



In Good Health Newsletter, March



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How to Break Free From Your Phone

As our lives have become saturated with screen time, the downsides of having technology everywhere are more apparent. It's easy to get hooked on our screens, leading to dangerous behaviors like texting while driving. And if you've had a loved one who is constantly on their phone, you know the toll technological intrusions take on relationships. Yet, we may engage in some of the same behaviors ourselves, so powerful is the pull of our phone. **Researchers have investigated the potential pitfalls of using online technology; some of the key findings include:**



- Greater Facebook use is linked to decreases in happiness and life satisfaction.
- More technology in the bedroom is tied to worse sleep.
- More smartphone use at home leads to greater work-home conflict.
- Burnout is more likely the more time we spend on our phones and computers.
- Seeing others as more successful or happier in their social media posts leads to lowered self-esteem and greater anxiety.

Social media apps in particular can be addictive because they're designed to draw us in. For example, each time you post something, there's a chance you'll get positive responses, which are rewarding to the brain. But the reward is on an intermittent schedule, meaning you don't know when it's coming. You might have just checked your phone but perhaps in the last 60 seconds someone liked or commented on your post—and so you check again.

Consider your own relationship with technology, and social media in particular. How do you feel when you use it? Is it life-giving? Does it intrude on the rest of your life?

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Strategies to Increase Engaging in Real Life

- Designate daily technology-free zones, like meal times.
- Turn off notifications so your phone isn't clamoring for your attention.
- Minimize the number of apps you use, since each one gives you more reasons to be on your phone.
- Turn on your phone's "Do Not Disturb" function when you need a technology break.
- Leave your phone at home sometimes.
- Uninstall social media from your smartphone so it's less readily available.
- (Make sure you're sitting down for this one.) Trade your smartphone for a traditional cell phone. I know it's an extreme option, but the author found it liberating when he did it for three years.

Health Lessons Men Can Learn From Women

Catch More ZZZs

Women usually get more sleep than men. Many log at least 8 hours of shut-eye on weeknights. Both genders need between 7 and 9 hours a night. To help you nod off, make sure your room is dark and cool, and leave devices like phones, tablets, and TVs in another part of the house.

Keep up With Your Buddies

Looking for a reason to get a group of guys together for poker night? How about this? It could add years to your life. Women tend to have more friends. Having a group of pals you can have fun with and trust can be quite healthy.

Kick The Habit

About 20 out of every 100 adult men smoke, while only 15 of 100 adult women light up. Whether you go through a couple of packs a day or only smoke every once in a while, it's time to talk to your doctor about how to stop.



Back Away From The Bar

Ladies know when to say no better than guys do. They're only half as likely to abuse alcohol as men. That's not the only bad news -- dudes are also more likely to binge and to stay drunk longer.

Play it Safer

Guess which gender takes more risks. Guys are usually the ones who don't wear seat belts, drive too fast, or make all-out war out of a friendly pickup basketball game. Slow down and think twice before you act -- and wind up in the ER.



Keep Your Skin Safe

Men spend more time in the sun. But they're less likely to use sunscreen correctly, if at all. Use enough to fill a shot glass, and reapply every 2 hours.



Health Lessons Men Can Learn From Women

Watch What You Eat

The healthy eating award goes to the gals. Guys eat more meat, while women eat more fruits and vegetables. Men are more likely to eat runny eggs, raw oysters, and nearly raw beef. The fact is, some guys just don't want to eat their veggies. Don't be that guy.



Get Checked Out

One way to stay healthy: Go to the doctor. Men are about twice as likely as women to say they haven't seen a doctor in the past year. Don't tough it out. Ask the doc how often you should come in and what tests he suggests for someone your age. Then make an appointment and get it over with.

Keep Your Mind Healthy

While women may be more likely to get depressed, there's also a better chance they'll get help for it. Guys, the first step to shaking off the blues is to see a doctor or a mental health expert. The sooner you get started, the faster you'll feel better.

Wash Your Hands

Don't touch that bathroom door handle. Way more women wash their hands more often (and better) than men -- especially after they use a public restroom. That gets rid of germs that can cause disease. Plus, women are much more likely to use soap than men. Bottom line: If you don't want to catch a cold, the flu, or something worse, scrub down!



Fighting Fatigue And Sleepiness on The Road

Myth: Better Drowsy Than Drunk

Most people are aware of the dangers of driving drunk, but they may not take sleepiness seriously. That's a mistake. Researchers have found that going 18 to 24 hours without sleep is a risk similar to being legally drunk, when it comes to driver impairment. Like alcohol, sleepiness and fatigue lead to poor judgment and reaction time, not to mention the risk of dozing off.

Fact: Caffeine Provides a Mild Boost

Whether in the form of coffee, soft drinks, or gum, caffeine can briefly increase alertness. Keep in mind that the effect takes about 30 minutes to kick in, so you may want to pull over and rest until you perk up. This temporary fix has its limits -- caffeine can't overcome severe fatigue and may have little impact on regular coffee drinkers.

Myth: Drowsy Driving Only Happens at Night

Most fatigue-related crashes occur between 4-6 a.m., but drowsy driving is not restricted to the wee hours. Another peak time is between 2-4 p.m. Rush hour can also be hazardous, with a quarter of commuters saying they drive drowsy at least a few days per month.



