

YOUR GAMEPLAN TO LIVE

COPING WITH PANDEMIC RELATED STRESS

As communities begin to reopen during this Covid19 pandemic, many of us may be nervous and afraid of what may happen. These fears are normal, especially during a crisis situation that is fueled with incoming information from all angles that spark fear and mistrust. Feelings can range from feeling a little uneasy to feeling intensely afraid and may affect children as well as adults. This type of stress can lead to trouble sleeping, difficulty concentrating, eating too much or too little, depression, anxiety, and worsening of existing mental and physical health conditions.



If you are experiencing this, there are a few ways to cope.

- Take a break from all forms of news that has the potential to upset you – television networks, YouTube, and social media.
- Take care of yourself by eating healthy and getting enough physical activity.
- Practice relaxation techniques including deep breathing (tons of apps and online sources for this).
- Don't isolate yourself. Connect with friends and loved ones (online, phone, social distancing).
- Do things that you enjoy.
- Learn new things or do what you've been wanting to do but haven't had time for.
- Don't use alcohol or drugs to self-medicate.

Talk to your health care provider if your stress is really getting to you and self-help techniques are not helping. Everyone experiences and manages stress in different ways. There is help out there including online therapists.

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Kale Chips

This is a delicious kale recipe...even for those that think they don't like kale!

Ingredients:

- Large bunch organic kale, tough stems removed
- 1-2 Tbs. extra virgin olive oil
- Sea-Salt to taste
- Grated parmesan cheese

Directions:

Adjust your oven racks to the upper third and center. Preheat the oven to 400 degrees. Make sure your kale is dry. Shred in medium to large pieces. Put it in a bowl. Drizzle with oil and sprinkle with salt. Massage the oil and salt onto the kale leaves to coat. Spread kale single layer on 2 large baking sheets. (Do more batches if kale doesn't all fit.) Sprinkle with parmesan. Bake until most leaves are crisp (8-12 minutes), rotating the baking sheets halfway through. Store in airtight containers at room temperature for 1-2 days.

Serving Size: About 2 cups.

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Please note – if you or someone that you care about feels overwhelmed with sadness, depression, or anxiety, or if you or they want to harm themselves or others, call 911. You can also contact the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline at 800-985-5990, the National Suicide Prevention Lifeline at 800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line counselor.

ARE YOU EATING OUT OF BOREDOM?

Do you find yourself eating when you are bored? Mindless eating often happens during this time. You may be watching television, reading, scrolling through your social media or emails when the thought of munching comes to mind. This is common and is often a habit. We go into the kitchen opening cabinets, opening the fridge and get our snack. How many go back again for more... maybe something sweet followed by something salty? With children at home, many of us have a lot more kid-type snacks that we wouldn’t normally have easy access to, or even consider eating. During quarantine, we may have had a lot more time on our hands and have become bottomless pits!



The way we eat and what we eat is a learned behavior. We are conditioned to eat at certain times, and this includes meals and snacks. How many of us associate watching television in the evening with snacking? Or just how common is it for you to crave a treat or unhealthy food when you are stressed out? Eating this way becomes a habit, but why?

Eating food that we crave gives us pleasure and makes us feel satisfied *temporarily*. This is because of dopamine, a neurotransmitter in our brains that is released when we do or eat something that gives us satisfaction as part of the reward system. Unfortunately, we often crave foods high in sugar, fat, and sodium.

Curbing Cravings

- Eat regular healthy meals so that you aren’t overly hungry and more susceptible to giving into cravings.



Individual Egg and Broccoli Pies

Ingredients:

- Olive oil spray
- 12 slices lean ham or turkey bacon
- 8 eggs, lightly beaten
- 4 Tbs. milk
- 5 spring onions, chopped fine
- 1 cup broccoli or spinach, chopped fine
- 2 Tbs. chopped basil
- 1 cup grated low fat cheddar cheese
- Salt and pepper to taste

Directions:

Heat oven to 200°C. Spray the 12 cups of a muffin tray. Line each cup with ham or turkey bacon (cooked) and set aside. Whisk eggs with milk, spring onions, broccoli or spinach, basil and grated cheese. Season with salt and pepper. Divide mixture among the 12 cups and bake for 25-30 minutes until pies are set in the middle. Insert a sharp knife into the middle and if it comes out clean, it is done. Remove from oven. Run a knife around the edge to loosen and allow to sit in the tray for 5 minutes. Remove egg pies. Serve with a green salad and/or fresh fruit.

