

# Well-Being **Newsletter**

Third Quarter 2023



You may have come across the term Lifestyle Medicine, but what does it mean and how might it apply to your health and well-being journey?

Modern concepts of health care encompass more than doctor appointments, lab tests and prescription medications. Increasingly, the medical community is looking at health from a whole-person perspective. That means that to really see improvement in the chronic conditions that affect so many of us these days, we must address more than body chemistry and disease and start to look at how our broader habits affect our wellness, for better or for worse. Learn more about how this approach may be the key to living longer and healthier lives.

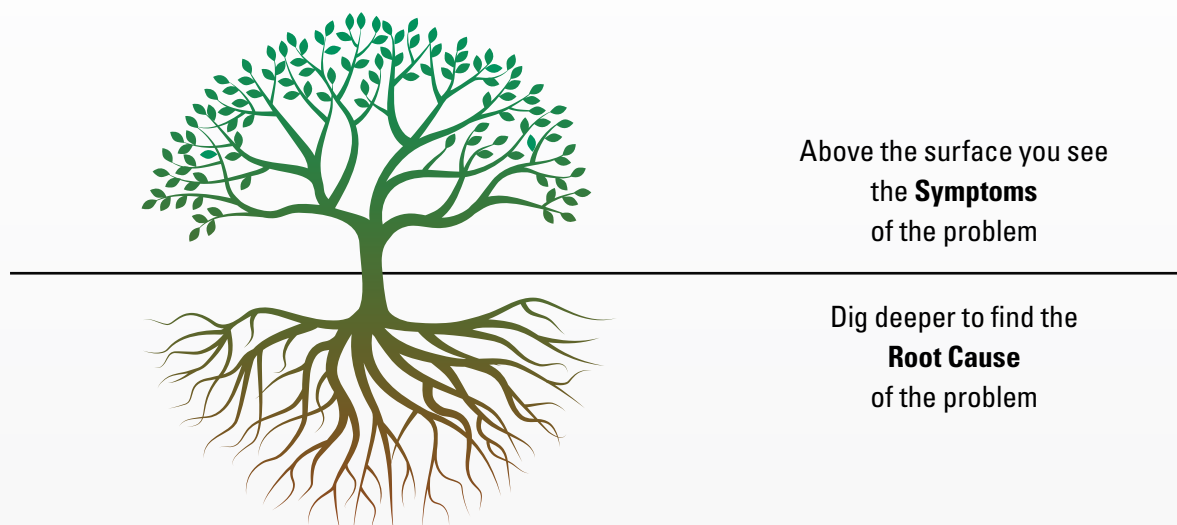
# Lifestyle Medicine

**Lifestyle Medicine** is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to prevent, mitigate, treat, and in some cases, even reverse chronic conditions and disease, including, but not limited to, cardiovascular disease, type 2 diabetes, hypertension and obesity.

It's much more about understanding the roots of illness and disease.

For example, if a patient is diagnosed with high blood pressure, the approach in traditional medicine may be to prescribe medication to lower their blood pressure. In Lifestyle Medicine, the approach would also involve identifying the root cause of their high blood pressure by exploring the patient's lifestyle behaviors to determine what interventions may be appropriate:

- What is the patient's level of physical activity and sedentary behaviors?
  - Incorporating purposeful movement and physical activity can help reduce blood pressure
- What are the patient's eating habits?
  - Consuming whole grains, vegetables, fruits, lean proteins, and low-sodium foods are important for lowering blood pressure
- How does the patient manage stress?
  - Incorporating ways to lower stress can help lower blood pressure





## So, what are the six pillars of Lifestyle Medicine?

- **Healthful eating** of whole, plant-based food
- Increase **physical activity**
- Develop strategies to **manage stress**
- Form and maintain **relationships**
- Improve your **sleep**
- Avoid risky **substances**

