# Please Fasten Your Oxygen Mask Before Assisting Others

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ANFP™ | IOWA
Association of Nutrition & Foodservice Professionals

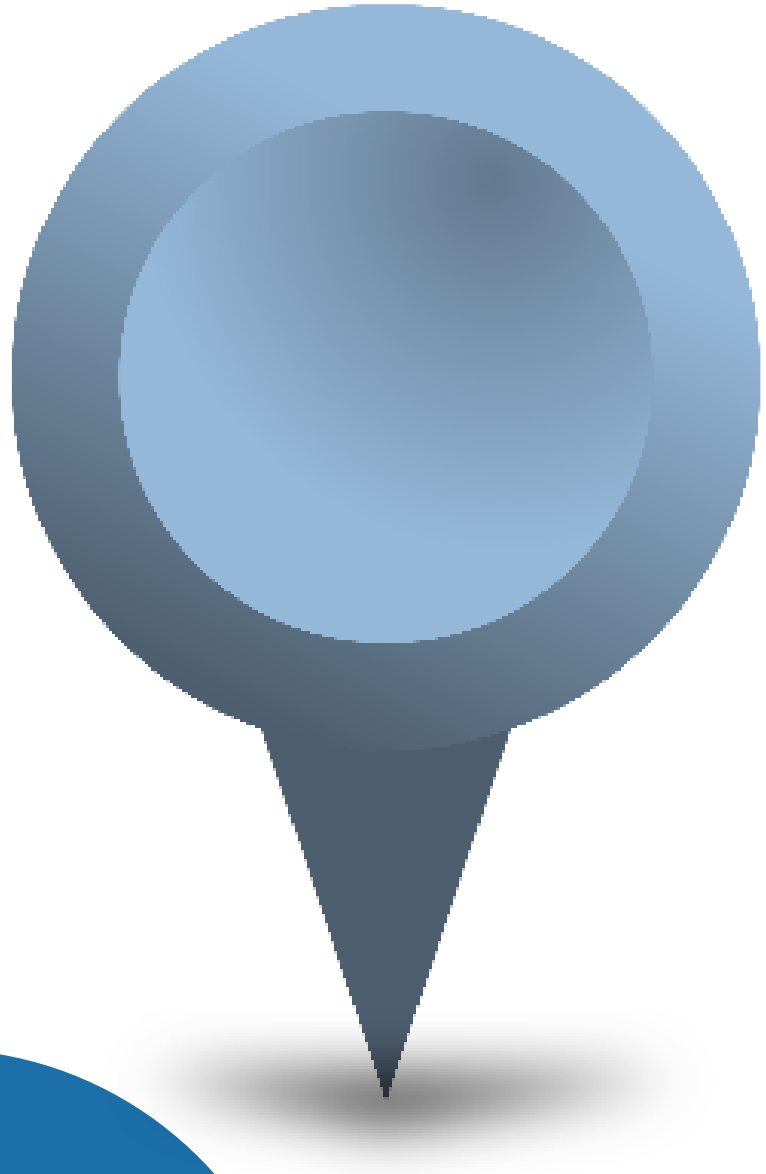
# Why Is This Important?

- You are worth it!
- You can’t take care of others if you are not well {physically & mentally}
- You are showing others that self-care and self-regulation is necessary

"

**Every action** you **take** is a **vote** for the type of person you wish to **become**. No single instance will transform your beliefs [health], but as the votes build up, so does the evidence of your new identity [health outcomes].

