

LiveWell Be Well

TAKE CHARGE OF YOUR HEALTH

WINTER 2018



Slow Cooker Winter Minestrone



Serves: 8

Carb grams per serving: 27

Ingredients:

- 1 lb. uncooked pork sausage links, cut into $\frac{3}{4}$ in. slices
- 2 $\frac{1}{2}$ cups peeled winter squash, cut into 1-in. cubes
- 1 $\frac{1}{2}$ cups cubed potatoes
- 2 medium fennel bulbs, trimmed and cut into 1-in. pieces
- 1 large onion, chopped
- 2 cloves of garlic minced
- 1 15oz. can red kidney beans, drained and rinsed
- $\frac{1}{2}$ teaspoon dried sage
- 4 cups chicken broth
- 1 cup dry white wine
- 4 cups chopped fresh kale or spinach

Directions:

In a large skillet cook the sausage until brown; drain well. In a 5-6 quart crockery cooker place squash, potatoes, fennel, onion, garlic, beans, and sage. Top with sausage. Pour broth and wine over all. Cover and cook on low-heat setting for 8-10 hours or on high for 4-5 hours. Stir in kale or spinach. Cover and cook 5 more minutes.

Using Your Mind to Manage Symptoms

While our emotions and our mind do not directly cause our chronic conditions, emotions and our mind can influence our symptoms and the way we feel physically and mentally.

Each and every one of us has at one time experienced the power of the mind and all of the different effects it has on the body. For example, our heart rate or breathing can change, our body can begin sweating, and we can blush or cry. All of these reactions and many more are all caused by the mind and the great power that the mind has over the body.

We can train our minds and develop our mental abilities to help us control and manage our symptoms of chronic conditions. With training and practice we can learn to use our mind to:

- Relax our bodies
- Reduce stress and anxiety
- Reduce the discomfort and unpleasantness caused by physical and emotional symptoms
- Help relieve the pain and shortness of breath associated with various diseases
- In some cases, help a person depend less on medications.

There are several ways in which we can begin to use our minds to help control and manage symptoms. These are sometimes referred to as “thinking” or “cognitive” techniques. To learn more about how to begin learning and training yourself on these thinking/cognitive techniques, visit pages 69 – 89 of the “Living a Healthy Life with Chronic Conditions” Fourth Edition book by Katie Lorig, DrPH et al.

Source: “Living a Healthy Life with Chronic Conditions” Fourth Ed., Katie Lorig, DrPH... [et al.]



SELF-MANAGEMENT TOOLBOX

USING YOUR MIND:

Symptoms have many causes and not all management techniques work for everyone. Learning new skills and gaining control of a situation may take time, so don't give up too easily on learning ways to use your mind to manage your symptoms. One of the most common ways to use our minds to manage our symptoms is through relaxation. Relaxation involves using thinking techniques to reduce tension from both the body and mind. Following are some guidelines to help you practice relaxation:

- Pick a quiet place and time to relax.
- Try to practice the technique twice daily.
- Don't expect miracles.
- Relaxation should be helpful, not stress inducing.

The goal of relaxation is to turn off the outside world so that the body and mind can rest. This allows you to reduce the tensions that can increase the intensity and severity of your symptoms. To read more about relaxation and other ways to use your mind to manage symptoms visit chapter 5 of "Living a Health Life with Chronic Conditions".

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

Relaxing as Physical Activity!

There are many ways to be active and still be relaxing. One of those ways is through stretching and yoga. The following stretches can help to relax your mind while still helping to stretch and tone your body.

Mountain Pose:

Stand tall with your feet together, shoulders relaxed, weight evenly distributed through the soles of your feet with your arms at your sides. Take a deep breath and raise your hands overhead with your palms facing each other with your arms straight. Reach up towards the sky with your fingertips. Breathe and hold. Let your breath out and slowly lower your arms. Repeat as desired.

Downward Dog:

Start on all fours with your hands directly under your shoulders and your knees under your hips. Walk your hands a few inches forward and spread your fingers wide pressing your palms into the floor. Curl your toes under and slowly press your hips toward the ceiling, bringing your body into an inverted V, pressing your shoulders away from your ears. Your feet should be hip-width apart and your knees slightly bent. Hold this pose for three deep breaths and slowly rise up again. Repeat as desired.

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

Source: "Living a Healthy Life with Chronic Conditions"

UPCOMING CLASSES / EVENTS:

Egyptian Health Department, beginning Jan. 22
Union County Courthouse, beginning Feb. 8
St. Joseph Memorial Hospital, beginning Feb. 27
Marshall Browning Hospital, beginning Feb. 28

For additional upcoming "Live Well, Be Well" classes and other events visit:

www.hsidn.org/calendar

To register visit

www.hsidn.org/takecharge

or call 618.457.5200 ext. 67837

Are you interested in helping others by becoming trained to teach the Chronic Disease or Diabetes Self-Management Program in your community?

If so, contact Greg Smith at 618-457-5200, ext. 67837



Source: <https://www.fitnessmagazine.com>