With the pillars in mind, how can you tune into what your body is telling you? How can you raise your self-awareness and give your body what it needs? Consider the following exercises:

### Implement a morning ritual

Upon waking up, ask yourself:

- *How can I love and respect myself today?*
- *What does my body need or want today for it to work perfectly for me?*

### Stop the harm! Replace bad habits with beneficial ones.

Consider:

- *How is my lifestyle contributing to either good or not-so-good health?*
- *How much am I aware of how my daily habits of thinking, feeling, and behaving are contributing to my current health status?*
- *How can I do something in each of the different areas below each week?*






**Once you answer those questions, start keeping a list like this:**

Fun, Creativity	Learning, Growth	Move the Body	Inspired Action	Social Connection	Rest, Rejuvenation
Art, hobbies, friends, sport	Anything which requires learning, something new	Walk, run, sport, yoga, qigong, dance	Work, kids, community	Meditation, sit and read a book, sit in sunshine	Meet a friend for coffee, date night with partner



## Listen to your 'multiple brains'

Our "multiple brains" consist of the head, the heart and the gut. Be sure to tune into what your body is telling you by listening to your heart and gut. The head can sometimes lie, but body intelligence cannot! Check out the table below to see how you can tune into your multiple brains.

	Number of neurons	'Q'	Prime Functions of Brain	Signs of Imbalance
Head 	100 billion	<b>IQ</b> (intelligence quotient)	Make meaning Cognitive perception Analyze	Over-thinking/ analyzing
Heart 	30 - 120,000	<b>EQ</b> (emotional intelligence)	Emoting Relational affect Values	Emotional shutdown
Gut 	200 - 500 million	<b>PQ</b> (physical intelligence)	Core identity Self-preservation Mobilization Safety	Fear, unable to take action

Head	Heart	Gut
Thoughts	Emotions	Gut Feelings

Ask yourself:

- What does my heart say?
- How do I feel in my gut?

## Practice daily self-reflection

At the end of each day, ask yourself:

- What did I do well today? Appreciate yourself.
- What could I do differently or better from now on?

[Click here for a self-reflection resource.](#)

# Setting Boundaries

Part of tuning into your body is paying attention to how it responds when interacting with others. While being social is an important part of being healthy, creating and sustaining social connections requires the same amount of care and balance you put into taking care of your body. Healthy relationships are the foundation of social wellness. To obtain that wellness, we must be willing to connect and share with others, which requires openness and vulnerability. At the same time, to get the most fulfillment out of relationships, it is imperative to learn how to set boundaries.

Setting and maintaining healthy boundaries can help improve your overall self-confidence and well-being. Whether dealing with family, romantic partners, friends or colleagues, learning to set personal boundaries is key to living a fulfilled and balanced life.

## Benefits of setting healthy boundaries:

- Allows you to focus on your well-being
- Keeps your priorities at the top of your list
- Helps avoid burnout
- Encourages a positive lifestyle balance
- Improves relationships with those important to you

## Types of Personal Boundaries

<b>Physical</b>	<b>Physical boundaries refer to personal space and touch.</b> <ul style="list-style-type: none"><li>• Healthy physical boundaries include an awareness of what you are comfortable with, what's appropriate, and what's not, in various settings.</li><li>• Physical boundaries may be violated if someone touches you when you don't want them to, or when they invade your personal space (for example, rummaging through your bedroom or office space).</li></ul>
<b>Intellectual</b>	<b>Intellectual boundaries refer to thoughts and ideas.</b> <ul style="list-style-type: none"><li>• Healthy intellectual boundaries include respect for others' ideas and an awareness of appropriate discussion (should we talk about the weather or politics?).</li><li>• Intellectual boundaries are violated when someone dismisses or belittles another person's thoughts or ideas.</li></ul>
<b>Emotional</b>	<b>Emotional boundaries refer to feelings and emotions.</b> <ul style="list-style-type: none"><li>• Healthy emotional boundaries include limitations on when to share, and when not to share, personal information.</li><li>• Emotional boundaries are violated when someone criticizes, belittles or invalidates another person's feelings.</li></ul>
<b>Material</b>	<b>Material boundaries refer to money and possessions.</b> <ul style="list-style-type: none"><li>• Healthy material boundaries involve setting limits on what resources you will share, and with whom. For example, it may be appropriate to lend a car to a family member, but probably not to someone you met this morning.</li><li>• Material boundaries are violated when someone steals or damages another person's possessions, or when they pressure them to give or lend them their possessions.</li></ul>
<b>Time</b>	<b>Time boundaries refer to how a person uses their time.</b> <ul style="list-style-type: none"><li>• To have healthy time boundaries, a person must set aside enough time for each facet of their life such as work, relationships and hobbies.</li><li>• Time boundaries are violated when someone demands too much of another's time.</li></ul>

