



# WELLNEWS

OCTOBER 2012

## Create Joy and Satisfaction



Do you have tons of items on your to-do list? Well, add one more. It's time to pencil in a little pleasure.

Chances are you simply deserve some joy and satisfaction. But if you prefer, you can think about the serious side of fun. Experts say good feelings can boost your ability to bounce back from stress, solve problems, think flexibly and even fight disease.

### Studies show that:

- Laughing decreases pain, may help your heart and lungs, promotes muscle relaxation and can reduce anxiety.
- Positive emotions can decrease stress hormones and build emotional strength.
- Leisure activities offer a distraction from problems, a sense of competence and many other benefits. For example, twins who participated in leisure activities were less likely to develop Alzheimer's disease or dementia than their fellow twins in one study.

### Ways to Create Joy and Satisfaction

#### Strengthen Your Funny Bone

You can keep it together by cracking up: It's hard to be irritated, worried or glum when you're rolling in laughter. And gentle humor often helps defuse a tense situation.

#### Check out some tips:

- **Pick up some joke books or humorous essays** at a bookstore or library. Keep a few handy for a quick pick-me-up.
- **Put together a collection of sayings or photos** that make you smile, and stick them someplace visible. Change them occasionally, or you'll likely stop noticing them.
- **Keep a humor tape in the car** and steer clear of traffic frustration.
- **Watch or listen to comedy** via video, podcast or website. Or get a laugh the old-fashioned way—through the comics section.
- **Try to laugh at some of the hassles** in your life if you can. Finding what's a bit absurd or amusing in a challenging situation just might offer relief.

#### Find Some Fun

Whether it's playing golf or goofing around, having fun isn't just, well, fun. It also promotes our overall well-being and success.

Leisure activities can boost our effectiveness, broaden our

perspective, increase creativity and restock our energy supply. Leisure can combat stress by offering:

- social support
- chances to build confidence
- distractions from difficulties
- an emotional lift

#### Let's have some fun:

- **Free up some time.** Can you afford to scratch something off your calendar? Is there anyone you can ask to help lighten your load? Set aside a time for fun, and keep it like it was a doctor's appointment.
- **Do something you loved to do as a kid.** Run through the sprinklers, hang from the monkey bars, and make a mess with finger paints.
- **Do something you've always wanted to do.** Bake a soufflé, build a tree house, or learn to knit. If you're not sure how, take a class or look for a local group dedicated to the activity.
- **Pursue a creative interest.** Writing, singing or making music all have therapeutic effects. Or just turn on a song you love: Brain images show that music can trigger feel-good hormones.
- **Do it with someone you love.** Get an extra boost from your leisure by sharing it. Good times build relationships, and good relationships are key to our happiness.

*Personalized Care*

Source: [www.liveyourlifewell.org](http://www.liveyourlifewell.org)

[www.affinityhealth.org](http://www.affinityhealth.org)

**Affinity  
Medical Group**  
AFFINITY HEALTH SYSTEM

# Workplace Wellness

Working at a computer work station all day can take a toll on the body. Repetitive activities and lack of mobility can contribute to aches, pains, and eventual injuries.

**These issues can be easily remedied by taking frequent short breaks, or "micro breaks," throughout your day.**

- Get out of your chair several times a day and move around—even for 30 seconds
- Roll your shoulders backwards
- Turn your head side to side
- Stretch out your forearms and your legs

**Your chair should have the following:**

- Wheels (5 for better mobility)
- The ability to twist freely on its base
- Adjustable height
- Adjustable arm rests that will allow you to sit close to your desk
- Lumbar support
- Seat base that adjusts to a comfortable angle and allows you to sit up straight

**The position of the keyboard is critical:**

- The keyboard should be at a height that allows you to have your forearms slightly below a horizontal line—or your elbows at slightly more than a 90 degree angle.
- You should be able to slide your knees under the keyboard tray or desk.
- Avoid reaching for the keyboard by extending your arms or raising your shoulders.
- Try to avoid having the keyboard on top of your desk. That is too high for almost everyone—unless you can raise your seat. The elbow angle is the best test of keyboard position.

**The position of your computer monitor is important:**

- The monitor should be directly in front of you.
- The top of the monitor should be at your eye level, and at a distance where you can see it clearly without squinting, or leaning forward or backward.
- If you need glasses for reading, you may need to have a special pair for use at your computer to avoid tipping your head backward to see through bi-focals or other types of reading glasses.

Source: [www.moveforwardpt.com](http://www.moveforwardpt.com)



## Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at:



<http://search.active.com/?tab=events>

## Early Detection Program for Women

CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) provides access to breast and cervical cancer screening services to underserved women.

For more information, visit [www.cdc.gov](http://www.cdc.gov)



## Maple-Roasted Sweet Potatoes



**12 servings, about ½ cup each**

**Active Time:** 10 minutes

**Total Time:** 1 hour 10 minutes

### Ingredients

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

### Preparation

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

### Nutrition

*Per serving:* 96 calories; 2 g fat (1 g sat , 0 g mono ); 5 mg cholesterol; 19 g carbohydrates; 1 g protein; 2 g fiber; 118 mg sodium; 189 mg potassium.

Source: [www.eatingwell.com](http://www.eatingwell.com)