

# Positive Pulse Wellness Newsletter



Volume , Issue 7

January 1, 2016

"Promote and protect the wellness of our community through education, programs, and services".

## New Year's Resolution: Be Ready

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We all make resolutions for the New Year, lose weight, read more, learn a new skill. This year why not make your resolutions to *be ready*? Here are a few resolution ideas for preparedness:

1. Make an emergency kit for your second home...aka your car.
2. Always keep your gas tank at least 1/2 full.
3. Review or establish an evacuation plan from your house.
4. Put together a first aid kit for your home.
5. Write down important numbers.
6. Make a list of your pre-

- scriptions.
7. Check your flashlights and radios.
8. Identify a meeting place outside of your home.
9. Find out what emergencies are likely where you live. (<http://www.fema.gov/index.shtm>)
10. Stock up on batteries.
11. Notify co-workers of medical conditions.
12. Learn CPR.
13. Wash hands often.



**Special points of interest:**

\* January 2016 Monthly Challenge Options: Complete the New Year's Workout Challenge; Complete the 30 Day Nutritional Challenge.

## Coping With Stress

The holidays are over but man they can be overwhelming and stressful! Everyone—adults, teens, and even children—experiences stress at times. Stress is a condition that is often characterized by symptoms of physi-

cal or emotional tension. It is a reaction to a situation where a person feels threatened or anxious. Stress can be positive or negative. Here are some Healthy Ways to Cope With Stress:

- Take care of yourself: eat healthy meals, exercise on a regular basis,, get plenty of sleep, give yourself a break if you feel stressed.
- Talk to others. Share

## Coping With Stress (continued)

your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.

- Avoid drugs and alcohol. Drugs and alcohol may seem to help with the stress. In the long run, they create additional problems and increase the stress you are already feeling.



- Take a break. If your stress is caused by a national or local event, take breaks from listening to the news stories, which can increase your stress.
- **Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

If you or someone you know needs immediate help, please contact the following crisis hotlines:

- Disaster Distress Helpline: 1-800-985-5990
- National Suicide Prevention Lifeline: 1-800-273-TALK
- Youth Mental Health Line: 1-888-568-1112
- Child-Help USA: 1-800-422-4453

## Cervical Health Awareness Month

January is Cervical Health Awareness Month and WCDHD wants you to know that there's a lot you can do to prevent cervical cancer!!!

HPV (human Papillomavirus) is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but

many people with HPV don't know they are infected.

The good news?

-The HPV vaccine can prevent HPV.

**According to the CDC, Human Papillomavirus (HPV) is the most common sexually transmitted infection in the United States.**

-Cervical cancer can often be prevented with regular screening tests (Pap tests) and follow-up care.

The US Department of Health and Human Services encourages:

-Women to start getting regular Pap test at age 21.

-Parents to make sure pre-teens get the HPV vaccine at age 11-12.

## How to Use Fruits and Vegetables to Help Manage Your Weight

Fruits and vegetables are part of a well-balanced and healthy eating plan.

There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans, is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegeta-

bles may reduce the risk of some types of cancer and other chronic diseases.

Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.



## How to Use Fruits and Vegetables to Help Manage Your Weight (continued)

Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

### About 100 Calories or Less:

- A medium-size apple (72 calories)
- A medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)

- 1 cup carrots (45 calories)
- 1 cup broccoli (30 calories)
- 1 cup bell pepper (30 calories)
- Add 46 calories for 2 tbsp hummus



Remember substitution is the key. It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight. The key is substitution. Eat fruits and vegetables instead of some other higher-calorie food.

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