psychologists who study intelligence, just believing you can change how smart you are and what you can learn and do makes it possible. Don’t buy into the idea of intellectual inferiority. Believe you can learn or do anything. It’s all about your mindset.

Source: American Psychological Association

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

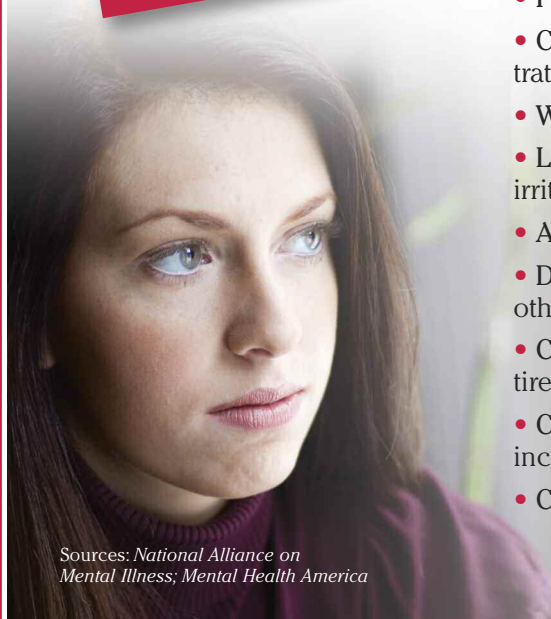
The 4 Rs of negative self-talk

If your inner voice isn’t being nice, nix it. How? **Recognize** a negative comment. **Refuse** it by writing it down and crossing it out. **Replace** it with a positive thought. **Reinforce** that positive thought again and again, whenever the negativity begins to nag.

The Whole You: Emotional/Mental Health

Is there something wrong with me?

Mental Health Matters



Sources: National Alliance on Mental Illness; Mental Health America

Are you feeling off? Not the same person you used to be? Find yourself avoiding situations or people? You may need to turn your attention to your mental health and wellbeing.

Mental health problems can affect anyone at any time. The key is recognizing symptoms and then doing something about them, typically with the help of a professional and/or support team.

Here are some common signs that you may need help.

- Worrying a lot or fear
- Feeling really sad or low
- Feeling more angry or upset than usual
- Confused thinking or problems concentrating and learning
- Wide mood swings
- Long-lasting or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive

For mental health screening assessments, go to [May.HopeHealth.com/mentalhealth](https://www.mayhopehealth.com/mentalhealth).

Take steps to make stepfamilies work

Bringing together two existing families into a new marriage comes with challenges, especially when children are involved.

Here’s some advice from the American Psychological Association:

“While new stepparents may want to jump right in and establish a close relationship with stepchildren, step-parents should consider the child’s emotional status and gender first. Both boys and girls in stepfamilies have reported that they prefer verbal affection, such as praise or compliments, rather than physical closeness, such as hugs and kisses. Girls especially say they’re uncomfortable with physical signs of affection from their stepfathers. Overall, boys appear to accept a stepfather more quickly than girls.”

For more on healthy stepfamily relationships, go to [May.Hope Health.com/stepfamily](https://www.mayhopehealth.com/stepfamily).



Source: American Psychological Association

“Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver.”

— Ayn Rand

Take a look at the numbers before a stay-at-home spouse heads to work

Often, a spouse takes a time-out from working outside the home to care for young children. Knowing whether it makes financial sense to jump back into the workforce can be tricky. Look at the whole financial picture, taking into account income, expenses, and any tax changes. To better understand how a stay-at-home spouse entering the workforce would impact your household's bottom line, go to May.HopeHealth.com/spousejob.

Have the money talk with mom and dad... before something happens

If you have aging parents, the best time to have a chat with them about their future needs and wishes is when they're still relatively healthy. If you don't, you may find yourself making critical decisions for them in a crisis — without a plan. For a guide on what questions you should ask and how, go to May.HopeHealth.com/agingparents.

FiscalFitness: Mental Health Matters

The particulars of the 'mental-health parity'

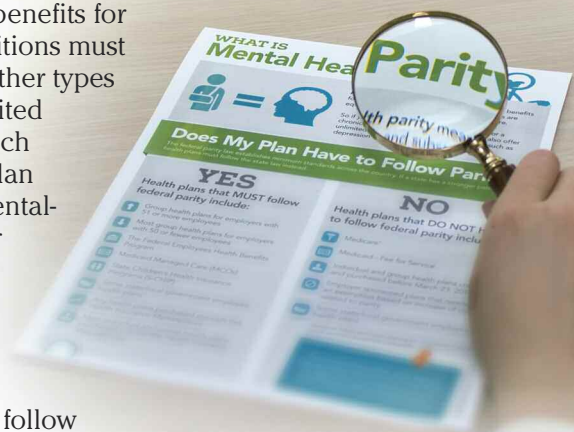
Mental-health parity is a health insurance term you may want to understand should you and/or a loved one ever need mental-health care.