- **James Clear**, Atomic Habits

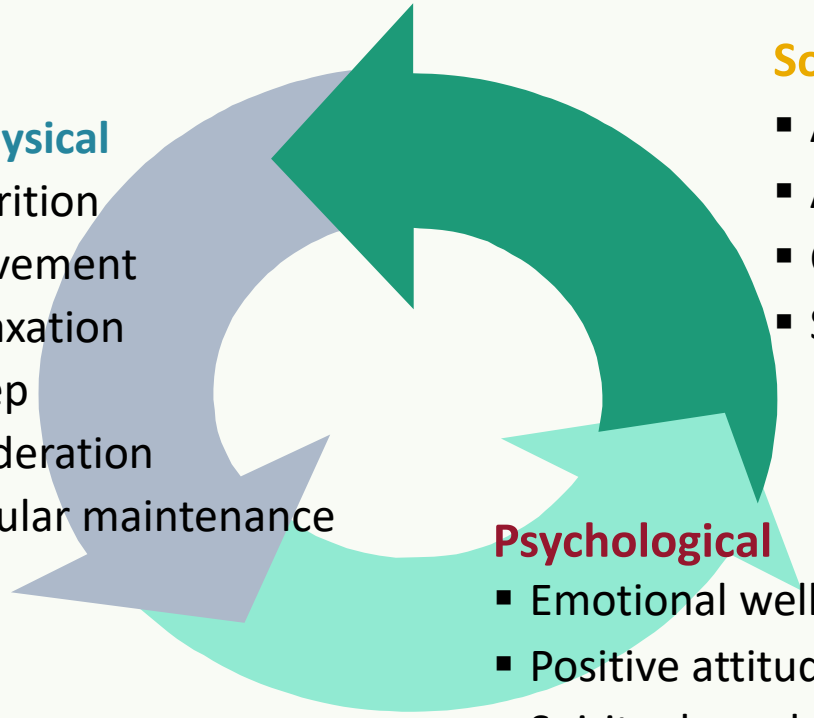


“

**If you don’t take care of your body, where will you live?**

- Kobi Yamada

# Lifestyle Balance



**Biophysical**

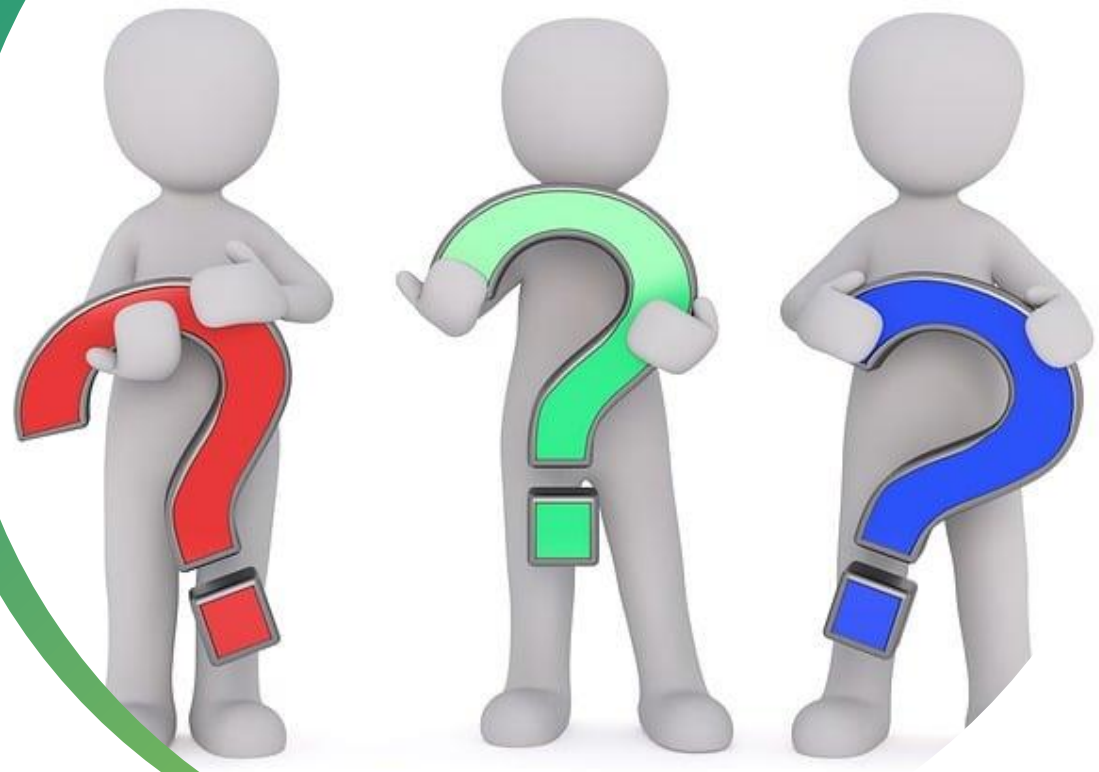
- Nutrition
- Movement
- Relaxation
- Sleep
- Moderation
- Regular maintenance

**Social**

- At least one close relationship
- Attention to friendships
- Community involvement
- Support from outside resources

**Psychological**

- Emotional well-being
- Positive attitude
- Spiritual needs
- Humor
- Stress management
- Continuing education



# Nutrition Energy

- I eat a balanced meal within 1 hour of waking up.
- I pay attention to when I am hungry or full.
- I enjoy a variety of foods from each food group.

