

Keeping Our STAFF Healthy & Well

SEPTEMBER 2020 // WEEK 4 // PAGE 1

How To Create a Healthier Lifestyle

We all want to know how to be healthy, but it seems like such a big goal. When it comes to adopting new healthy habits and making them stick, a lot of little acts of increased mindfulness instead of trying to make big changes is what will make the difference. Try these nine moves for lasting results from <https://www.self.com/story/small-lifestyle-changes-to-get-healthier>.

1. Plate your meals backward.

Often, we first pile on the carbs, then proteins, and left for little room for vegetables. Try to fill half your plate with vegetables, then divide the remaining quarters between protein and a starch. Serving yourself this way helps ensure you're getting your recommended daily vegetable intake.

2. Put food away when done serving.

"Anyone will eat more if the food is staring at them," Put your food away when done serving, this will stop the temptation and you will physically need to get seconds, if you are still hungry.

3. Drink a glass of water before each meal.

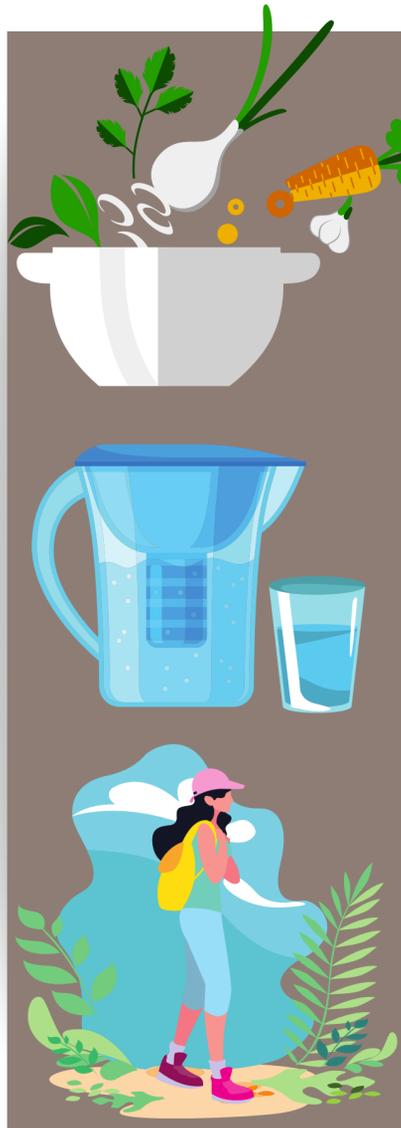
Drink the daily water you need each day to ensure all of your body's systems to function smoothly, and also keep you from overeating due to hunger, making it easier to take a more mindful approach to your meals.

4. Be mindful while eating and chew each bite slowly before swallowing.

Quickly gulping down food without slowly chewing each bit can lead to bloating because of the extra air that is being swallowed, causing that way-too-full feeling. Give your body a chance to slowly enjoy the taste and know that your body is truly full.

5. Call food "healthy" and "less healthy" instead of "good" and "bad."

"When people label food as 'good' and 'bad,' it carries over into a judgment of themselves—if you eat 'good' food, you're a good person, if you eat 'bad' food, you've been badly behaved". Stop putting yourself in emotional timeout just because of what you eat. Reframing your thinking like this will likely help you learn the art of indulging in moderation instead of bingeing.



6. If you dread exercise, think outside the box.

Yes, dancing at home counts as exercise! It likely won't burn as many calories as other workouts, but you'll stick with what you'll actually enjoy enough to continue doing. Think about what positive things will motivate you, and do them. Staying active benefits you mentally and physically.

7. For every hour you spend sitting, get up and walk briskly for five minutes.

Sitting all day isn't good for your butt or your heart. We all can lose track of time and not notice how long we have been sitting there working away at the computer. It is important for you to try and take a break not only for your mind, but for your health, and you are getting in that dreaded exercise without even realizing it. For example, if you are sitting for eight hours and get up and briskly walk every hour for 5 minutes, you'll wind up walking for 40 minutes.

8. Ease yourself into getting more sleep with five-minute increments.

Try going to bed 5 minutes earlier each night until you are finding that you are getting that 7-9 hours of sleep. You are slowly tricking your mind but it will be rested and happy for it.

