

# Healthy Perspectives



December 2018

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

## Inspire To Move: Embrace The Chill

Dipping temperatures can make for refreshing work outs. The gym is warm and a great place to get sweaty, but why restrict yourself to the indoors when you can suit up and sweat it out in the energizing cold?

If you prepare properly for the weather, there are amazing benefits to a wintery work out, that include:

**Burn more calories.** Your body has to work harder to keep your temperature warm and that ups your metabolism.

**Dose of Vitamin D.** Extra sun exposure from natural light can feel massive in the winter.

**Strengthen your heart.** Cardiovascular endurance can prepare the body for future workouts and non-exercise stresses in life.

**Boost mood and energy.** The stimulating endorphins produced by working harder to stay warm can also strengthen your sense of happiness.

### PREPARE FOR THE WEATHER:

- Layer up with moisture-wicking fabrics.
- Stay hydrated as sweat evaporates more quickly in the chilly, dry air.
- Warm-up and cool-down to stay loose, limber and warm, to prevent painful injuries.
- Wear sunscreen and sunglasses even when it's freezing (if your skin is exposed).

*"The cold never bothered me anyway."*

*Princess Elsa (Disney Frozen)*



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# HOLIDAY Feasting

The time between Thanksgiving and New Years is not the time to worry about trying to lose weight. Most people gain a little weight over the holidays, but it's not likely from enjoying one or two holiday meals. A feast is a special event celebrated with food. It is okay to relax and enjoy a wonderful feast on holidays. What can become a problem and lead to weight gain is eating more than usual the days between the holidays!

## AVOID HOLIDAY EATING TRIGGERS THAT CAN LEAD TO EMOTIONAL OVEREATING:

**Anxiety.** The holidays can produce a lot of anxiety. Many people eat too much fat and sugar in response to negative emotions. Recognize when you are feeling emotional and think about what you need before self-soothing with food.

**Emotional memories.** Smells and tastes from holiday foods like pie and stuffing can bring back powerful warm and wonderful memories of childhood. Choose the foods you truly love and choose reasonable portions to enjoy.

**Habit.** See a cookie, eat a cookie. Be mindful about what you choose to enjoy as a treat and be more conscious to avoid a binge.



“After a good dinner one can FORGIVE anybody, even one’s OWN relations.” *Oscar Wilde*



# Your Appetite for CHANGE

You have a massive say in the way you live your life, from how you manage your time to what you eat and drink. If you want to make a change, such as eating healthier, then you have to do more than try. It takes a mindset and willingness to alter what you eat. You can find power in assertive talk and dealing with the real circumstances that created roadblocks and effected your choices.

CIRCUMSTANCES	PUTTING UP WITH THE SITUATION	DEALING WITH FROM A NEW PERSPECTIVE
Blaming Other People	My partner overeats at night and makes it too hard for me to resist.	Just because my partner makes a snack, doesn't mean I have to eat it. I will take a bath.
My Neighborhood	The nearest grocery with fresh fruits and vegetables is too far or it's not in a safe area.	I have started a veggie garden in pots and buy frozen vegetables and fruit that I put in smoothies.
I've always been an emotional eater	My parents fed me sweets when I was sad and I'm just wired to turn to food.	I see food as a comfort, but have found other ways to soothe myself during stressful times.
Outside Influences	My work schedule is crazy and I don't have time to eat healthy.	I spend a few hours on the weekend preparing healthy meals I can easily eat during the week.

Engage in life and with food from a new perspective and move forward by being willing to make the move to a healthier way of eating.

RECIPE OF THE MONTH



## Spiced Chickpea Nuts

- 1 - 15 oz. can chickpeas, rinsed
- 1 Tsp dried marjoram
- 1 Tbsp extra-virgin olive oil
- ¼ Tsp ground allspice
- 2 Tsp ground cumin
- ¼ Tsp salt

Preheat oven to 450° F. Blot chickpeas dry and toss in a bowl with all ingredients. Spread on a baking sheet. Bake 25-30 minutes stirring once or twice until brown and crunchy. Let cool for 15 minutes.



## MORE MERRY Less Weight Gain

Stress that goes on for a long time increases appetite, makes our body hold onto fat and effects our willingness to eat healthy. Why is stress such a whammy for weight and what can you do about it?