# The Nutrition Connection

- Eating a balanced diet will help manage weight, cholesterol, blood pressure, stress, pain, & fatigue.
- A nutritious diet can reduce our risk of chronic disease (cancer, heart disease, diabetes, MS, and many more), as well as help manage those diseases
- “I know I should eat better, but…….”

# Evidenced-Based vs. Fad Diets

- Evidenced-Based
  - Clinical trials
  - Peer-reviewed
  - Include all food groups
  - Lifestyle vs. Diet
- Mediterranean Diet

- Fad Diets
  - Promise Quick Fixes
  - Unsustainable patterns
  - Rules/extreme language
  - Would you feed your kids this way? Will you do this the rest of your life?

# Mediterranean Diet

VA Handout

# Nutrition Lifestyles

- Routines & Habits vs. Food Choices
- Our “bad habits or pitfalls” can be anything: exercise, nutrition, dental, fashion, etc.
- Being honest with ourselves is the 1st step
- Examples can be:
  - The All or Nothing Club
  - The Bandwagon (“I fell off the bandwagon”)
  - Over-portioners Anonymous
  - “I’m too busy to eat”

# Meal Skipping

- This habit can be detrimental to your overall health
- Metabolism-your body's ability to burn calories at rest and how effectively it burns energy (calories)
- Your brain-functions on a minimum amount of carbohydrate daily-if it doesn't get it, your body will adapt but not in a healthy way
- The Hunger & Fullness Scale 0-4

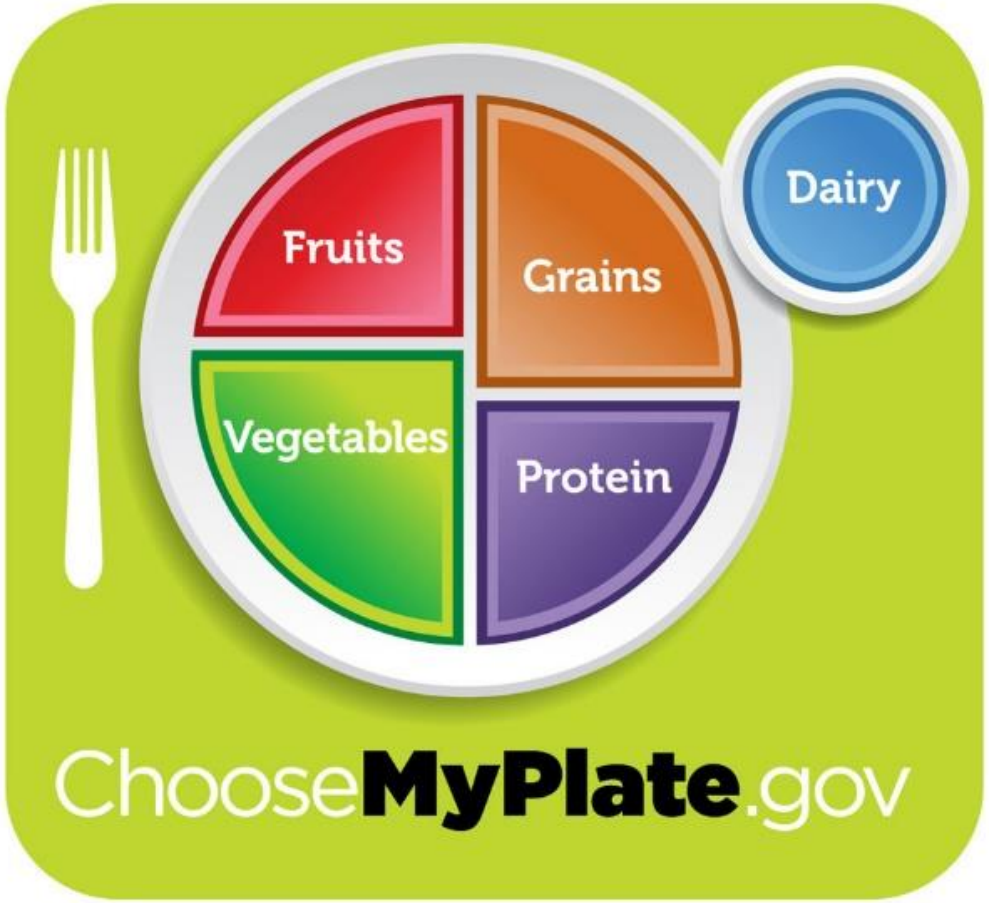
# Over-Portioners Anonymous

- A “4” may lead to over-portioning
- Goal: Eat more food but less calories
  - Fill up on fiber and water!
- Goal: Eat Slowly
- Goal: Get your portions under control!
  - Use smaller plates, bowls and cups
  - Avoid getting too hungry and limitless options (buffets, etc.)
- Waste vs. Waist

