

# STEP INTO WELLNESS



## Diocese of Palm Beach 2018 Healthiest Employers Award Honoree



### 10 Ways to Fight Sugar Cravings

March 2019

We all get cravings, especially for sweet, sugary foods. When the craving hits, it can feel impossible not to indulge — and it's okay to savor a sweet snack sometimes. But if you're reaching for that sweet temptation regularly, that can lead to unhealthy habits and possible weight gain. That said, your cravings don't have to be unbearable. Take control of your sugar cravings by trying these tricks.

#### BE PREPARED

Arm yourself with sweet options that will give you some nutrients when you get the urge to reach for the candy drawer. These healthy sweet foods can satisfy your craving and offer some health benefits at the same time. Try frozen grapes, nonfat plain Greek yogurt topped with melon and a drizzle of honey, or a homemade trail mix with nuts and dried fruit.

#### DON'T DENY YOURSELF CHOCOLATE

When it comes to chocolate, it's okay to indulge - but just a little. Instead of eating an entire bag of your favorite go-to brand, keep a bar of 60-70% quality dark chocolate on hand. Break off one ounce and savor it slowly. Not only will it help fight your chocolate craving, but you'll also get a healthy dose of theobromine, a powerful antioxidant that may help reduce inflammation and lower blood pressure.

#### RETRAIN YOUR TASTE BUDS

If you're used to super sweet foods like tons of sugar packets in your morning cup of coffee, then it's time to readjust those taste buds. Slowly scale back on added sugar. Use one less sugar packet each week. Over time, your body will become accustomed to less sugar, so you hopefully won't need as much to satisfy your craving.

#### WALK IT OFF

Research suggests that good old exercise can help curb cravings. Find an exercise you like, such as pilates, running, weight lifting, bike riding or just walking and stick with it. If you're not a fan of exercising alone, look for group sports like tennis, volleyballs or basketball and exercise with friends.

#### COMBINE FOODS

Instead of over-indulging on one sugary food,

combine a small amount of the junk food with a healthy one. For example, spread a little chocolate hazelnut butter on an apple or banana, or add chocolate chips to a trail mix made with nuts and dried fruit. This way you can satisfy your sweet tooth and feed your body a bit of satisfying, nutritious food at the same time.

#### GET YOUR ZZZ'S

When we're tired we tend to turn to sugary, high-carb foods. In addition to not-so-healthy sugars, these foods contain the good-for-you chemical called serotonin, so it makes sense that your body is craving them when you're exhausted. Getting enough sleep can help minimize these sleepy cravings, and hopefully empower you to make healthier choices because you're feeling well-rested.

#### PICTURE IT

Research has shown that mental imaging can help curb cravings. For example, when a craving hits, imagine seeing rainbows and other non-food related items in order to focus your brain on something else.

#### DO SOMETHING

Another method to help your brain redirect is by performing another task. For example, research has shown that playing the digital version of Tetris can help curb cravings. So the next time a craving hits, you can keep your mind and hands busy by turning to your favorite online game.

#### REDUCE YOUR STRESS

Stress reduction techniques such as deep breathing or taking a hot bath can help overcome a craving. When your craving hits, decide the best technique for you and give it a go.

#### WAIT IT OUT

Set a timer and wait 20 minutes to allow the craving to pass. By giving yourself more time, you can step back and make a healthier choice.

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

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#### Workplace Eye Wellness

Take care of your eyes at work. If you experience eye strain:

**Reposition your screen.** Adjust your screen to be at a right angle away from any direct light source. Invest in an anti-glare screen for your monitor to make computer work gentler on your eyes.

**Remember the 20-20-20 rule.** This rule reminds you that every 20 minutes, you should look at an object at least 20 feet away for at least 20 seconds.

**Don't forget to blink.** While it may sound ridiculous, write yourself a note and place it on your monitor. Write "Blink Often" or any other message that will remind you to regularly close your eyes to keep them from getting dried out.

**Use artificial tears.** Over-the-counter eye drops can be extremely helpful in preventing dry eye and keeping your eyes comfortable.

**Schedule regular comprehensive eye exams.** Nothing can replace the importance of having an eye exam by a licensed ophthalmologist.

VSP is the diocese vision provider. Call 800-877-7195 for info.

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

## Colorectal Cancer Awareness

In February 2000, President Clinton officially dedicated March as National Colorectal Cancer Awareness Month. Since then, it has grown to be a rallying point for the colon cancer community where thousands of patients, survivors, caregivers and advocates throughout the country join together to spread colorectal cancer awareness by **wearing blue**, holding fundraising and education events, talking to friends and family about screening and so much more.