Mental-health parity means insurance benefits for mental-health and substance-use conditions must be equal in coverage compared with other types of health care. If your plan offers unlimited doctor visits for a chronic condition, such as diabetes or heart disease, then the plan must also offer unlimited visits for a mental-health condition, such as depression or schizophrenia.

Most health plans must follow the parity law. The federal parity law sets out minimum standards. If a state has a stronger parity law, health plans must follow the state law instead.

For more on mental-health parity, go to May.HopeHealth.com/parity.

Source: National Alliance on Mental Illness (www.nami.org)



Wants vs. needs – Do you really know the difference, really?

If you struggle with separating the two and need help putting items in the proper category to be financially fit, you're not alone.

Many people feel they “need” something when in reality, they just really, really, really “want” it and want to justify getting it (*whatever “it” happens to be*).

- Needs are the essential, basic things you must have to survive. For example, food, housing, utilities, clothing, transportation, health care, etc.
- Wants are nice to have, but you could live without them and still be fine. For example, getting a new shirt just because, going out for dinner, taking in a movie at a theater, upgrading to the latest smartphone, etc.

To help you through the wants vs. needs money management exercise, you can download a worksheet at May.HopeHealth.com/wantsvsneeds.

Source: National Endowment for Financial Education



“Don’t put the key to happiness in someone else’s pocket.”

— Author Unknown

Turn off technology before you tuck into bed

Many people keep their small electronic devices within arm’s reach when they head to bed. What’s more, many people check the gadgets at least once, if not more often, when they’re “sleeping.” Here’s the deal: Even small electronic devices can hurt sleep. Studies have shown they give off enough light to mess with your brain and encourage you to wake up when you shouldn’t. For more on electronics and sleep in the modern household, go to May.HopeHealth.com/sleep.

Source: National Sleep Foundation

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

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The information in this publication is meant to complement the advice of your healthcare providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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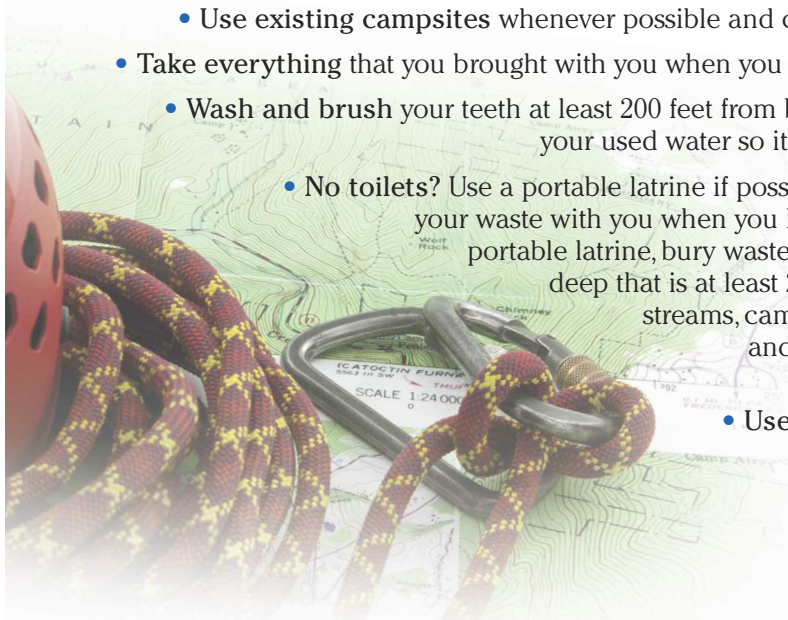
What’s Trending Now:

Camping with conservation in mind

If you want to enjoy the great outdoors and leave little, if any, footprint, you may want to:

- Use existing campsites whenever possible and camp on hard surfaces.
- Take everything that you brought with you when you leave (*including trash*).
- Wash and brush your teeth at least 200 feet from bodies of water. Scatter your used water so it filters through the soil.
- No toilets? Use a portable latrine if possible and pack and take your waste with you when you leave. If you don’t use a portable latrine, bury waste in a hole 6 to 8 inches deep that is at least 200 feet from lakes and streams, campsites, and trails. Cover and disguise the hole with natural materials.
- Use a camp stove instead of a campfire.