## How to set boundaries

### Know what you want out of your relationships.

- Ask yourself, what is the goal in setting a boundary or needing to set a boundary?
- Setting boundaries may be uncomfortable. The key is to start small and focus on one thing at a time.
  - If thinking about setting a boundary makes you nervous, write out what you want to say beforehand or practice in the mirror.
- Consider what consequences you feel are appropriate if a boundary is not respected or is ignored.
  - Don't feel guilty; boundaries are meant to protect your well-being, not others'.

### Begin a dialogue and start implementing your boundaries.

#### At work

- Setting boundaries at work and with colleagues is instrumental in maintaining well-being. Some tips for setting boundaries include:
  - **Maintain work-life balance:** With telecommuting, teleworking and the use of smartphones, the boundary between work and home has become increasingly blurred. Set a distinguishable stop time, close your computer and take a break.
  - **Avoid gossiping:** It can be tempting to discuss another person with colleagues, but this is not a solution. It's better to address the issue directly but calmly with the other person. If possible and appropriate, involve a manager, supervisor or your human resources department for support.

#### With family

- **Partners and children:** Setting boundaries with your partner and children supports a dynamic that supports those involved. Some tips for setting boundaries include:
  - Resist reactivity: Set the tone by talking calmly and concisely.
  - Use "I" statements: Using the phrase "you" can come across as accusatory. "I" statements allow us to take ownership of our emotions without placing blame.
  - Avoid distractions: Being fully present is an important piece to communicating clearly.
- **Parents and extended family:** Boundaries can help support a positive and healthy relationship with our parents and other family members. Some tips for setting boundaries include:
  - **Be respectful:** You have the power to set the tone for the conversation by being respectful. Think of it as an opportunity to come to them as a confident adult.
  - **Stay cool and calm:** Your parents may react or get upset during the conversation. While you can't control the choices they make, you can control your own response.
  - **Keep it simple:** Start with one thing to address, such as the one that is most bothering you, and focus on that.

#### With friends

- Setting boundaries with friends helps foster an environment of respect, understanding and acceptance. Some tips for setting boundaries include:
  - **Avoid ghosting:** While it can be hard to deal with something directly, avoiding a friend (ghosting them) prevents them from knowing the issue. Avoiding the issue altogether means neither of you can grow from the experience.
  - **Avoid gossiping:** While it can be tempting to discuss your friendship frustration with mutual friends, this can get back to your friend and potentially hurt them.

## Enforce your boundaries.

By sticking with the boundaries you set, sets guidelines for how you want to be treated. If you struggle to enforce your boundaries, you can try boundary exercises to help yourself practice.