# Hunger and fullness scale

- 0=not hungry
- 1=slightly hungry
- 2-3=moderately hungry
- 4=starving
- 0=not full
- 1=slightly full
- 2-3= moderately full
- 4=stuffed
- Prevent the 4s!

# Using MyPlate for Portion Control



# Meals Using MyPlate

Example: Lunch

1 slice whole grain bread
5 oz. turkey
Lettuce, peppers, tomato, onion
1 T. avocado
1 cup melon
8 oz. Greek yogurt w/ ¼ c. nuts

Example: Dinner

1 sweet potato with skin
4 oz. Chicken breast
2 C. Salad w/ 2 T. dressing
Broccoli/pea pods/carrots
1 orange
1 cup low-fat milk

# 5-4-3-2-1 Challenge

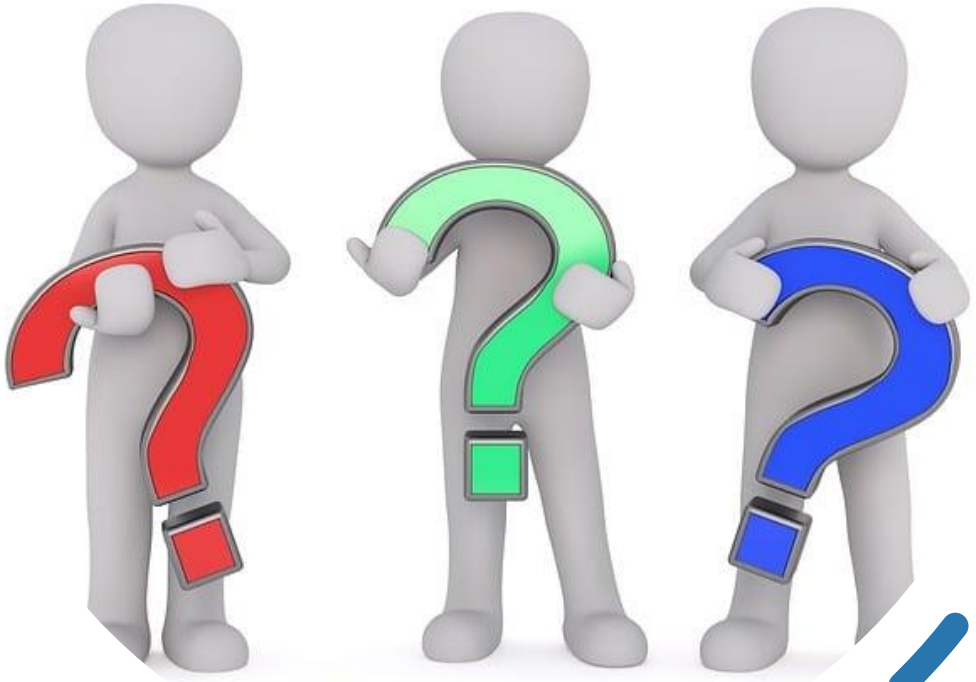
- Daily Goals:
  - 5 servings of fruits and vegetables
  - 4 servings of whole grains
  - 3 servings of lean protein
  - 2 healthy fats
  - 1 oz of H20 for every 2 pounds you weigh (180lbs=90oz)

# Resources to Support Your Goals

- Apps
  - Lose It!
  - WW
  - Brain Based Health by EBT (emotional eating or binge eating)

# Movement Energy

- I sit less than 6 hours per day.
- I get up to move for 10 minutes out of every hour.
- I get at least 25 minutes of planned movement each day.



# Movement

- 150 minutes per week
- What is your screen time?
- How do you stay accountable?
- What benefits do you feel from movement?

