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## First-timer's Guide to Snowshoeing

By Amber Travsky

As we head into a winter surrounded by COVID-19 concerns, getting outside can be a psychological balm and just what the doctor ordered.

While cross-country skiing is a great option, learning how to ski and purchasing the gear can be a hurdle. But there's another option that is available to pretty much anyone who can walk: snowshoeing.

Kelsey Boyce, snowshoe marketing manager for Atlas and Tubbs snowshoes, agrees. One of the great things about snowshoeing is that almost anyone can do it, she noted.

"It's a low-impact activity, too," Boyce said. "From children to grandparents, to backcountry peak-baggers, snowshoeing is a wonderful winter sport that gets you outside, active and enjoying nature."

As to the calorie-burning quality of snowshoeing, as with most any activity, it varies greatly with intensity, terrain and snow conditions. A snowshoe outing can burn fewer calories than an easy walk when done on packed and flat trails, but can turn into a heart-pumping workout in powder snow on hilly terrain, burning as much as 1,000 calories an hour.

For those wanting to give it a try, renting is a good option to start. In Cheyenne, snowshoe rentals are available at Rock on Wheels, and in Laramie they can be rented from Laramie Basecamp.

Snowshoe selection Finding the right snowshoe is determined by three factors: gender, weight and the type of terrain you typically plan to hike.

Many, but not all, snowshoes are unisex. Women-specific snowshoes narrow slightly on the back, and the bindings accommodate smaller feet. This tapering allows a narrower gait that keeps women from stepping on the backs of the snowshoes with each step. The multi-use trails at the Happy Jack Recreation Area are excellent for both novice and advanced snowshoers. These trails are best accessed off the lower Happy Jack parking lot due to the high skier traffic at the Tie City parking lot.

Another option is the Summit Trailhead, just past the Summit Rest Area. Avoid walking on the groomed ski trails. Expect to yield to snowbikers, who also enjoy the MUT routes.

Other options are the trails in Curt Gowdy State Park, at Chimney Park in the Medicine Bow Mountains, and, for those looking to get in the high country, the Libby Creek Trail that starts at the Green Rock Trailhead off of Highway 230 in the Snowy Range. If skiers have already packed in nice parallel ski trails, snowshoers should walk to the side, keeping the tracks intact for skiers.





Two snowshoers and their dog make their way down a winter wonderland path at Happy Jack Recreation Area. These multi-use trails offer a variety of terrain for beginners and experienced snowshoers.

Snowshoe selection is based on gender, weight and expected use. Binding selection is important to ensure ease in getting in and out of the gear.

Picking a snowshoe based on weight is important to ensure there is enough surface area to keep the wearer afloat in the snow. Weight calculation should also include gear carried in a backpack or daypack. If you plan to stick mostly to packed trails, less snowshoe surface area is needed, since floatation isn't a big deal. If, instead, you plan to traipse through deep fluff, the bigger surface area is needed to keep from sinking and turning the outing into an unending endurance marathon.

Finally, terrain is important, since snowshoes vary in the amount of metal "teeth" on the underside of the shoe that grip into the snow. Some even come equipped with heel lifts that are quite handy when ascending steep terrain.

Bindings are really important for first-timers, and doing a bit of research ahead of time is worth it. A great-fitting binding should be comfortable and easy to use. If a user struggles to get in and out of the bindings, the frustration could greatly reduce the quality of the experience.

Generally, snowshoe bindings are either fixed rotation or free rotation. Fixed rotation bindings are attached to both the toe and heel of your boots. These are especially good for deep snow, moving around obstacles and backing up when necessary. Free rotation, or floating, bindings allow the shoes to pivot. The snowshoe kicks the snow off the back with each step and reduces leg fatigue when climbing. They are trickier to maneuver around obstacles and, because the snowshoe drops with each step, backing up is problematic.

#### What to carry and wear

The key to being comfortable while snowshoeing through the woods is to dress in layers. That means putting on a base layer, both top and bottom, that wicks sweat away from the skin. Stay away from cotton this time of year, since it tends to hold sweat and can make a cold day seem even nippier.

The additional top layers should be easy to add and take off to regulate body temperature while snowshoeing.

As for the feet, waterproof hiking boots work well; snowboarding boots are another option. The key is to be able to move easily, but keep the feet dry and warm. Wool socks work great to add insulation while also wicking sweat away from the skin.

