



WINTER 2024

# healthy

## living

# A COMFORTABLE HOME OFFICE



**Many people are now working from home more than ever before.**

**W**hile this offers newfound freedom and convenience, it comes with its own set of challenges. Creating a comfortable and ergonomic workspace at home is crucial for preventing strain, injuries and maintaining overall well-being.

Ergonomics is the science of designing and arranging our environment to fit the way we work and interact with it. In the context of a home office, it means setting up your workspace to support your body's natural movements and reduce the risk of discomfort or injury.

## Common Issues

The Texas Department of Insurance reported that during the pandemic's shift to more people working from home, there was a surge in injuries. People had left their ergonomically designed work spaces and were now working on kitchen counters, coffee tables or their beds. This led to people slouching, sitting too long, extending the wrists and relying on laptop screens.

Too much sitting at poorly designed work stations led to neck and shoulder pain, back pain, wrist and hand discomfort, eye strain, fatigue, tight hips, leg cramps and reduced productivity.

## Arrangements

Invest in an ergonomic chair that provides adequate lumbar support and allows for adjustments in height, arm rests and backrest angle. Your feet should rest flat on the floor or on a

footrest. If it isn't possible to have your feet on the ground, use a footrest, books, boards or other material to relieve the pressure on your thighs and prevent leg cramps.

When sitting in the chair, don't lean forward to type. Sit in a relaxed, slightly reclined position. This will decrease muscle strain and pressure on the discs in your spine.

Set your desk at a height that allows your elbows to stay close to your body at a 90-degree angle while typing. Use a keyboard tray if necessary to achieve this position.

Place your monitor at eye level, with the top of the screen aligned with your eye line when you are looking straight ahead. Use a monitor stand or adjust the height of your monitor accordingly.

Ensure your workspace is well-lit to reduce eye strain. Use natural light whenever possible, but use task lighting as needed. An ergonomic keyboard and mouse allows for a relaxed, neutral wrist position. Avoid resting your wrists on a hard surface while typing.

Keep cables organized and out of the way to prevent tripping hazards.

Take regular breaks to stand, stretch and walk around. Set a timer or use productivity apps to remind you to step away from your desk. Even while sitting, occasionally stretch your hands, fingers and arms. To avoid eye strain, look away from the computer every 10 to 15 minutes and focus on a spot 30 feet away for 30 seconds.

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# START YOUR DAY WITH HEALTHY HABITS

Your mornings set the tone  
for the rest of your day.

**B**y establishing a healthy morning routine, you can unlock a multitude of benefits, including increased productivity to enhanced well-being. Healthy morning rituals can incorporate exercise, hydration and mindfulness practices.

A healthy morning ritual is a powerful tool for enhancing your physical and mental well-being. Start your day with intention and watch as it positively affects every aspect of your life.

CNBC reported that research done by psychologists found that developing morning habits such as exercise and healthy eating can improve one's energy for the entire day. That same study found that there were other effects on the amount of energy a person had — such as age, happiness levels and genetics — but that 60% of

one's alertness depended on the environment and what a person chose to do upon waking.

## BENEFITS

A well-structured morning routine can help you start the day with purpose and energy, enhancing your productivity throughout the day.

It can enhance physical and mental health. Incorporating exercise and hydration into your morning can kickstart your metabolism, improve cardiovascular health and promote overall physical well-being. Mindfulness practices like meditation and journaling can reduce stress, anxiety and depression, fostering better mental health.

Establishing a morning ritual creates consistency in your life, making it easier to manage your time and achieve your goals.

## ELEMENTS

Start your morning with physical activity, whether it's a brisk walk, yoga or a quick workout. Exercise releases endorphins, increasing your energy and improving your mood. After hours of sleep, your body needs hydration. Begin your day with a glass of water to kickstart your metabolism and replenish lost fluids.

Incorporate mindfulness practices into your morning, such as meditation, deep breathing exercises or journaling. These activities promote mental clarity and reduce stress. Take a few minutes to set daily goals and intentions. This helps you establish priorities for your tasks and stay focused on what matters most.

Fuel your body with a nutritious breakfast. Opt for whole grains, fruits and lean proteins to provide sustained energy throughout the day.

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# NURTURE YOUR GUT

**Y**our gut plays a pivotal role in your overall well-being, influencing digestion, nutrient absorption and immune function. By nurturing your gut through a balanced diet, probiotics and stress management, you can support your digestive health and your body's ability to fend off illness.