# Benefits of physical activity

- What we know:
  - Improves your chances of living longer and living healthier
  - Helps protect you from developing heart disease and stroke or its precursors, high blood pressure and undesirable cholesterol
  - Helps protect you from developing certain cancers, including colon and breast cancer, and possibly lung and endometrial cancer
  - Helps prevent type 2 diabetes and metabolic syndrome
  - Helps prevent osteoporosis
  - Reduces the risk of falling and improves cognitive function among older adults
  - Relieves symptoms of depression and anxiety and improves mood
  - Prevents weight gain, promotes weight loss, and helps keep weight off after weight loss
  - Improves heart-lung and muscle fitness
  - Improves sleep

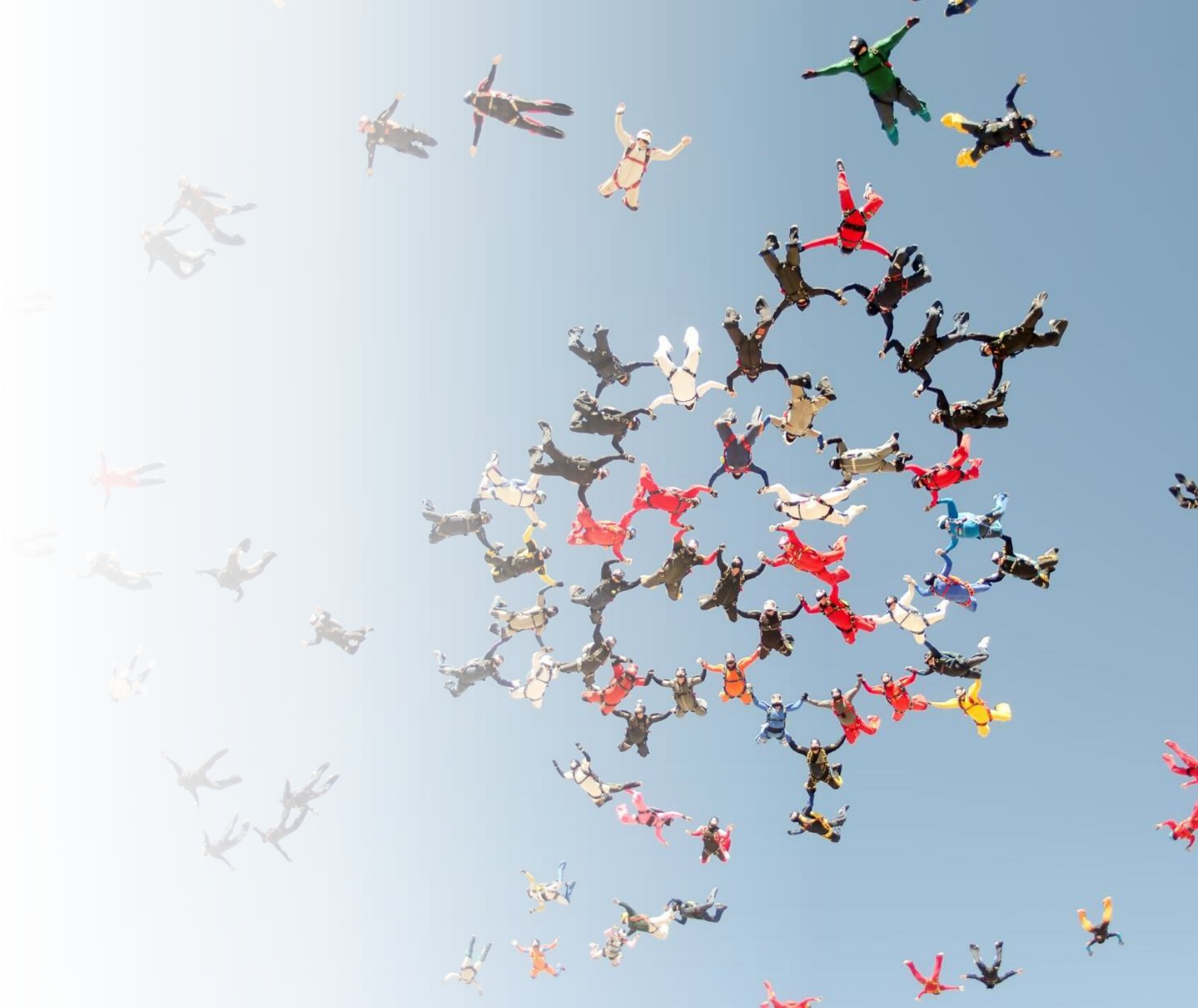
# Sitting is the new smoking!