Carry a small backpack to put clothes in as you warm up. It's also a good idea to carry food, water and some emergency gear.

#### Where to go

If it's covered in snow, you can snowshoe.

Possible routes abound in the Medicine Bow National Forest, Go-

ing off-trail has the advantage of finding solitude, but breaking trail is also more work. Beginners usually do best on packed trails that also have the benefit of trail markings to ensure they "stay found" during an outing.

Two snowshoers and their dog make their way during a snowy day along the trail at Chimney Park, off of Highway 230 in the Medicine Bow Mountains. Carry a backpack with food, water and safety gear when heading out.



A snowshoe runner enjoys an outing during a snowy day at the Happy Jack Recreation Area on Pole Mountain. The multi-use trails are excellent for both novice and experienced snowshoers.



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# Surgery and Covid safety

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This year has been full of uncertainty, not only for Americans but for our Global Citizens. With CO-VID-19 changing the way we communicate, celebrate, gather, work, shop, and so much more, we can be proud of the ways our communities have adapted time and time again.Medicine is no different. While our top scientists and doctors treat patients, develop a vaccine, and plan for the future, critical medical services and lifechanging elective surgeries ensure that our community members' quality of life and health needs continue to be met. If you are planning surgery and are worried about COVID-19, there are some things to know about how ambulatory surgery centerskeep you safe and how you can help create a safe and smooth process.At the Surgery Center of Fort Collins, it is important to us that our patients receive a high-level of care and that every procedure and visit is safe and seamless. In order to do this. we ensure that we are meeting or exceeding all standards put in place by local, state and national officials, in compliance with the Center of Disease Control (CDC). Hospitals and medical facilities are taking new measures to protect the health and safety of medical staff, patients and their families. Many medical facilities limit orprohibit visitors to reduce the number of individuals surfaces, patients and medical professionals encounter. While this creates a very different experience for patients, it helps protect others and slow the spread of the infection. Hospitals have increased their sanitization. disinfection and personal protective equipment (PPE) standards. While hospitals are always clean, sterile and protected environments, increased measures are being taken to protect patients further. These practices include face shields, garments to be worn over scrubs, goggles, masks, feet coverings and gloves that are either discarded or sterilized between uses. Being diligent with cleanliness and protective barriers helps prevent the spread within the hospital, helping both providers and patients safe and healthy. We know that receiving care during this time can cause greater anxieties and for that reason, we take extra measures to make sure our patients never feel like a number. Instead, we provide the highest level of personalized care from the moment our patients walk through the door, until they go home, their health and safety remain paramount. To ensure that patients are not transmitting COVID-19 while staying in the hospital, many care facilities will ask that you self-quarantine before receiving treatment and require a COVID-19 test to confirm that a procedure will not compromise health. All your care providers will take the necessary precautions to provide proper care based on your COVID-19 results and any underlying conditions.

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For more information 307-766-6426 shclinic@uwyo.edu If you have been scheduled for surgery, be sure to talk to your doctor about the facility's precautions, visitor policies and how the surgery may impact your risk of getting COVID-19. Many procedures are essential to your health and well-being duringthis time. but as hospital volumes rise, it is vital to make an informed decision on your procedure's timing. Suppose you and your doctor determine that your procedure is essential. In that case, it is crucial that you follow all state and local ordinances in place for COVID-19 by practicing social distancing, avoiding large gatherings, wearing a mask and washing your hands frequently. Be sure to avoid anyone who has COVID-19 or is experiencing symptoms of COVID-19. Because the infection can be asymptomatic, it is essential to social distance or selfguarantine—it can be 2-10 days before a person begins showing symptoms. An individual may be

experiencing the infection with no signs throughout the infection period, making it increasingly important that you avoid contact with others when you are able. Monitor vourself of COVID-19 symptoms and check your temperature regularly and communicate with your doctor if you have any concerns.Medical care facilities are doing everything they can to remain safe spaces for recovery, treatment and care. With the increased protocol, doctors are confident in their ability to serve and treat you. It is safe to receive essential care services and surgeries in medical facilities as long as you follow the policies and procedures designed to protect your health and the health of others. If you are concerned, discuss options or best practices with your care provider, who can help you feel safe, comfortable and supported through the process.

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# How to eat healthy during winter

By Hannah Black Wyoming Tribune-Eagle

In the winter, our routines often get turned upside down: it gets darker earlier, we have time off from work, we spend more time with family and friends. For many people, these changes in routine also affect the way we eat.