Source: Tread Lightly, news release, April 30, 2015



When school is out, unhealthy behaviors may set in

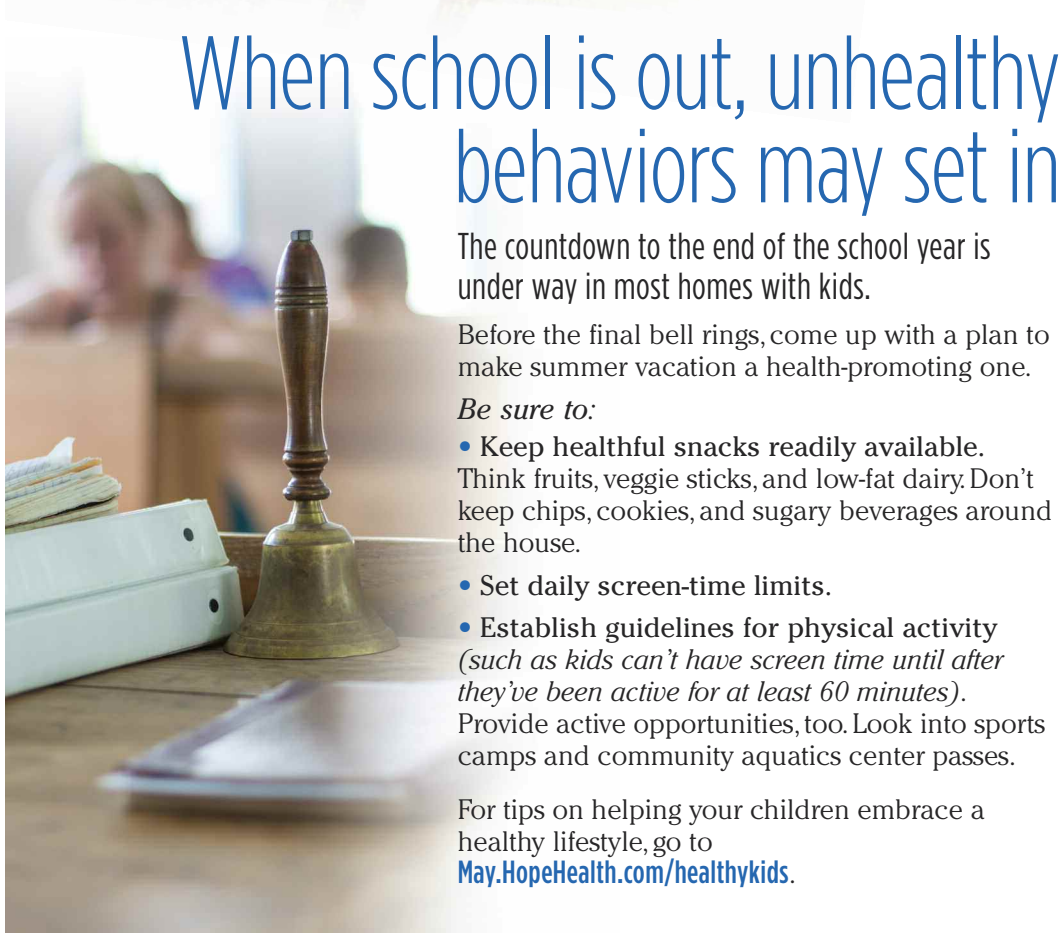
The countdown to the end of the school year is under way in most homes with kids.

Before the final bell rings, come up with a plan to make summer vacation a health-promoting one.

Be sure to:

- Keep healthful snacks readily available. Think fruits, veggie sticks, and low-fat dairy. Don’t keep chips, cookies, and sugary beverages around the house.
- Set daily screen-time limits.
- Establish guidelines for physical activity (*such as kids can’t have screen time until after they’ve been active for at least 60 minutes*). Provide active opportunities, too. Look into sports camps and community aquatics center passes.

For tips on helping your children embrace a healthy lifestyle, go to May.HopeHealth.com/healthykids.





StockYourToolBox:

Your Source for Cool Tools & Resources

Check out May.HopeHealth.com for a ton of useful wellbeing information. In addition to the links included throughout the newsletter, here's what else you can find online:



A one-minute video on picking the right sunglasses...

so you look cool while keeping your peepers healthy when outside.

"Score financially" tip sheet

Learn the ins and outs of developing a personal investment strategy that works for you and your risk tolerance.



A crossword puzzle...

to test how well you know the topics covered in this issue of the newsletter.



Go to
May.HopeHealth.com
to find these resources.

*"If you can't pronounce it,
don't eat it."*

— Author Unknown

*"Don't get hung up on
the size. If you
feel bad about yourself
because a 12 is what fits,
take a Sharpie, and write
'6' on the label."*

— Stacy London

*"A pun is the lowest form
of humor, unless you
thought of it yourself."*

— Doug Larson

*"There's life without
Facebook and Internet?
Really?"*

Send me the link."

— Author Unknown