

Eliminating Stress This Summer



As summer comes just around the corner, your everyday routine may have a few interruptions. Vacations, family visiting, picking up or entertaining grandkids may throw a curveball into taking care of your health. It is important to note stress is an effector factor for your blood sugar, causing it to rise when we do not manage it. Although eliminating stress completely from your life is unrealistic, there are steps you can do to take back control of things and set you up for success.

1. Have a goal.

You've heard the saying: "If you don't know where you are going, how will you ever get there?" It can be easy to lose track of time and direction if you don't have an end goal in mind. It is important to get pretty clear on what exactly your goals are. Whether you want to lose weight, increase muscle, change your eating habits, or manage your stress, deciding what your goals are is an important step to managing your time and being successful. Write your goals down and place them somewhere where you can see them every day. This will help serve as a reminder when life gets hectic, and will help you stick to your goals when it may seem easier to skip them.

2. Create a timeline.

Once you have determined what your goals are, spend some time creating a timeline. Start at the end and figure out how much time you will need to reach your goal. Healthy weight loss is 1-2 pounds per week, so if you plan to lose 10 pounds this summer know it will take 8-10 weeks to accomplish.

3. Figure out what you need to do.

Now that you know where you are going and how much time you will need, it is time to write down exactly what you will need to do. If you want to lose weight, for example, you will likely engage in exercise, change your eating habits, drink enough water and get adequate sleep. Tackle each of these areas individually. What will you do for exercise? How many days a week? Will you take classes? Walk outdoors? Get super specific and write these things down. Changing your eating habits requires you to make a grocery shopping list and plan your meals. If you eat out, set up some guidelines, such as choosing vegetables for side dishes, having a source of lean protein and drinking water or other calorie free beverages. Getting enough sleep requires you to make some healthy changes, too. Again write down these steps to help you get where you need to go. The clearer, more vivid you get, the better you will be in managing your time and reaching your goals.

4. Schedule your workouts.

Keep your workouts, trips to the grocery store and other healthy "to-dos" in your calendar, just as you would your work meetings or doctor's appointments. Set reminders on your calendar to help you stay on track. Even better, arrange to exercise with a friend, which will increase your commitment and keep you accountable.

5. Plan your grocery trips.

Make it a point to schedule in time each week to go grocery shopping. Create a list and keep it handy. By making it a point of going to the grocery store and taking a list with you every week, you will save yourself time and guess work, and reduce the temptation to fall off track with your eating habits.

6. Prepare your food in advance.

Now that you have gone to the store, build in time to prepare your meals. This can be done a few times a week (say Sundays and Wednesdays) or every morning for the day. Whatever your timeframe may be for preparing your food, it is important to build it into your day to make it easier to stay on track and work toward your goals. If you end up eating out often, spend some time reviewing the menus ahead of time so you have an idea of the healthy options available. Prepping food when you have the most energy during the day is ideal.

7. Take advantage of your “down” time.

When the grandkids are down for a nap or you have an extra few minutes at the office or on the weekends, take advantage of this time. What tasks have you been putting off? Use this time to get them done. If you are at work, take a walk. If the grandkids are asleep, get in a home workout. While it's easy to feel overwhelmed and feel like you just “don't have the time,” the reality is we can create the time if we make our goals a priority.

8. Check in weekly.

Once a week, take the time to evaluate your progress, your time and the plans for the upcoming week. Do things need to shift a bit? What were your barriers? This step is important as it will help keep you balanced and present. It allows you to shift things around and refocus for the next week.

Adapted from: American Council on Exercise - Kelley Vargo

Additional Tips to Keep Stress at Bay:

- Learning to Say 'No'
- Organize Your Time by Making Realistic Schedules
- Exercise:
- Relaxation
- Sleep: (7 ½ - 8 hours a day)
- Create a 'To-Do' List and Prioritize Items
- Combine Tasks
- Plan Ahead
- Eliminate Time-Wasting Activities & Beat Procrastination
- Keep a Time Log
- General Tips
 - o Think about and be grateful for the good things in your life.
 - o Expect positive outcomes in new situations.
 - o When you realize you are stressed, take a 10-minute break to do something you enjoy and helps calm you.
 - o Take care of your body and mind: eat healthy food, drink enough water each day, exercise enough, sleep well, relax, and laugh often.

Adapted from: Sutter Health Palo Alto Medical Foundation



Sweet and Smoky Baked Eggs

Nutrition Facts

4 Servings

Serving Size 1 tomato half

Amount per serving

Calories

85

Total Fat 4.5g

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol 165mg

Sodium 85mg

Total Carbohydrate 4g

Dietary Fiber 1g

Total Sugars 2g

Protein 7g

Potassium 260mg

Phosphorus 115mg

Ingredients

- 2 large ripe beefsteak or heirloom tomatoes
- 1 tsp of ground black pepper
- 1 tsp of cumin
- 4 eggs (medium)
- 2 tsp Parmesan cheese (grated reduced-fat)

Directions

Preheat oven to 350°F.

Wash tomatoes and cut in half. Scoop out the pulp and seeds, leaving about a 1/2-inch rim of tomato.

Place cut-side up in a greased glass baking dish.

Sprinkle each tomato half with pepper and cumin. Break an egg into each tomato "shell."

Sprinkle each egg with 1/2 tsp of the cheese.

Bake until the eggs are set, roughly 25 minutes.

<https://www.diabetesfoodhub.org/recipes/sweet-and-smoky-baked-eggs.html>

New Classes Starting

We are looking for new participants for our diabetes class. The next series will be starting at the end of June. Spots are limited.

Please have new referrals call 361-887-7979 to get pre-registered for the class. Thank you!