

Healthy U @ Work

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 Franciscan
WORKING Well

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Journaling for Well-Being

To reduce stress, we are encouraged to exercise, stay connected with family and friends, and get plenty of sleep. Journaling is another easy activity that has shown to be an effective tool to help manage stress including symptoms of depression and anxiety. Journaling can be done in a variety of ways and can help you get to know yourself, work through problems, and even achieve goals.

Benefits of journaling:

- Journaling is associated with reduced symptoms of depression in both adults and adolescents.
- Journaling can be effective with anxiety and help to manage anxious thoughts.
- Journaling can help to clarify thinking and solve problems.
- Journaling allows you to control and articulate your personal narrative, an important part of stress management.
- Journaling can increase your sense of gratitude, which is associated with a reduced risk of depression.
- Journaling can help you make important changes in your life, whether it leads you down a different career path or helps you eat more cleanly!

Ways to journal:

- Write daily in a notebook or in a specific journaling app or word processing program. Some journals, digital or paper, have prompts to consider or questions to help you start writing. Some are decorated with colors and images designed to inspire!
- Not big on writing? You can still journal! Consider drawing pictures or using short phrases to represent how you feel or what you want. Can't draw? Cut images out of a magazine or print images from the internet!
- Feeling the need to go public with your views? Start a blog or podcast! There are a number of platforms to use, and it's a great way to connect with others about topics of importance to you.
- Whatever choices you make, give yourself time and space to express yourself. Don't expect to uncover or resolve deep feelings immediately. Journaling is a journey, one that can take time and provide a number of surprises along the way.

Journaling is an inexpensive and easy activity to try. Commit to journaling a few times a week and see if it is an activity that works for you!

As always, if you begin feeling more depressed or find journaling leads you to greater anxiety, contact your medical professional or in the case of emergency call 911 or the National suicide prevention hotline 1-800- 273-8255.





Shingles

Shingles is a viral infection that results in a painful, itchy rash, and can be accompanied by fever, headache, nausea and fatigue. Chickenpox and shingles are both caused by the varicella zoster virus. In fact, chickenpox can lay dormant in the body and can reactivate years later to cause shingles. Those who suspect they have shingles should contact their doctor right away.

People with shingles are contagious when the rash appears and are no longer contagious after all blisters scab over. Patients should wash hands frequently and keep rashes covered when around others. Individuals diagnosed with shingles should especially avoid contact with anyone who has not had chickenpox or who has not received the chickenpox or shingles vaccines.

Though most with shingles will recover fully within 2-4 weeks, some may suffer more long-term complications. If caught early enough, antiviral medicines can help to shorten the length and the severity of the illness. Treatment of symptoms using prescribed or over-the-counter pain medications can also ease the pain and itching of shingles and make it easier to manage. Prescription medication for pain may be needed if the patient is not able to rest due to uncontrolled pain. Blisters should be kept clean and dry and left open to dry out when possible.

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Produce of the Month Garlic

Despite its pungent reputation, garlic is a popular and healthy addition to many foods. Garlic is a heart healthy super plant, known to help improve cholesterol, reduce triglycerides, protect blood vessels from inflammation and lower blood pressure. Garlic boosts your immunity and may help protect against certain cancers. While not a significant source of vitamins or minerals, the healthy compounds found in garlic like Allicin, an antioxidant known for reducing inflammation, make it a great choice.

The Basics: Garlic is a bulb, made up of a number of cloves. Your best option is to buy garlic fresh, in your produce section. Buy a couple of bulbs at a time, and store in a dry, dark place until ready to use. To prepare, pull the cloves from the bulb and remove the papery peel with a paring knife or by placing the flat of a knife on the clove and pressing down. Once the peel is removed, you can then slice, mince or chop the garlic according to your needs. For the most anti-inflammatory benefit, let garlic sit for 15 minutes prior to adding to your recipe.

Try This: Sauces, marinades, pizza, roasted veggies, meat and seafood are just a few foods that benefit from adding garlic. For an easy side, try adding minced garlic to heated olive oil in a pan and cook on low-medium heat to avoid burning the garlic. The garlic will infuse the oil with flavor. Toss freshly cooked whole grain pasta and veggies in the oil for a minute or two, then put in a serving bowl. Add parmesan and freshly chopped basil and enjoy!

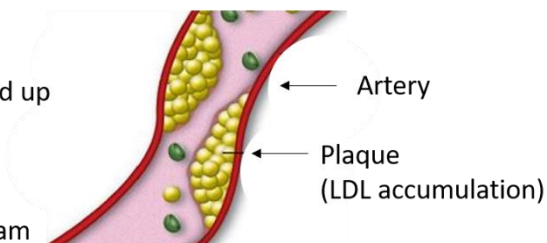
The Facts: One clove of garlic has approximately 5 calories and contains vitamin C, B6, and manganese.

Does Dietary Cholesterol Matter?

Have you been avoiding fried foods and red meat, hoping to lower your cholesterol? If so, congratulations for taking care of your health, but it may be time to rethink cholesterol. Yes, high cholesterol is associated with an increased risk of heart disease, but that is only part of the story.

What is cholesterol? Cholesterol is a fatty, wax-like substance found in your blood. The cholesterol in your body comes from both the food you eat and what your body produces naturally in your liver. There are two forms of cholesterol - high-density cholesterol (HDL) and low-density cholesterol (LDL).