Remember that a healthy gut isn't just about digestion — it's about strengthening your body's first line of defense against infections and maintaining vibrant health from the inside out. The National Institutes of Health cite research saying the bacteria in your gut reduces your risk of diabetes, inflammatory bowel disease and psoriatic arthritis.

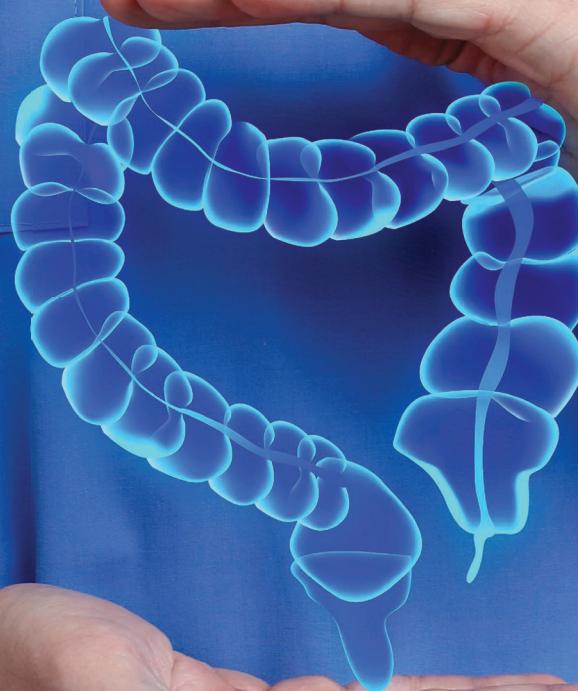
## Gut Health Connection

Your gastrointestinal (GI) tract, often referred to as your gut, is a complex system responsible for digesting food, absorbing nutrients and playing a crucial role in your immune response. It serves three primary roles: digestion, absorption and providing a microbiome.

Your gut breaks down the food you eat into essential nutrients that nourish your body. Nutrients from digested food are absorbed into the bloodstream through the gut lining. The GI tract hosts trillions of microorganisms, collectively known as the gut microbiome. These microbes aid digestion, synthesize vitamins and even influence your mood. Healthline explains each person has more than 200 different species of bacteria, viruses and fungi in their digestive tract. They vary between those that are harmful, healthy and essential.

## Tips for a Healthy Gut

Consume a variety of fruits, vegetables, whole grains and lean proteins. A diverse diet supports a diverse gut microbiome and a robust immune system. Fiber promotes regular



Your gut health is intricately linked to your overall well-being, affecting everything from digestion to immune function and even your mood.

bowel movements and feeds beneficial gut bacteria. Incorporate food like oats, beans and broccoli.

Probiotics are live bacteria and yeasts found in yogurt, kefir and fermented foods like sauerkraut. They help maintain a balanced gut microbiome. Also helpful are prebiotic-rich foods such as garlic, onions and asparagus. Drink plenty of water. Being well hydrated is good for your health in many ways. Meanwhile, limit excessive sugar and processed food as it can disrupt the balance of gut bacteria.

Antibiotic use has also been linked to an unhealthy gut by researchers who published in "Nature," so talk to your doctor about which antibiotics are essential and when alternatives might be possible.

Chronic stress can negatively affect gut health. Practice relaxation techniques like meditation or yoga. Get adequate sleep to allow your body's immune cells to function optimally. Make it a priority to get enough sleep every night.

Physical activity supports gut motility and a healthy gut microbiome, so engage in regular exercise.

#### Immune Function

Your gut and immune system are deeply intertwined. About 70% of your immune cells reside in your gut-associated lymphoid tissue (GALT).

The gut lining acts as a barrier, preventing harmful substances and pathogens from entering the bloodstream. Beneficial bacteria help regulate the immune system and protect against harmful invaders.

When the gut detects potential threats, it triggers an immune response, releasing antibodies and immune cells to defend against infections. An unhealthy gut can lead to chronic inflammation, which is linked to various diseases, including autoimmune conditions.



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# JOURNAL FOR HEALTHY EATING

**In the quest for a healthier lifestyle, keeping a food journal can be a game-changer.**

**T**his simple yet effective practice offers valuable insights into your eating habits, helps you make more informed choices and sets the stage for long-lasting dietary improvements. A food journal is not a tool for judgment or restriction, but a guide toward healthier choices and a better understanding of your relationship with food. It empowers you to make informed decisions, identify triggers for unhealthy eating and celebrate your successes along the way.