- "I" statements:

*"I feel \_\_\_\_\_ when \_\_\_\_\_ is said to me."*

*When \_\_\_\_\_ happens, I feel \_\_\_\_\_."*

**Tips:** Use emotions to describe your feelings or how someone's actions affected you and consider your tone and your body language when talking. Buy yourself some time to respond

- If someone is not respecting your boundaries or asks you a question and you need time to think about it, here are some response ideas you can make your own:

*I don't like the way I'm being spoken to right now.*

*I would like to talk about this, but now is not the right time.*

*I would prefer to discuss this when we can be calmer about it.*

*I'm not sure right now. Can I come to you once I've thought about it?*

*I need more time to think, but I will get back to you.*

- When you want to say "no" and feel more context is appropriate, here are some response ideas to make your own:

*I would love to, but my plate is really full right now.*

*I would if I could, but I'm unable to help with that right now.*

*I really appreciate the invitation, but I'm not interested in participating.*

Be consistent and maintain set boundaries as much as possible so learned behaviors can be established.

# Yoga Pose of the Quarter

## Corpse Pose (Sanskrit: Savasana)

- Calms central nervous system, aiding the digestive and immune systems.
- Calms the mind and reduces stress.
- Reduces headache, fatigue and anxiety.
- Helps lower blood pressure.
- Promotes spiritual awakening and awareness of higher consciousness.

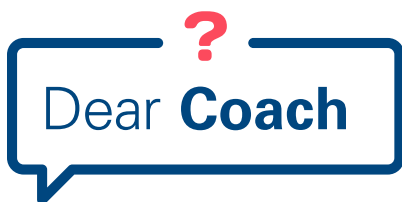


## Step-by-Step Instructions

1. Lie down on your back.
2. Separate and relax your legs so that your feet can fall open to either side.
3. Lightly separate your arms from your torso. Turn your palms to face upwards (but don't try to keep them open).
4. Relax your whole body, including your face. Let your body feel heavy.
5. Let your breathing occur naturally. If your mind wanders, you can bring your attention to your breath but try to just notice it, not deepen it.
6. Stay for a minimum of five minutes, but as long as time allows. If you are practicing at home, set an alarm so that you are not compelled to keep checking the time.

\*When you are done, make sure to come out of this pose slowly, beginning with wiggling your digits and then moving your limbs, opening your eyes last. Rise by rolling to one side and pushing yourself off of the floor.\*





### Question:

How can I make sure I am keeping my hair, skin and nails healthy this summer?

### Answer:

The foods we eat play an instrumental role in the health of our hair, skin and nails. However, certain conditions can also impact them. You should always consult with your doctor or dermatologist to determine whether issues with your hair, skin or nails are part of a bigger problem. In addition, talk with your provider before taking any supplements or making big changes to your diet.



**Diet:** Protein, healthy fats and hydration are important for healthy hair, skin and nails. Unless your doctor or a dietitian tells you otherwise, the general recommendations are:

- 0.36g of protein per pound of body weight a day
- 2 liters of water a day for women and 3 for men



**Exercise:** Regular physical activity can improve the body's ability to increase blood flow, which also increases nutrients and oxygen delivery to places like our scalp and nail beds. Be sure to wash your face after to rinse off the toxins you helped expel through sweat.



**Stress:** Stress increases a hormonal response and some of those hormones can contribute to acne, fatigue and alterations in the gut's microbiome. While stress is never avoidable, managing it as best you can helps support more than just your hair, skin and nails but your overall health, too.



**Hair washing:** Everybody's hair is different and thinner hair may need to be washed more often than thicker hair. Be sure to talk to your barber or hairstylist about how often you should wash your hair and which types of shampoos or ingredients are best for your specific hair type.



**Skin washing:** Most dermatologists recommend washing your face twice a day, but this can vary greatly based on your activity level and your skin type. Check in with your doctor or dermatologist to determine your skin's specific needs.



**Makeup brushes:** Makeup brushes can harbor bacteria so be sure to clean them off regularly to avoid transferring this bacteria to your skin. Dermatologists recommend rinsing the tips of your brushes every 7-10 days under lukewarm water to remove residual makeup. If you use a beauty blender or sponge, you should replace those every 1-3 months based on how frequently you use them.

## References

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