

Live Well Be Well

TAKE CHARGE OF YOUR HEALTH

FALL 2017



Recipe: Low Carb Pumpkin – Vanilla Pudding

By: Diabetes Forecast Magazine



Serves 8
Serving size: ½ Cup
Prep Time: 7 minutes
Chilling Time: 1 hour

Directions:

In a 3qt. sauce pan, whisk together sweetener and cornstarch

In a small bowl, whisk together milk and egg yolks. Over med. Heat slowly whisk the two mixtures together. Bring to a boil continually mixing for about 3-5 minutes.

Add pumpkin and spices. Mix and cool on low for 3 minutes. Add vanilla and cook 1 minute more.

Remove from stove and put pudding in bowl. Cover and refrigerate for 1 hour. Top with nuts and whipped topping and serve!

Ingredients:

- ¼ Cup Granulated Splenda
- 2 Tbs. Cornstarch
- 1 ¾ Cup 1% Milk
- 2 Egg yolks
- 1 Cup canned pumpkin puree
- 1 tsp. Ground cinnamon
- ¼ tsp. Ground cloves
- ¼ tsp. Ground ginger
- ¼ tsp. Ground nutmeg
- 1 tsp. Vanilla extract
- ¼ cup. Toasted chopped pecans
- Whipped Topping (optional)

A Well Rested Life

Did you know that sleep is as important for health as diet and exercise? When our bodies are well rested they have what they need to heal and repair. Sleep also gives our brains time to learn, gives our bodies time to reset and repair and gives our minds a break from stress among many other things. If sleep is so good, why is it so hard to get?

It seems as though our society conspires against sleep. While a healthy amount of sleep is said to be 7-8 hours, about a third of Americans get 6 or fewer hours (and sometimes even a lot fewer). So, why are we sleeping so little? What causes us to sleep less?

Studies show that business and stress may be leading causes in sleep deprivation. Another reason for a lack of sleep is lack of exercise. David Spero, BSN, RN wrote, “If our bodies don’t move during the day, they won’t want to stay still at night.” Here are ways to combat stress and lack of exercise to start sleeping more and to lead you to a well-rested life:

- Exercise in the morning and leave the gentle movements such as stretching for the evening.
- Try and find some way to relax before bed.
- Avoid caffeine and nicotine and chocolate in the evening.
- Don’t watch loud or disturbing television or movies before bed.
- Try and keep a regular sleep schedule – Don’t nap too much!

These things may help you get the sleep that your body needs and desires. When we sleep well, every other aspect of our lives will be impacted positively. Sleep is important, sleep is our time of complete peace, and sleep plays the most important role in having a well-rested life!

Source: www.diabetesselfmanagement.com Published: Sept.2014 Accessed: Sept. 2017



SELF-MANAGEMENT TOOLBOX

SLEEP:

Sleep is a basic human need, like food and water. If you get less sleep than your body requires night after night, your quality of life and your mood may suffer, which is why getting a good night's sleep is so important. These self-management techniques to do before getting into bed are clinically proven with a 75% to 80% success rate to give you more effective results when it comes to getting a good nights sleep

- Get a comfortable bed
- Warm your hands and feet
- Find a comfortable sleeping position
- Elevate the head of the bed 4-6 inches
- Keep the room at a comfortable temp.
- Use a vaporizer
- Make your bedroom safe and comfortable
- Keep eyeglasses by the bed

Allow yourself at least 2-4 weeks to do these things to see some positive results and 10 – 12 weeks for long-term improvement. For more information on things to do (or things to avoid) before you get in to bed each night look at chapter 4 in “Living a Healthy Life with Chronic conditions.”

Source: “Living a Healthy Life with Chronic Conditions, Fourth Edition. Kate Lorig DrPH...[et al.]

Fall in Love with Physical Activity!

Like David Spero, BSN, RN said “If our bodies don’t move during the day, they won’t want to stay still at night.” Exercise plays an important rold in making sure our bodies get enough sleep. When our bodies move throughout the day they are able to stay still longer and with greater ease as we sleep at night!

Hiking:

In beautiful Southern Illinois there are an endless amount of hiking trails of all activity levels and for all ages. If you want the ultimate low-impact autumn workout, let Mother Nature be your trainer. Taking a hike will get your body moving and will allow you to see the beauty of the autumn wilderness.

So lace up your sneakers, find a trail suited to your ability level, and get walking!

For trails near you visit: <http://www.carbondaletourism.org/explore/the-outdoors>

Source: www.fitday.com Accessed: Sept. 2017

ACTION PLANS

Goals are generally too big to work on all at once; they can be overwhelming. That’s why so many have a hard time getting started on a goal. Action plans are probably your most important self-management tool. An action plan helps us reach our goals by helping us do what we know we should do, by starting with what we want to do!

Create an action plan here:

1. What are you going to do? _____
2. How much are you going to do? _____
3. When are you going to do it? _____
4. How often are you going to do it? _____
5. On a scale of 0 (no confidence) to 10 (very confident) how confident are you about completing the entire action plan?

0 1 2 3 4 5 6 7 8 9 10

“Living a Healthy Life with Chronic Conditions”

UPCOMING CLASSES / EVENTS:

Pinckneyville Community Hospital, beginning Oct. 10
Woodmen Life Insurance Harrisburg, beginning Oct.16
Eldorado Public Library, beginning Oct, 17

**For additional upcoming “Live Well, Be Well” classes and other events visit:
www.hsidn.org/calendar**

To register visit
www.hsidn/takecharge
or call 618.457.5200 ext. 67837