- HDL
Good cholesterol
Helps reduce LDL build up
- LDL
Bad cholesterol
Stores cholesterol in bloodstream



LDL cholesterol is associated with cardiovascular disease since it builds up along the walls of the arteries over time; LDL is commonly referred to as 'bad cholesterol'. HDL cholesterol is often called 'good cholesterol' as it helps to lower your overall cholesterol numbers by cleaning up excess cholesterol in the bloodstream and taking it to the liver where it is broken down and eliminated. Higher levels of HDL are considered heart protective while higher levels of LDL increase your risk of a heart attack or stroke.

Does my body need cholesterol? The short answer is yes. Cholesterol helps to build cell membranes, make certain hormones, aid in digestion, and even synthesize vitamin D. But the amount of cholesterol needed to do these important jobs is small and can be achieved by the cholesterol made in the liver.

What can I do to control my cholesterol? Recognize that cholesterol is not a simple formula. Many factors affect your cholesterol numbers. For example, not everyone produces the same amount of cholesterol in the body and not everyone responds to dietary cholesterol in the same way. Even foods high in cholesterol such as meat, eggs, and dairy do not necessarily raise cholesterol levels in all people. This is partly due to genetics.

To help manage your cholesterol, you need to know your numbers and be tested regularly. Your doctor may recommend frequent screenings depending on your current numbers, medical history, and family medical history. To address high cholesterol or to improve HDL 'healthy' cholesterol, a change in nutrition, exercise, and other lifestyle choices may need to be made. It is also possible that medication may be prescribed.

Our top tips to help manage your cholesterol:

1. Know your cholesterol numbers.
2. Eat a diet high in fiber by choosing vegetables, fruits, and whole grains and limiting fatty meats and fried foods.
3. Exercise regularly.
4. If you smoke or use tobacco products, quitting could improve your cholesterol
5. Be sure to see your family physician and take any prescribed medications.



Exercise and Your Complexion

You know exercise is good for your heart and great for your mood, but did you know that exercise also affects your skin? It's true. Regular exercise gets your blood pumping and can result in a youthful and radiant complexion!

- Exercise increases your circulation meaning more oxygen to your skin cells to support healing and a glowing complexion. This blood flow also helps carry free-radicals from the skin to help fight against aging.
- Exercise stimulates your body's natural collagen production to help support younger looking skin.
- Regular exercise can help support production of your skin's natural oils to help keep skin smooth and supple.
- Getting active causes your brain to release feel good hormones such as Serotonin which helps counteract an imbalance of the stress-hormone cortisol in order to fight acne brought on by stress.



While exercise has numerous skin benefits, it may also exacerbate certain skin issues. Here are a few common issues and how to solve them.

- Sweaty skin may be more likely to cause breakouts. Be sure to wash your face with a gentle cleanser after working out, and avoid wearing heavy makeup while exercising.
- Exercising in the heat or cold can be difficult on your skin, especially if your skin is sensitive or you suffer from eczema or psoriasis. Make sure your skin is clean before exercising and apply a light moisturizer to help protect from sweat and other elements. If you still find your skin is irritated, consider altering your workout routine (e.g., working out in more ventilated space or getting your workout in earlier or later in the day) or using a headband to reduce the sweat that collects on your skin.



- If you deal with rosacea, sticking to low to moderate intensity workouts, avoiding long workouts, and staying hydrated and cool can help manage flareups during a workout. Even though exercise may induce a short-term flareup, it could be an important part of your long-term treatment plan.
- If you exercise outdoors, be sure to apply sunscreen. Sunburns are not only painful; they can cause skin damage and increase wrinkles.

Exercise is important for your health including supporting your largest organ – your skin! Making a point to be active a few times each week can help you care for your skin and experience a healthy, glowing complexion.

EAP UPDATE

EMPLOYEE ASSISTANCE PROGRAM



Inspiring Health

October 2020 by Lauren K. Peterson, LCSW, EAP Therapist



R*E*S*P*E*C*T is so much more than lyrics to a song!

We are surrounded by disrespect in our world today and without intentionality in our actions and thoughts, we can bring that spirit into the workplace.

BUT

We are FRANCISCAN and we are set apart to be different. Our very own values compe| RESPECT.

Respect is the feeling of regarding someone well for their qualities or traits, but **respect** can also be the action of treating people with appreciation and dignity. A respectful attitude should be standard in the **workplace** regardless of personal feelings.

R We all bear God's image
Remember Imago Dei and are loved by Him

We are all unique with
giftings and personal style... **E**xtend Grace when someone works differently.

Speak truth, **S**peak Life withhold gossip...

Look for **P**raiseworthy things then lavish appreciation.

Always Show **E**mpathy, you don't know what your coworkers are facing.

Keep short accounts
Communicate **C**ourageously
and learn to forgive!

Golden Rule **T**reat others as yourself 'nuff said!

Shingles *Continued from page 3*

For some, shingles is an uncomfortable disease that passes relatively quickly. For others, shingles is very painful. Approximately 15% of those with shingles will develop postherpetic neuralgia, nerve pain that lasts after the rash has disappeared and can linger for months or years. Other complications include eye problems (e.g. glaucoma and blindness), pneumonia, hearing loss, dizziness, and inflammation.

To prevent shingles, anyone over the age of 50 should discuss the shingles vaccine with his or her doctor. The newest shingles vaccine reduces your chance of developing shingles by about 90%. Whether or not you've had chickenpox, discuss the shingles vaccine with your doctor if you are over the age of 50. If you are younger and received the chickenpox vaccine, you will receive some protection against developing shingles. Be sure to discuss all health concerns with your medical professional and get yearly wellness checks. The virus that can cause chickenpox still exists and can cause serious illness for young and old. Recognize what you can do to protect yourself and those you love from the effects of the varicella zoster virus.

Want to Know More?

Connect with Working Well for more information on wellness programs and how they can help you reduce healthcare costs and improve employee well-being.



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