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Fighting Fatigue And Sleepiness on The Road



Fact: Drowsy Driving Can be Lethal

Driver fatigue causes at least 100,000 police-reported crashes and more than 1,500 deaths each year, according to government estimates. The actual number may be higher, considering more than a third of respondents to a National Sleep Foundation poll (103 million people) say they have fallen asleep at the wheel.

Myth: Only Old People Fall Asleep at The Wheel

More than half of fatigue-related crashes are caused by drivers younger than 25. Others who are at the highest risk: men, people with sleeping disorders, adults with children, commercial drivers, drivers with jet lag, and shift workers. Working the night shift increases your risk by nearly six times. Rotating shifts that disrupt your sleep cycle and working more than 60 hours a week can also set you up for fatigued driving.

Myth: Cool Air Can Keep You Awake

Blasting your AC or opening the window may keep you cool, but this does little to counteract drowsiness. Think of how well people sleep on cold winter nights. In fact, keeping your room cool is a commonly given tip for getting better sleep. **Playing loud music is also useless in fighting driver fatigue.**

Fact: A Companion Can Help During Long Road Trips

For long road trips, it's best to bring a companion -- if possible, someone who can share in the driving. Pull over and switch seats about every 100 miles or every two hours. Whoever is not behind the wheel should stay awake and talk to the driver. The passenger can also keep a watchful eye for signs that the driver might be nodding off.



Fact: A Short Nap is The Best Solution

According to the National Sleep Foundation, pulling over for a short nap is the most effective way to restore alertness on the road. Park in a safe, well-lit area. Set your watch or phone to wake you up in 15. Then let yourself really wake up before you get back on the road. Longer naps (even 5 minutes longer) can increase grogginess and disorientation. If you plan to nap longer than half an hour, it may be best to stop for the night.

Myth: It's Best Not to Eat While on The Road

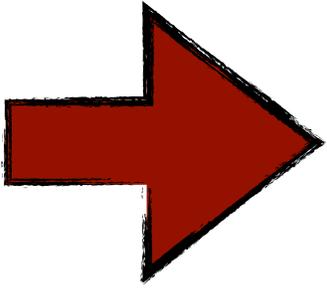
Sure, stopping for a big bowl of spaghetti might be a ticket to dreamland. But depriving yourself of food is not the answer. During long road trips, you can maintain a steady energy supply by eating a healthy snack every two hours. The best choices combine protein with complex carbs, such as cheese on a whole-grain cracker.

Fact: Common Medications Can Trigger Drowsiness

Many common medications, such as those used to treat colds, allergies, or motion sickness, can hinder alertness on the road. If the bottle lists drowsiness as a side effect or warns against operating a motor vehicle, it's best not to get behind the wheel. Even small amounts of alcohol can amplify the fatigue associated with these medications.



“5 Signs It’s Time to Pull Over”



- Frequent blinking or yawning or having trouble keeping your head up
- Feeling restless or irritable
- Daydreaming
- Missing Exits or Traffic Signs
- Drifting into another lane

How Fast Food Companies Make You Crave Junk Food

1. Fast Food Companies Make it Cheaper to Buy Meals Than a la carte

2. They Use Finger-Lickin Good Vocabulary



3. They Post Billboards And Other Adds Everywhere to Grab Your Attention

4. That Smell of Freshly Baked Buns in The Air? Totally Manufactured -

Cinnabon takes advantage of this phenomenon by placing their ovens near the front of the store and heating sheets of cinnamon to produce drool-worthy smells, according to Huffington Post. Panera Bread adopts a similar tactic by baking bread at peak consumption hours.

5. Fast Food Strives to be Convenient

6. Fast Food Companies Target Children





Shamrock Shake Smoothie



Our healthy take on the classic Shamrock Shake uses fresh spinach and juicy kiwi to achieve the fun and festive color we all love. Using fresh mint makes this smoothie extra minty and refreshing.

Ingredients

- 1 frozen large banana sliced
- 1 cup of spinach
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup low-fat milk
- 1/2 cup packed mint leaves plus more for garnish
- 4 ice cubes
- Kiwi for garnish

Preparation

1. Combine banana, spinach, yogurt, milk, mint and ice in a blender. Blend until smooth
2. If you like, cut kiwi slices into shamrock shapes and thread onto a skewer. Serve the smoothie garnished with the kiwi and mint, if desired.



Nutrition Information

- **Serving size:** 2½ cups
- **Per serving:** 287 calories; 3 g fat(2 g sat); 6 g fiber; 54 g carbohydrates; 14 g protein; 75 mcg folate; 12 mg cholesterol; 37 g sugars; 8 g added sugars; 5,254 IU vitamin A; 31 mg vitamin C; 484 mg calcium; 6 mg iron; 191 mg sodium; 1,012 mg potassium
 - **Nutrition Bonus:** Vitamin A (105% daily value), Vitamin C (52% dv), Calcium (48% dv), Iron (33% dv)
- Carbohydrate Servings: 3½
- Exchanges: 2 dairy, 2 fruit, 1 vegetable

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