Registered dietitians Christina Anderson and Lindsey McCoy, both based in Cheyenne, said one of the keys to eating healthy during the winter is to stick to a routine and maintain consistent eating patterns.

Because many of us celebrate several holidays during the winter, and these days feel special, there's a scarcity mindset that comes into play with food, Anderson said. After indulging in seasonal foods, people go through cycles of guilt and shame, which leads many to attempt to diet in January. But dieting and weight cycling, or repeatedly losing and gaining weight, is harmful to our health, she said.

"People can do a diet for 30 days, we can do it for a couple months – but then the day after the diet, we implode," Anderson said. "Seeing nutrition in averages can really help to take away some of that hype and people feeling like they need to diet."

Having a structured routine makes it easier to prioritize good eating habits, McCoy said, and easier for people to add in those fun holiday foods without overdoing it.

McCoy said the guilt and shame that surrounds many people's eating habits during the holidays can lead to extremes. For example, a person may tell themselves they won't eat any cookies during the holidays, but they also want to enjoy a cookie-decorating session with their kids. This stressful mental back and forth could lead the person to a "cheat day" mentality, or eating all of the cookies, when it would have been healthier to decide ahead of time to eat a few cookies and not overdo it.

"How can we put into place something that's reasonable, doable, achievable that you can feel good about, so that when January rolls around, it's, 'Hey, look at me taking care of myself,' it's not, 'Oh my gosh, how did I get here,'" McCoy said. "I want to help people feel grounded in the middle – you can have vegetables and you can have cookies."

When it gets dark earlier in the day, people may feel less motivated to cook. In this case, keep it simple, Anderson said. Easy-to-prepare proteins, like rotisserie chicken or ground beef, can go with a salad or a baked potato for an easy and healthy meal. The goal should be to incorporate proteins, fats, carbs, calcium and color into each meal, Anderson said – but that doesn't require spending hours in the kitchen.

Cold weather makes people more likely to crave warm comfort foods, such as soups and casseroles. The key here, Anderson said, is to make sure you're incorporating vegetables into these foods. You can also roast a pan of vegetables in the oven every few days and keep them on hand to add as a side, or pair a salad with a couple pieces of pizza. Some fruits are still in season in the winter, including apples, bananas and citrus fruits. Frozen fruits can also be incorporated in things like smoothies, yogurt and oatmeal, Anderson said.

Making sure one-third to one-half of your plate is fruits or vegetables increases your fiber intake and adds nutrient density – plus, they add volume to your meal, so you feel full longer, McCoy said.

McCoy also emphasized staying hydrated: making sure you're prioritizing water intake or drinking herbal teas without added sweeteners.

When it comes to using food to help fight infections, there are a lot of myths out there, Anderson said – but someone who eats well will be able to fight off seasonal illnesses more effectively than someone who is dieting or underfed.

Anderson suggested setting realistic goals for healthy foods you can get on the table: fruits and vegetables that have antioxidants; foods with healthy fats, like olive oil and avocados; and salmon or other seafoods, which have omega-3s.

"They're not magical, but they certainly will help," she said.

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## Protect your eyes this winter

By Steve Steiner Laramie Boomerang

When temperatures drop, especially below freezing, we bundle up as much as possible. While we place layer upon layer of clothing on ourselves to minimize exposure, one area often overlooked is our eyes.

That can be dangerous, because cold weather can take a toll on our eyes.

#### Dry eye

One common winter symptom is dry eye, and believe it or not, even if you are inside, the air in a home can be very dry, often more dry than in more temperate climes.

Part of this is because cold air can seep into a house, which drops humidity levels in the home. Turning on the heat also dries the air.

At the same time, some people experience the opposite of dry eye: Their eyes will tear excessively, and that can lead to blurry vision.

"There are 1.3 million cells in the eye," said Dr. Shaun S. Shafer, an opthalmologist in Laramie. According to Shafer, these cells release a chemical, and that chemical trigger is what's known as visual phototransduction, a process by which light is converted into electrical signals in the retina of the eye. It is divided into an activation process and an inactivation process. "This is why when you shift from light to darkness, it takes awhile for the eye to adjust, usually about five to seven minutes."

This can pose problems.

As an example, Shafer pointed to driving on Interstate 70 in Colorado, when a person drives through a tunnel during daylight.

