

# LiveWell Be Well

TAKE CHARGE OF YOUR HEALTH

DECEMBER 2017 / JANUARY 2017



## Recipe: Black and White Chili

Diabetes Self-Management magazine

### Ingredients:

- Nonstick cooking spray
- 1lb chicken tenders, cut into  $\frac{3}{4}$  in. pieces
- 1 cu. coarsely chopped onion
- 1 can Great Northern beans, rinsed and drained
- 1 can black beans, rinsed and drained
- 1 can Mexican-style stewed tomatoes
- 2 Tbs. Texas-style chili powder seasoning mix

### Directions:

1. Spray large saucepan with cooking spray; heat over medium heat. Add chicken and onion; cook and stir over medium-high heat 5-8 minutes or until chicken is browned.
2. Stir beans, tomatoes with juice and seasoning mix into saucepan; bring to a boil. Reduce heat to low; simmer, uncovered, 10 minutes.

### Nutrients per Serving:

Calories 260, Total Fat 2g, Saturated Fat 1g, Protein 27g, Carbohydrates 34g, Cholesterol 44mg, fiber 8g, Sodium 403mg

## Holiday Eating Tips

The holiday season is the most difficult season for healthy eating and maintaining your blood sugar levels, but it isn't impossible. Let's start by making a promise to ourselves to make our health the top priority! By following these tips you can enjoy the holiday season while maintaining a healthy diet and healthy blood sugar levels!

- Eat breakfast or snacks earlier in the day and avoid saving carbs for the big feast later on. If you skip meals, it may be harder to manage your blood sugar.
- Stick to calorie free drinks such as water, tea, seltzer, or diet sodas instead of punch or mixed drinks.
- Choose fruits and vegetables served raw, grilled or steamed. Avoid vegetables in creams, gravies and butter.
- Limit the number of servings of starchy foods on your plate. It might be tempting to have some mashed potatoes, sweet potato casserole and rolls, however, try to choose just one of these items, or take just a spoonful of each.

### UPCOMING CLASSES / EVENTS:

For upcoming events and classes visit:  
[www.hsidn.org/calendar](http://www.hsidn.org/calendar)

or register online at:  
[www.hsidn.org/takecharge](http://www.hsidn.org/takecharge)



## SELF-MANAGEMENT TOOLBOX

### STRESS:

Stress affects all of us. Any change in our lives, whether good or bad, can cause us stress. It can be a physical or emotional response to any situation that represents a threat, worry, fear or challenge. Stress can affect our health and diabetes in two ways:

- Stress causes our bodies to produce hormones which in turn make our blood glucose (sugar) go up.
- When we are stressed it is sometimes hard to cope. We may not have the energy or the will to do all of the things we must do to manage our health and diabetes.

It is important to be able to recognize when we are stressed and to learn ways to reduce or manage our stress.

### Signs of stress include:

- Headaches
- Muscle tension
- Shallow breathing
- Irregular heartbeats
- Changes in eating
- Changes in sleeping
- Feeling angry or irritable
- Feeling tired or fatigued

### Ways to deal with stress include:

- Exercise
- Writing down your feelings
- Talking with someone
- Laughing
- Praying
- Crying
- Practicing positive thinking
- Practicing relaxation exercises and stretches

Even though we sometimes cannot control what happens to us, we can control our actions!

“Living a Healthy Life with Chronic Conditions”

## 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

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### Winter Workout at Home!!

**Take time to relax during this chaotic season, try these at home stretches to help reduce stress on your body!**

**Forward Bend:** Sit tall with your legs together and extended in front of you. Exhale as you bend from the hip and round your upper body over your legs. Reach toward your feet or rest your hands at your sides. Breathe normally for 30 seconds. Inhale as you return to the starting position.

**Seated Side Reach:** Sit with your right leg straight and the other knee bent with the sole of your foot resting on the inner thigh of the straightened leg. Place right hand on floor next to your hip and reach your left arm over your head and bend while inhaling. Come back to the center and switch to opposite side.