**HORMONES.** When your brain detects a stressor, it triggers release of adrenaline to prepare for “fight or flight”. This chemical cascade will prepare you to feel alert and ready to handle the threat. Once this wears off, the “stress hormone”, cortisol starts to signal your body to replenish your food supply, even if the stress didn’t have you chasing a woolly mammoth!

**STRESS BELLY.** When cortisol is too high for too long, it can increase the amount of fat around the stomach. Excess belly fat is harder to get rid of, which can be stressful...cycle continues.

## FACING ANGER



**“ANGER is one letter short of DANGER.”** *Eleanor Roosevelt*

### Why Slam the Door on Anger?

- Anger impairs our intellectual functioning.
- Anger can leave us less open to reasoning and seeing the “other side” of an issue.
- Anger is a barricade to compromise.

A delayed flight, finding out you’ve been lied to or betrayed, can be a cause of anger. Anger is a normal emotion and sometimes you should be angry. Anger can be a signal that cues self-protection and is appropriate as a reaction to something that should not be as it is, or to express displeasure against a perceived injustice or wrongdoing. Your emotional system is simply doing its job reminding you to protect yourself or find a solution.

### ANGER CAN ALSO BE A DANGEROUS EMOTION AS THERE ARE UNHEALTHY AND INAPPROPRIATE WAYS TO EXPRESS ANGER SUCH AS:

**Violence.** A person can strike out from anger when it escalates into rage fueled by adrenaline.

**Suppressing.** Stuffing it down, turns emotion inward and can lead to anxiety and depression along with a variety of physical health issues.

**Passive-aggressive behavior.** Results from not wanting to, or being unable to confront feelings of anger and instead resorting to under-handedly sabotaging the source of one’s anger.

**Getting revenge.** This is a miserable way to live as it puts a person in an emotional jail.

### LET GO OF UNHEALTHY ANGER BY:

- Understanding you can’t control the choices of others. You can only control what you do in response to their behaviors.
- Use positive and productive thoughts. Try deep breathing and repeating a calm word to soothe angry thoughts.
- Assert yourself and express your needs, feelings and preferences in a concise way without blowing up. Seek the support of others to talk through your feelings.
- Exercise to burn off extra tension and reduce stress that can fuel angry outbursts.

You can make changes to the way angry feelings affect you and the ways in which you respond.



# When To **BUDGE**

There is a fine line between standing one's ground and being hardheaded. When making important decisions, flexible thinking allows opportunity for making strategic decisions.

### Recognize these signs that you're being too inflexible:

- When others present an idea, you tend to point out all the reasons it won't work.
- You feel anger, frustration, and impatience when others try to persuade you of something you don't agree with.
- You dig your heels in because you can't stand to be wrong or only want to do things your way.

There's nothing wrong with standing your ground for the things you believe in. It's being blinded by your own opinions and unable to see other courses of action that gets in the way of a satisfying solution.

### Strategies to flexible thinking include:

- **Listen to understand.** Get a good sense of the bigger context by seeking to understand the other point of view.
- **Be open to possibilities.** At least explore other alternatives.
- **Admit when wrong.** If you realize you were wrong, gain credibility by being accountable for your decisions and actions.
- **Decide when it's worth it.** Is the situation worth being right? Recognize when it's okay to go with a decision that you can live with, even if it's not your top choice.

**“BEING STUBBORN** can be a good thing. Being stubborn can be a bad thing. It just depends on **HOW YOU USE IT.”**

*Willie Aames*

## QUIZ

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1. Which is the best way to prepare for a winter weather work out?
  - a. Fill up on hot soup.
  - b. Layer up with moisture-wicking fabrics.
  - c. Shovel the drive way.
2. According to the article on page 2, what does it take to make a change such as healthier eating?
  - a. Mindset and diet plan.
  - b. Diet plan and willingness.
  - c. Nutritionist and willpower.
  - d. Mindset and willingness.
3. Which of the following statements is **MOSTLY TRUE** regarding anger?
  - a. Anger is a normal emotion that should always be expressed no matter how.
  - b. There is never an inappropriate way to express anger.
  - c. Suppressing anger can lead to anxiety, depression and other health issues.
  - d. There is no healthy way to let go of anger.



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