"It might be very difficult seeing as you're going through the tunnel," he said.

#### Snow blindness

"Snow blindness" (a.k.a. photokeratitis) is a painful eye condition that occurs when an individual's eyes are exposed to ultraviolet (UV) rays. It is akin to having a sunburned eye. Sunlight is the main culprit, although man-made sources such as tanning beds and arc welding can also be a cause. Other sources can include watching a solar eclipse without using special devices. which can cause a burn to the retina. which is long lasting and more serious than temporary corneal damage.

Locally, snow blindness is common in high mountains and altitudes where the air is thinner and provides less protection from UV rays. It may also be a freezing of the cornea's surface, as well as drying of the corneal surface due

to extremely dry air. Activities such as skiing, snowmobiling and mountain climbing are closely associated with this condition.

Cold temperatures, especially extremely cold temperatures, can cause the blood vessels in our eyes to constrict. As a result, visual clarity is impacted. Combine that with wind and other symptoms such as eyes becoming red and swollen; in worst-case scenarios, severe cases of dry eye caused by cold temperatures may result in permanent damage.

Other symptoms

We've already described several symptoms: excessive tearing, dryness and reddening, as well as blurry vision. There may also be changes in colors.

Another symptom is the impact of indoor allergens, which can bring about conditions such as conjunctivitis, better known as pink eye. You might also feel pain or burning. In those cases, contact your eye care provider immediately.

Preventive measures



Some of these may be obvious. In order to avoid temporary vision changes, when outside, wear sunglasses with UV protection. It's also preferable to don sunglasses that wrap around the face. If engaging in outdoor activities, use goggles. Any of these should block or absorb at least 99% of UV rays.

- Another thing to do when outside and it's windy is to close one's eyes when the wind blasts about you.
- Use eye drops, particularly any the eye doctor recommends, be these over the counter or prescription.
- For inside, use a humidifier.
- Lastly, drink lots of water in order to stay hydrated and avoid blurry vision.

What type of sunglasses are best? Most preferential are sunglasses that wrap around a person's face, reducing as much as possible UV rays, wind, etc., hitting the eyes.

Opinions on what color tint is best varies. Don't be fooled by color. While dark lenses may look cool, they do not block more UV rays. For example, some eye doctors recommend gray-colored lenses if one is going to be outside all day. Others might opt for brown lenses.

"I recommend yellow-tinted sunglasses," said Shafer. "For one thing, they provide better clarity than other lenses. Plus they eliminate or reduce glare, such as coming off headlights."

Also, you don't need to pass on cheap sunglasses. Sunglasses don't have to cost a lot of money to provide adequate eye protection. Less expensive pairs marked as 100% UV-blocking can be just as effective as pricier options.

Also, consider <u>polarized lenses</u>.

Polarization reduces glare coming off reflective surfaces like water or pavement. This does not offer more protection from the sun, but can make activities like driving or being on the water safer or more enjoyable.

Sources: American Academy of Opthalmology, Wikipedia, Psychologywika.org, HealthinAging.org

## How to stay mentally well during the winter months

By Niki Kottmann Wyoming Tribune Eagle

Winter is upon us, and just reading those four words is anxiety-inducing (particularly during a global pandemic that makes gathering indoors a high-risk activity). The colder months mean people will be unable to do the outdoor activities they enjoy, and that sets the scene for a potentially dark few months.

But there are several coping mechanisms that can help, whether you're diagnosed with Seasonal Affective Disorder or just feel some small dips in your mental health during the winter.

Renee Hansen, MS, LPC is the founder of Cheyenne-based Hansen & Associates Counseling Services, and she wants everyone to know that first of all, they're not alone. This year is mentally draining on everyone for a variety of reasons.

"It's not just the weather changing, it's the virus and those dynamics," she said. "Even my anxiety clients are like, 'I typically have anxiety, but this is something more than.' There is a sense of hopelessness occurring, which is another condition of depression. That's common when you have 70 mph winds and it's 20 degrees out."

Hansen said the first step to overcoming mental health issues right now – especially as the weather gets worse – is to recognize what you're in control of and focus on that, rather than the factors you're not in control of. Your mindset will determine what the next few months are like for you, so it's important to try your best to push away the negative and pay attention to the positive.