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects people in all racial and ethnic groups and is most common in people age 50 and older. There are often no signs or symptoms of colorectal cancer – that’s why it’s so important to get screened.

The good news? If everyone age 50 and older got regular screenings, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.

You may also be at higher risk if you smoke, are African American, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

Screening tests help your doctor find polyps or cancer before you even have symptoms. This early detection may prevent polyps from becoming cancer and could jumpstart treatment earlier, when it is most effective.

Though it is usually recommended to start getting screened at age 50, you may need to be screened earlier depending on your family’s health history and risk factors.

Talk to your doctor about screening options such as: colonoscopy, Fecal Immunochemical Test, Guaiac Fecal Occult Blood Test, Flexible Sigmoidoscopy, Virtual Colonoscopy, Stool DNA, Double Contrast Barium Enema, or the recently approved benefit using **Cologuard**.



Sources: [www.Healthfinder.gov](http://www.Healthfinder.gov); [www.ccalliance.org](http://www.ccalliance.org)

## February Happenings Calendar

Mar 1 - 31	Nat'l Colorectal Cancer Awareness Month
Mar 1 - 31	National Nutrition Month
Mar 1 - 31	Workplace Eye Wellness Month
Mar 26	American Diabetes Alert Day
<b>1st Quarter On Demand Webinar</b>	Master Your Motivation - 7 Strategies for Staying Inspired <a href="https://kvgo.com/bcbsflorida/master-motivation">https://kvgo.com/bcbsflorida/master-motivation</a>



### Heart Healthy Recipe - Tortellini Salad with Zucchini and Peas

Ingredients: 1 (9-oz.) pkg. refrigerated whole-wheat 3-cheese tortellini (such as Buitoni), 2/3 cup frozen peas, 2 medium zucchini, 2 tablespoons olive oil - divided, 2 garlic cloves - minced, 1 teaspoon grated lemon rind plus 1 Tbsp. fresh lemon juice, 1/2 teaspoon kosher salt, 1/2 teaspoon freshly ground black pepper, Small fresh basil leaves (optional)

Directions: 1. Cook pasta according to package directions, omitting salt and fat; add peas for the last 6 minutes. Drain, and cool 10 minutes; place pasta and peas in a medium bowl.

2. Using a vegetable peeler, shave zucchini into ribbons.

3. Heat 1 1/2 teaspoons oil in a medium skillet over medium. Add garlic; cook, stirring constantly, 30 seconds. Remove from heat. Add zucchini; stir constantly until zucchini is slightly softened, about 1 minute. Add zucchini mixture to tortellini mixture in bowl

4. Combine rind, juice, salt, pepper, and remaining 1 1/2 tablespoons oil. Drizzle over tortellini mixture; toss gently to coat. Sprinkle with basil, if desired.



Recipe provided by the [Cookinglight.com](http://Cookinglight.com)

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

# Take Advantage of ALL Your Health and Wellness Benefits!



## PREVENTIVE HEALTH

Covered at 100% with your in-network provider

Mammogram

Colonoscopy - Ages 50 and older

Annual Wellness Exam



**DENTAL (Delta Dental)** [www.deltadentalins.com](http://www.deltadentalins.com) or 800-521-2651

**Diagnostic & Preventive Benefits 100% (in-network provider)**

Oral examinations, routine cleanings, x-rays, fluoride treatment, space maintainers

## PHARMACY (RxEDO)

The following over the counter medications are **FREE if medically necessary** with a doctors prescription stating to **dispense as "over the counter"**.

Claritin - Claritin D - Allegra - Zyrtec - Prilosec - Prevacid - Zegerid

Please visit RxEDO's internet site by going to [www.RxEDO.com](http://www.RxEDO.com) for helpful tools.

**VISION/Hearing - VSP/Tru Hearing** 800-877-7195

Learn more about this VSP member offer at [www.diocesepb.org/benefits](http://www.diocesepb.org/benefits)

**TELEDOC** [www.Teladoc.com](http://www.Teladoc.com) or 1-800-835-2362

**Consults are \$15 Talk to a doctor 24/7/365 by phone or internet**

Treatable conditions include sinus, allergies, cold/flu, ear infection and more! Teledoc doesn't replace your primary physician. It is a convenient and affordable option that allows you to talk to a doctor who can diagnose, recommend treatment and prescribe medication for many of your medical issues.

## Who Wore Red ?

## WE DID!!!!



Pastoral Center Staff



Cardinal Newman Staff



St. Joan of Arc School Staff



St. Joan of Arc Parish Staff



All Saints School Staff



St. Ann School Staff



Parish Nurses