- Is it possible to be an active couch potato? YES!
- The typical U.S. adult is sedentary for 60 percent of their waking hours and sits for an average of six hours per day.
- Did you know? Too much sitting time is harmful *even if you're getting enough exercise*!

Something is Wrong Here!

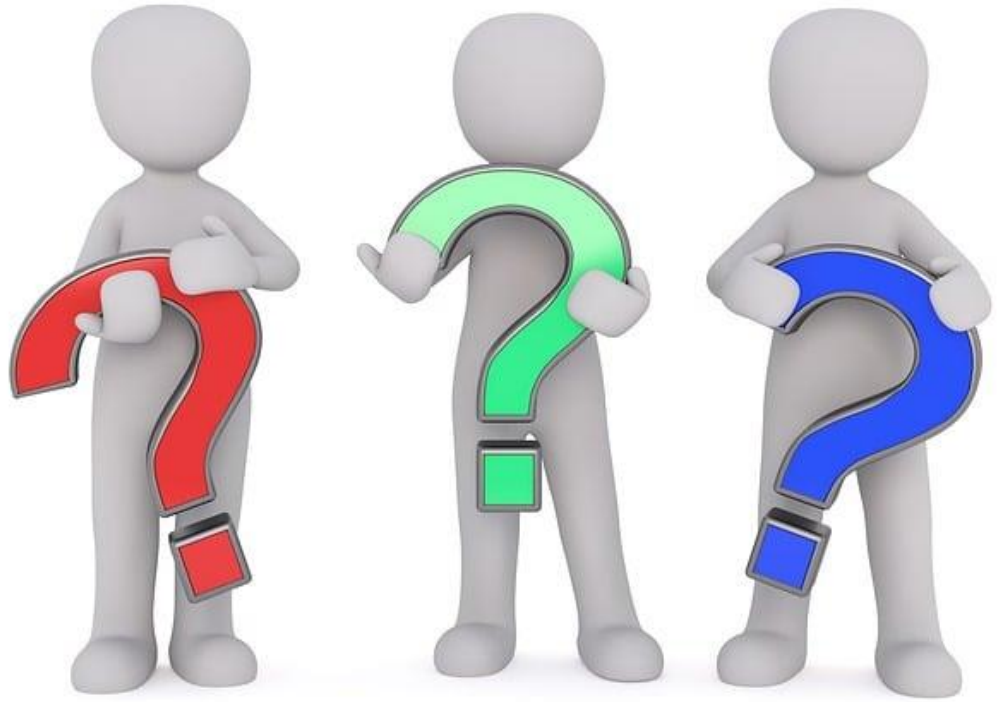
# Can You Do It? Yes, You Can!

- MOVE!  It doesn’t matter how much, how often or how long…just more than you are doing right now!
- Hold yourself accountable: Meet a friend, wear a device to track your movement throughout the day, set time and distance goals.
- Find an activity you enjoy:  Join a team, get a bike, take a class, hire a trainer.



# Example: Not enough Activity

- Goal: Take at least 10,000 steps per day
  - Purchase and wear a pedometer or other device daily.
  - Wear it for three days to calculate, on average, how many steps you walk each day.
  - Set a goal to increase your steps by 300 steps per day until you reach at least 10,000 steps per day.  This may take weeks or months, depending on where you are starting from.
  - Celebrate your success!