Once you've reflected on your thought process and begun to reconfigure your mindset, Hansen recommends shifting your focus to behaviors. What behaviors are associated with a negative attitude, and what can you do to change those? Some common examples are bad sleep patterns (getting too much or too little sleep, too much screen time before bed, etc.), retreating from others (not responding to calls or texts and not reaching out yourself, etc.) and

avoiding physical activity.

Set a sleep routine for yourself. It'll take a while to get in the habit, but try to avoid your phone for 30 minutes before bedtime. Consider trying a sleep meditation app or sound machine, and do whatever else makes you feel most comfortable. During the day, make time to get outside and go for a walk. Even if it's a short one, during the Wyoming winter you're likely to get some direct sunlight by getting outside, which is scientifically proven to improve your mood.

A 2013 study titled "Sunshine, Serotonin, and Skin: A Partial Explanation for Seasonal Patterns in Psychopathology?" by Dr. Randy A. Sansone and Dr. Lori A. Sansone found that sunshine may directly stimulate the production of serotonin, the chemical messenger involved in regulating mood, through the skin.

"In keeping with clinical experience and the empirical literature, a number of psychiatric symptoms/disorders have the potential to undergo seasonal exacerbations, such as mood and anxiety disorders. While the explicit reasons for these observed seasonal patterns are unclear, the role of sunshine in the production of serotonin is a likely possibility."

Hansen said there are a variety of ways to increase your serotonin levels, even when the sun is nowhere in sight. Indoor exercise can be highly effective, especially through the use of home exercise apps. Hansen has also personally found interval training to be highly effective, along with the use of stretch bands and other technology.

Light boxes that imitate sunlight are usually only recommended for those diagnosed with Seasonal Affective Disorder, but talk to your health care provider and see if it's right for you. If they recommend buying one, the Mayo Clinic says to make sure it provides an exposure to 10,000 lux of light and emits as little UV light as possible.

If you're looking for exercises for the mind, she recommends trying meditation – the Headspace app is a popular place to start – coupled with breathing techniques. When we're anxious. our breaths are shallow which only makes anxiety worse. A quick "breathing techniques' search on the internet will pull up dozens of pages of varving techniques from reliable sources ranging from Northwestern Medicine to Scientific American.

There is one factor that can get in the way of these coping mechanisms, however, and that's your environment. You could be doing everything right in your meditation

practice, for example, but if your home is not a tranquil space, you won't get as much out of the exercise.

"Create an environment that is more a sanctuary and enjoyment of peace," Hansen said. "There will be more snowy days, there will be days when things are closed down, so what does your home look like? Make it your safe space to retreat to and be grounded in. There is a lot of technology out there, so incorporate that. If you don't have a fireplace, but you enjoy that, put it up on your smart TV. You get to decide what goes on in your own home, so maximize those choices. ... Do something about it so it'll increase that serotonin."

Making your space a sanctuary could mean anything from tidying up and rearranging furniture to lighting candles and buying an essential oil diffuser, but only you know what will make you feel more at peace.



For many people, the holidays can be stress-inducing, so Hansen said the next couple months should be a time to retreat to the simpler things in life. Instead of fussing over the perfect holiday meal, just grab some dough, icing and sprinkles and make cookies with your loved ones. Concerned about finding the perfect present? Try making something yourself or giving gifts such as games that help promote quality time with loved ones.

Above all, Hansen said it's important to stay grounded. Keep yourself centered, no matter what's going on around you, and focus on your coping mechanisms – which she calls grounding techniques – to get you through the low points.

"Slow down, breathe and focus on a bigger picture," she said. "Don't get caught up in the negative and the fear. ... watch your own thinking."

# What is "doomscrolling," and how do you escape its destructive cycle?

By Caleb Smith

**Rock Springs Rocket-Miner** 

The routine can be familiar, yet damaging.

After a long day, you settle beneath the bedcovers. Your body is exhausted, but your brain isn't yet ready to go to sleep. Fumbling for the smartphone that is rarely out of reach, the decision is made to perform one last scan of the headlines and social media before surrendering to slumber.

Finger swipes slowly lead you down a rabbit hole as one topic flows into the next. The coronavirus. Conspiracy theories. Political infighting. Injustice. Civil unrest. Violence. Destruction. Natural disasters. Chaos. Death. Doom.

Time passes ... more than you intended. What you read robs you of sleep and comfort. The light from the screen flickers, but cannot keep all the shadows away, and even when sun returns, the darkness lingers.