Remember, the goal is progress, not perfection. By regularly reviewing what you eat, setting achievable goals and seeking support when needed, you'll pave the way to a healthier, more balanced diet. Embrace the journey and let your food journal be your trusted companion on your path to better eating and improved well-being.

## Reasons to Keep a Food Journal

A food journal raises awareness about what you eat and drink. It sheds light on patterns, portion sizes and meal timings that you might not have

noticed otherwise. Tracking your food intake holds you accountable for your choices. When you see what you consume in black and white, you're more likely to make healthier decisions. Food journals can help identify emotional or environmental triggers for unhealthy eating. Recognizing these triggers empowers you to address them constructively.

If you have specific dietary goals, a food journal provides a concrete way to track your progress and adjust your approach accordingly.

## Getting Started

Decide what format you are going to use. A few options include traditional hard-copy notebooks, digital apps, simple spreadsheets or even calendar software. Choose a format that suits your lifestyle and preferences.

Make it a habit to record everything you eat and drink, including portion sizes, ingredients and cooking methods. Be honest and precise. Alongside each entry, note the time, location

and your emotional state. This contextual information can reveal patterns related to stress, boredom or other emotions.

## Using Your Journal

Set aside time daily or weekly to review what you've eaten. Look for patterns, triggers and areas for improvement. Celebrate your successes, no matter how small. Did you make healthier choices this week? Acknowledge your efforts.

Based on your observations, set achievable dietary goals. For example, you might aim to reduce sugary snacks or increase vegetable intake. Plan meals and snacks in advance. This reduces impulsive, less healthy choices. If you see patterns in your journal that you want to change, make plans for how to respond.

Share your food journal with a trusted friend, family member, nutritionist or therapist. Their insights and guidance can be invaluable. As you progress on your journey to healthier eating, be open to adjustments. Refine your approach over time.



# HEALING FROM ADDICTION

It's important to understand that addiction is not a moral or ethical failing, but rather a medical issue with various treatment options and ways to manage it.

The Addiction Center shares that nearly 21 million Americans have at least one addiction, but only 10% of them get treated for it. Alcohol and drug addiction cost the U.S. economy more than \$600 billion every year. Addiction is a challenging condition, but it is treatable. There are several paths in the journey to healing and recovery. With the right support and strategies, it's possible to overcome addiction and lead a healthier, more fulfilling life.

## DEFINING ADDICTION

Addiction, also known as substance use disorder, is a chronic disease characterized by the compulsive use of a substance despite harmful consequences. It can involve drugs, alcohol or even behaviors like gambling or compulsive eating.

Key features of addiction include:

- Loss of control: Individuals struggle to control their substance use or behavior, even when they want to stop.
- Craving: Intense cravings for the substance or behavior are a hallmark of addiction.
- Negative consequences: Addiction often leads to difficulties in various areas of life, such as health, relationships and work.
- Tolerance and withdrawal: Over time, individuals may develop a tolerance to the substance, requiring more of it to achieve the desired effect. Withdrawal symptoms may occur when they try to quit.

## TREATMENT OPTIONS

The first step in treating addiction is often detoxification, where the body is gradually rid of the substance.

This can be done in a supervised medical setting to manage withdrawal symptoms safely.

Various forms of therapy, including cognitive-behavioral therapy (CBT) and motivational interviewing, can help individuals understand the root causes of their addiction and develop healthier coping mechanisms. Therapists or doctors may prescribe medications to manage cravings, reduce withdrawal symptoms and support recovery. For example, methadone can help those with opioid addiction, while medications like naltrexone can reduce alcohol cravings.

Support groups like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) provide peer support and a sense of community, which can be crucial for recovery. For severe addiction cases, residential or inpatient treatment facilities offer intensive therapy, 24/7 supervision and a supportive environment.

## MANAGING ADDICTION

Recognize that addiction is a medical condition. Understanding it is not a moral failure is crucial. This perspective reduces stigma and encourages seeking help. If you or someone you know is struggling with addiction, it's essential to seek professional help. Addiction specialists can create personalized treatment plans. Surround yourself with supportive friends and family members. Develop healthy coping mechanisms by identifying triggers and developing ways to respond to stress or difficult emotions.

Recovery is a journey and setbacks may occur. Set realistic goals and celebrate small victories to stay motivated. Stay away from environments or situations that may trigger cravings.

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