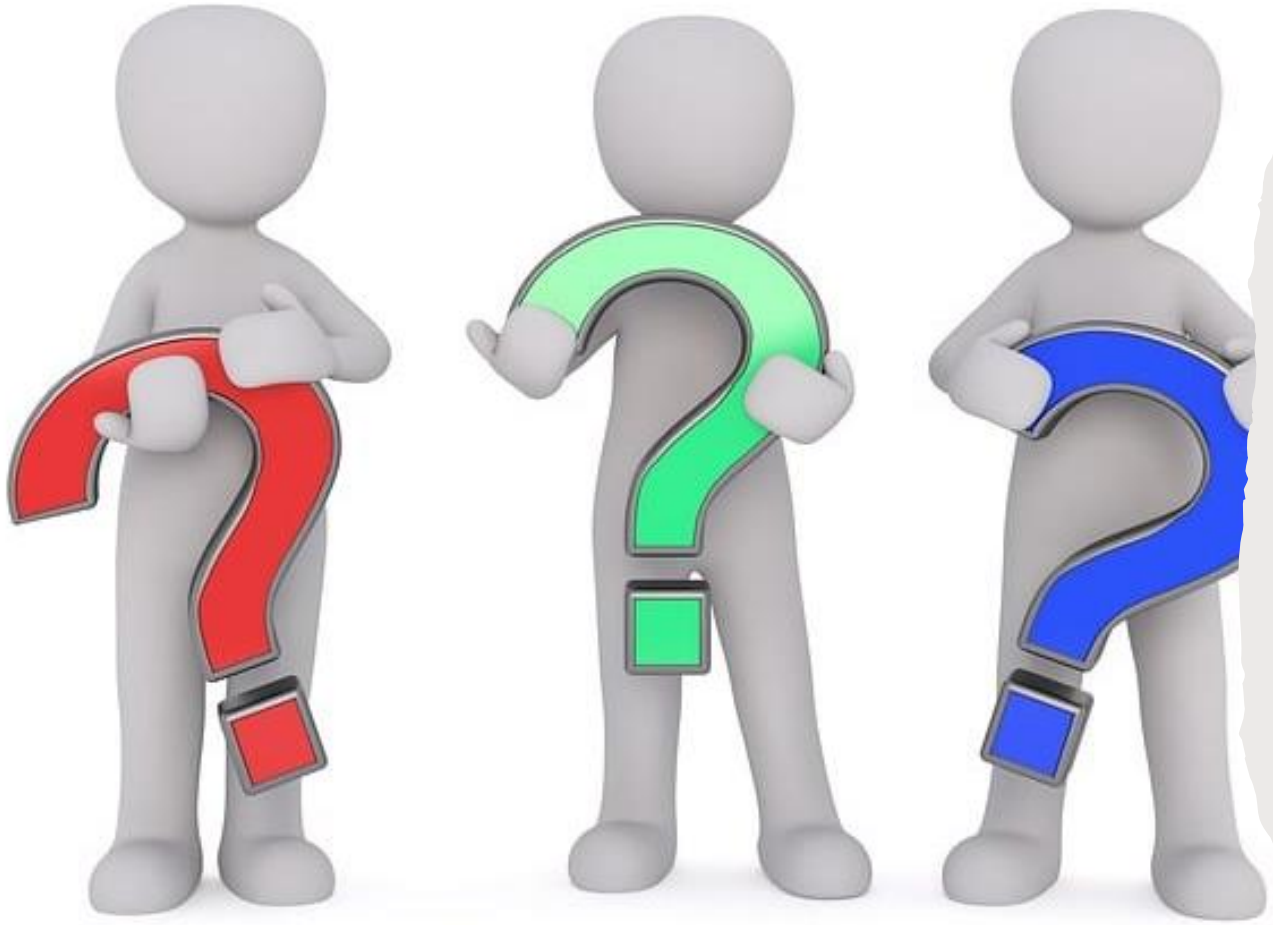
# Sleep Energy

- I get 7-8 hours of sleep every night.
- I have a bedtime routine that calms me down.
- I make choices that promote sleep health during the day.

# Sleep Health

## 12 tips by Matthew Walker, PhD

1. Stick to a schedule
2. Don’t exercise late in the day
3. Avoid caffeine & nicotine
4. Avoid alcoholic drinks before bed
5. Avoid large meals and beverages late at night
6. Avoid medicines that delay or disrupt your sleep
7. Don’t nap after 3pm
8. Make sure to leave time to relax before bed
9. Take a hot bath before bed
10. Have a dark, cool (temp), gadget free bedroom
11. Get the right sunlight exposure
12. Don’t stay in bed if you can’t sleep



# Stress Energy

- I have one or more activity that I do when I notice tension in my body.
- I can write down or verbalize specific situations that cause a stress response in my body.
- I can identify the stressors that cause my body stress and differentiate between which stressors I can control and those I cannot.