**Defining terms** 

Obsessing over misfortune isn't new, but our interconnected world makes it easier to travel a neverending trail of negativity. And to make it worse, the pandemic and its impact are exacerbating our existing stress and unease.

"Doomscrolling" or "doomsurfing" are the latest labels for this self-destructive behavior. Merriam-Webster defines these terms as "the tendency to continue to surf or scroll through bad news, even though that news is saddening, disheartening or depressing." An alternative take from Urban Dictionary says, "When you keep scrolling through all of your social media feeds, looking for the most recent upsetting news about the

latest catastrophe. The amount of time spent doing this is directly proportional to how much worse you're going to feel after you're done."

Our natural tendency to be sensitive to danger, risk and negativity is being revved into overdrive by the combination of technology and emotional and economic downturns that are leaving more of us depressed. Thea Gallagher, clinic director at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania's Perlman School of Medicine,



said, "People have a question, they want an answer, and assume getting it will make them feel better. You keep scrolling and scrolling. Many think that will be helpful, but they end up feeling worse afterward."

When interviewed by Men's Health, Dr. Paul L. Hokemeyer, an addictions specialist and author, said, "It seems illogical that people would consume massive amounts of negative media to help them deal with feeling overloaded by all the negativity swirling in the world, but such is the nature of an addictive disorder."

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#### Examine your purpose and outlook

Doomscrolling goes beyond consuming media to be educated or entertained. It's when your media diet involves binging on gloom and doom, and impairing your physical and mental health.

"A little stress can be a great motivator," said Dr. George Brandt, a psychiatrist with the Centura Health system in Colorado and Kansas. "Being appropriately informed, as an example, helps rationalize thoughts and paint a clear picture of reality. A lot of stress, however, can often create chaos."

Dr. Melissa Hunt, a clinical psychologist and associate director of clinical training at the University of Pennsylvania, told KYW Newsradio she makes a distinction between more active connections, such as reaching out to friends and family who can make you feel less alone or isolated, and more passive engagement, where you follow strangers who aren't invested in you. It makes a difference if it is a nurturing, mutually beneficial relationship or a more one-sided affair.

One warning sign to watch for is if people are spending more time online than intended, according to Hunt. She also encourages people to perform a "gut check" and ask how they feel after going online or scrolling social media. If people report positive results, she said no changes are necessary. If one feels bad, however, her advice echoes the old physician adage – if it hurts when you do that, stop doing that.

#### WYOMING WELLNESS DECEMBER

#### Escaping the negative feedback loop

Psychology Today noted, "anxiety and stress are the byproducts of uncertainty about the safety of the environment. Uncertainty triggers the desire to search for information to feel more in control. When we search for information in this state, we are particularly sensitive to distressing or emotionally threatening news. Rather than increase our sense of control, negative news validates our fears, heightens our anxiety and increases our internal 'need to know.""

The best way to escape a self-destructive cycle is to find ways to avoid entering or disrupt the pattern.

Hokemeyer said, "Relief comes from recognizing the emotional triggers that precede doomscolling and identifying the ritualistic behaviors surrounding their compulsive media use. Successful recovery depends on creating reparative interventions at both points in this addictive cycle."

Men's Health reporter Philip Ellis added, "In other words, people must recognize when they are falling into those depths of despair, and cultivate healthier ways of coping."

- Some of the simpler methods can include taking a breath, counting to 10, eat a snack, or walk away from screens.
  - More personal engagement can help, like

- People may also choose to set a timer or install apps that limit internet time. Dr. Hunt recommends no more than an hour on social media. Gallagher suggested only 15 minutes.
- To limit doomscrolling at the beginning or end of the day, consider keeping computers or phones out of the bedroom. Instead of relying on your smartphone, buy an alarm clock to help you get up.
- Review your news sources and make changes as necessary. Question if the presentation is accurate and constructive or sensationalized and unhelpful.
- "Instead of getting your daily info fix from the outrage-driven algorithms of social media, try switching to newsletters or newspapers," Grazia reporter Zahra Khan said.
  "Once you've built a good bank of sources to receive news from, cut down on the time you spend on other websites."
- Stay positive. Learn to recognize when your mood changes, and be prepared to do some counterprogramming and play upbeat music, look at cute animal photos or count your blessings.

The search for knowledge can lead people down the doomscrolling path, but it can also lead them out if they reconsider their actions, set limits for themselves and commit to healthier decisions. The darkness will always be out there, but that shouldn't make us ignore the light.

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