9. Every time you make a new goal, break it up into bite-sized chunks.

This can apply to anything and everything health-wise. Let's say you've been having a huge sandwich for lunch every day but want to cut back on refined carbs. "Don't swear you'll never let another piece of white bread pass your lips—tuck into a salad first, then let yourself have the sandwich until you're satisfied. Or opt for whole-wheat bread some days of the week until you get used to it, then phase out the refined sort"

"IF YOU DON'T MAKE TIME FOR YOUR WELLNESS, YOU WILL BE FORCED TO MAKE TIME FOR YOUR ILLNESS"

Someone is always here for you

Text4Hope: Text COVID19HOPE to 393939

KTC Counselling Services: Contact Health Centre

AHS Mental Health Line: 1-877-303-2642

First Nations Inuit Hope for Wellness: 1-855-242-3310 (24 hours)



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for available supports.

Keeping Our **STAFF** Healthy & Well

SEPTEMBER 2020 // WEEK 4 // PAGE 2

Staff Activities

Did you
KNOW

YOU CAN VIEW AND COMPARE DOCUMENTS SIDE BY SIDE

If you don't have two monitors and want to compare or view two documents at the same time try this handy trick and avoid having to go back and forth between two documents. **1)** Have your two documents already opened. **2)** On one of the documents click on the "**View**" tab. **3)** In the "window group", click on "**View Side by Side**". You can also get both documents to scroll at the same time by clicking on "Synchronos Scrolling". To close these features, just click back on what you selected in the view.

MEET THE
KTC
STAFF



Meet Lisa Bojanowski, Children's Respite Care Coordinator, KTC

The KTC Respite Program helps the families of special-needs children in KTC communities employ family members as respite care workers, who in turn give parents and guardians of special-needs kiddos a much needed break – to do things like spend time with other children, go grocery shopping, or take time for self-care. Lisa Bojanowski joined KTC in October 2018 as the Children's Respite Care Coordinator. Lisa lives and works from her home office in Peace River with her daughter Willow. While COVID-19 has most of KTC working from home and communicating remotely, Lisa's phone calls will be accompanied with bird music, and Zoom sessions will regularly feature a lovebird or cockatiel perched on her shoulder.

Lisa looks forward to meeting with families to discuss the KTC Children's Respite Program, and is happy to answer any questions they may have.

IDEAS TO KICKSTART YOUR SELF-CARE

Having a healthy lifestyle isn't just about what you eat or how much you exercise. True wellness includes your emotional, mental, and social health too.

Take time to fill your own cup of happiness. Here are some ideas from <https://wholefully.com/self-care-ideas/>

- Give yourself a manicure or pedicure.
- Read a book or magazine.
- Sit on the front porch. Just. Sit.
- Take a bubble bath with candles.
- Pick or buy a bouquet of fresh flowers.
- Take a leisurely walk without a goal.
- Put on a homemade face mask.
- Binge watch something.
- Take a nap.
- Order in dinner.
- Do something crafty.
- Sit in a comfy chair and read.
- Watch funny YouTube videos.
- Sit in the grass, watch the clouds.
- Look at the stars.
- Have a dance party.
- Take a mental health day.
- Burn a scented candle.
- Sit in a coffee shop.
- Buy some stuff just for fun.
- Try out a new hobby.
- Do yoga.
- Cook breakfast for yourself.
- Sing at the top of your lungs.
- Go for a scenic drive.
- Listen to a podcast.
- Have a 20 min. stretching session.
- Play like a kid again.
- Go swimming for fun.
- Plan a vacation just for fun.
- Get dressed up for no reason.
- Declutter a spot in your house.
- Complete and check off a task.
- Bake a dessert you love.
- Watch the sun rise or set.
- Have a picnic by yourself.
- Go to bed early or sleep in late.
- Research something interesting.
- Edit who you follow on social media.
- Visit a virtual museum.
- Buy a fun treat for yourself.
- Get a massage.
- Spend time in the garden.
- For no reason do your hair and make-up.
- Write a list of 10 things you are grateful for.
- Make a batch of infused water.
- Write a letter to an old friend.
- Cook a fancy meal.
- Say "no" to someone.

FALL RECIPE OF THE WEEK

Submitted by Bev Littlechilds

Quick and Easy Banana Bread

Ingredients:

- 2-3 ripe banana's
- 1/3 cup melted butter
- 3/4 cup white sugar
- 1 egg beaten
- 1 tsp. vanilla
- 1 tsp. baking powder
- Pinch of salt
- 1 1/2 cups of flour
- 1/3 cup of chopped walnuts/pecans (optional)

Instructions:

- Preheat oven to 350
- Grease loaf pan
- Mash banana's with melted butter
- Mix in baking soda and salt
- Add sugar, egg, and vanilla
- Add flour
- Add optional walnut's or pecan's
- Bake for 1 hour or until toothpick comes out clean.
- Cool completely before removing from pan.



Share your favourite summer recipes with us!
Send to sheena.phillips@kctadmin.ca



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for available supports.