



Healthy Lifestyles



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"The Total Woman: Mind, Body and Spirit"

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Get ZZZs, Lose Lbs

From *YOU: On a Diet*. Roizen, M. F., Oz, M. C., New



Getting a good night of sleep fights off more than dark circles and dark moods. It also fights fat.

Ever notice how you crave comfort foods when you're low on ZZZs? That's because when your body doesn't get the 7 to 8 hours of sleep it needs every night to rejuvenate, it looks for other ways to compensate for neurons not secreting the normal amounts of certain brain chemicals (serotonin and dopamine). And sugary, bad-for-your-waist foods help replenish the diminished supply of these feel-good substances. Keep cravings under control with a consistent sleep schedule.

Getting a good night's sleep is one of the most crucial things you can do for your body. **Getting about 7 hours of sleep a night can make a profound difference to your brain and your heart and make your Real Age up to 3 years younger.**

Lack of sleep makes you less mentally aware and more fatigued, causes you to eat more, and places you at a higher risk for accidents. Plus, being fatigued puts you at greater risk of making

choices that age you (when you're tired, it's easier to order the bacon-double-fat burgers than the grilled salmon).

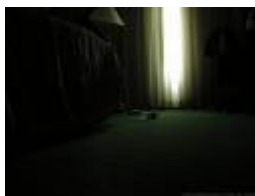
4 Ways to Improve Sleep

Get On A Schedule



Your body clock runs best when you're on a regular sleep schedule, like a baby. Aim to get up at the same time every day -- whether you have a full day of work or a full day of cartoons. On the weekends, try to rise within one hour of the time you get up during the week.

Change Your Temperature



The ideal setting for sleep is a cool, dark room. If you're having trouble sleeping, try removing a layer of clothing (like socks) or lowering the thermostat.

Eat Foods That Contain Melatonin



At night, eat foods that contain melatonin - a substance that helps regulate the body clock. That means oats, sweet corn, or rice. Or try a complex carbohydrate that has serotonin, like vegetables or whole-grain pasta. You can also go with the classic remedy: skim milk. Of course, you know to avoid stimulants like caffeine and exercise near bedtime. And try to avoid eating within 3 hours of going to bed.

Use Your Bedroom For Sleep, Not Work



Use your bedroom only for sleep and sex. It is best to take work materials, computers, and televisions out of the sleeping environment.

Strategies for De-Stressing Mini-Relaxations

(From everydayhealth.com)

Mini-relaxations can help allay fear and reduce pain while you sit in the dentist's chair or lie on an examining table. They're equally helpful in thwarting stress before an important meeting, while stuck in traffic, or when faced with people or situations that annoy you. Here are a few quick relaxation techniques to try.

When you've got 1 minute

Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe. Breathe in slowly. Pause for a count of three. Breathe out. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation.

When you've got 3 minutes

While sitting down, take a break from whatever you're doing and check your body for tension. Relax your facial muscles and allow your jaw to fall open slightly. Let your shoulders drop. Let your arms fall to your sides. Allow your hands to loosen so that there are spaces between your fingers. Uncross your legs or ankles. Feel your thighs sink into your chair, letting your legs fall comfortably apart. Feel your shins and calves become heavier and your feet grow roots into the floor. Now breathe in slowly and breathe out slowly. Each time you breathe out, try to relax even more.

When you've got 5 minutes

Try self-massage. A combination of strokes works well to relieve muscle tension. Try gentle chops with the edge of your hands or tapping with fingers or cupped palms. Put fingertip pressure on muscle knots. Knead across muscles, and try long, light, gliding strokes. You can apply these strokes to any part of the body that falls easily within your reach. For a short session like

this, try focusing on your neck and head.

(1) Start by kneading the muscles at the back of your neck and shoulders. Make a loose fist and drum swiftly up and down the sides and back of your neck. Next, use your thumbs to work tiny circles around the base of your skull. Slowly massage the rest of your scalp with your fingertips. Then tap your fingers against your scalp, moving from the front to the back and then over the sides. (2) Now massage your face. Make a series of tiny circles with your thumbs or fingertips. Pay particular attention to your temples, forehead, and jaw muscles. Use your middle fingers to massage the bridge of your nose and work outward over your eyebrows to your temples. (3) Finally, close your eyes. Cup your hands loosely over your face and inhale and exhale easily for a short while.

When you've got 10 minutes

Try imagery. Start by sitting comfortably in a quiet room. Breathe deeply for a few minutes. Now picture yourself in a place that conjures up good memories. What do you smell — the heavy scent of roses on a hot day, crisp fall air, the wholesome smell of baking bread? What do you hear? Drink in the colors and shapes that surround you. Focus on sensory pleasures: the swoosh of a gentle wind; soft, cool grass tickling your feet; the salty smell and rhythmic beat of the ocean. Passively observe intrusive thoughts, and then gently disengage from them to return to the world you've created.



Use imagery while meditating.

Baked Salmon Dijon

♥ Heart-Healthy



Nutritional Info (Per serving):
Calories: 196, Saturated Fat: 2g,
Sodium: 229mg, Dietary Fiber: 0.5g,
Total Fat: 7g, Carbs: 5g,
Cholesterol: 76mg, Protein: 27g

Ingredients

- 1 cup(s) sour cream, light or fat-free
- 2 teaspoons dill weed, dried
- 3 tablespoon scallion(s) (green onions), finely chopped
- 2 tablespoon mustard, Dijon-style
- 2 tablespoon lemon juice
- 1 1/2 pounds fish, salmon fillet, with skin, cut in center
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper, black

Preparation

1. Whisk sour cream, dill, onion, mustard, and lemon juice in a small bowl.
2. Preheat oven to 400 degrees F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin-side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in the center, about 20 minutes.

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