# Stress & Stressors

- Stress is your body or brain's ***symptom***
- Stressors ***cause*** the stress

**Which stressors can you control?**

**Reminder**: If you just treat the stress, you are not changing the stressor!

**Example**: getting a massage for muscle tension will not make the frustrating situation at work go away

# Your Brain on Stress

Amygdala

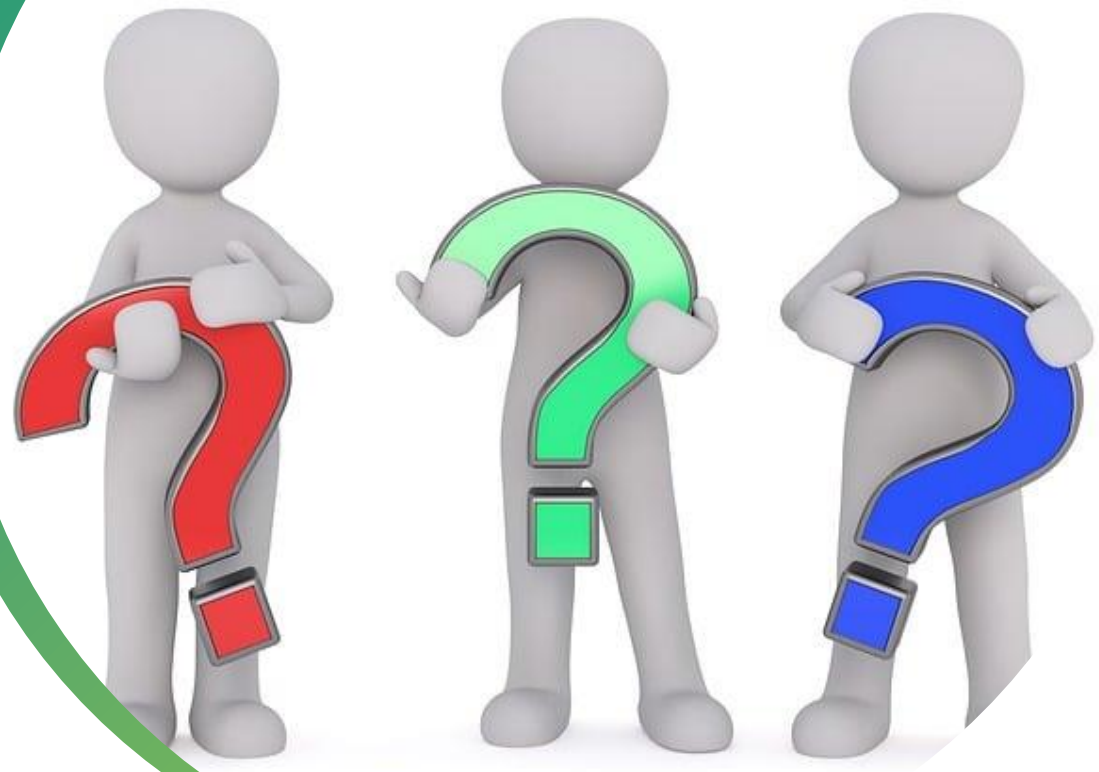
- Fight, Flight or Freeze
- Poor decisions
- Stress hormones

- How do we get here?
  - Freak out!
  - Fear
  - Illness
  - Sadness
  - Grief
  - Fatigue

Prefrontal Cortex

- Self-Regulation
- Smart decisions (or at least conscious ones)

- How do we get here?
  - Breath
  - Exercise
  - Sleep
  - Nature
  - Gratitude



# Social Energy

- I have close, comfortable, safe relationships with at least 3 people.
- I connect with others socially at least 60 minutes per week.
- I recognize when others are causing my brain and body stress and have language to lay down boundaries with them.

# Social Connections

- The Blue Zones
- Who is your person?
  - Are you more people's person than the people you have?
  - Is there anyone you need to set boundaries with?

Practice setting boundaries. Boundaries are good for all involved.

Examples: how do you check-in with people without them causing you stress?

# Balance Energy

- I have activities I enjoy outside of work and family commitments.
- I spend at least 10 minutes per day relaxing or doing an activity I enjoy.
- I only put my time and energy into things/people that bring me positive energy, a sense of accomplishment or joy.

# How is Your Health & Wellness?

- Remember: When making lifestyle change, make small, realistic changes.
- Remember: engage with your resources.
- Remember: tell your support people what you are working on.

# Make a Plan!
# Change your Habits!

- Set one SMART Goal
  - Specific
  - Measureable
  - Action-oriented
  - Realistic
  - Time-based/sensitive

# Life Balance

# To your health!

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