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- Know the unhealthy foods that you crave.
 - ⇒ This way you can plan by keeping unhealthy food out of the house so that you are not easily tempted.
 - ⇒ If junk food is what you crave, it doesn't mean you can never enjoy it again. Restricting foods completely can sometimes backfire and make you want to binge when you do have it. Instead, plan to pair a small portion with a nutrient dense food (think a serving of tortilla chips alongside a bowl of vegetable soup for instance).
- Drink more water. If you've already eaten within the last few hours, you are probably not actually hungry, but you might be dehydrated as dehydration can be mistaken for hunger. So, drink a glass of water first!
- Know what a serving is. Put your serving of food on a plate or in a dish vs eating out of a bag or large container. You can also put single servings from a large bag into baggies so that you have single servings handy. It is so much harder to practice portion control when you have a large bag in front of you.
- Move your body instead of snacking. Take a walk or do some type of physical activity to distract you from a snack attack. Walking with somebody else will distract you even more; this has loads of mental and physical health benefits.
- Chew gum. Keep a pack of gum in the rooms that you normally snack in. Pop a piece in when you feel the urge to snack.
- Brush your teeth.

If you are going to snack, your best choices are fruits and vegetables with something that contains some protein (carrots and hummus, apple and low-fat cheese, celery and nut butter or cream cheese, sliced turkey and pickle roll-up, plain Greek yogurt with berries are a few ideas).

WHAT IF YOU DO NOT EXERCISE?

It's important to realize that exercise is not something to do just to look better or lose weight; it is a necessity for staying healthy both physically and mentally! Exercise has incredible mental health benefits including helping to ward off stress, depression, fatigue and SO much more. It may seem odd, but the OLDER you are, the MORE important exercise is to your good health!



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Caprese Skewers

These caprese skewers combine tomatoes with basil, mozzarella, olive oil and balsamic for an appetizer that's both easy and impressive!

Ingredients:

- 24 red cherry tomatoes
- 12 yellow cherry tomatoes
- 24 bite-sized fresh mozzarella balls
- 36 small basil leaves
- 1 1/2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- 1 1/2 tablespoons balsamic glaze
- Salt and pepper to taste

Directions:

Start with 12 6-inch skewers. Thread the tomatoes, basil and mozzarella onto the skewers in the pattern shown in the images above. In a small bowl, mix together the olive oil, Italian seasoning and salt and pepper to taste. Arrange the skewers on a plate and drizzle with the olive oil mixture. Place the balsamic glaze in a small plastic bag with one corner snipped off. Drizzle the balsamic over the skewers, then serve.

<https://www.dinneratthezoo.com/caprese-skewers/#wprm-recipe-container-11121>
www.dinneratthezoo.com/large

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Health risks of NOT exercising

- *You get out of breath more easily when exerting yourself.* Carrying heavy things, going up a flight of steps, and walking quickly can leave you tired and panting as you catch your breath. Exercising regularly results in improved heart and lung health. In a nutshell, your body becomes more efficient at taking in and absorbing oxygen – even when you are tired. Without regular exercise, your body is not as efficient when it is under strain. This even happens when you take a long break from regular exercise after exercising regularly.
- *Your brain is not as sharp as it could be.* Getting enough oxygen to your heart and lungs also means that you are getting enough oxygen to your brain! (Have you ever felt a little light-headed when you find it hard to catch your breath?). Because exercise improves blood flow and stimulates chemical changes in the brain; memory and thinking are all improved. Exercise also improves mood, which is beneficial in preventing and helping with depression and anxiety.
- *You are not as strong as you could be.* Strength training builds and fortifies your bones by enhancing their density and durability, which, along with calcium and vitamin D, significantly helps prevent osteoporosis especially in older adults.
- *You could end up achy.* Exercise is important for healthy joints. Moving your joints daily helps keep them fully mobile. Strengthening the surrounding muscles helps support the joints to significantly help to prevent arthritis.
- *You don't sleep as well as you could.* Regular exercise has been shown to increase quality and quantity of sleep. This will help you to feel more alert and rested throughout the day. Better sleep will also give you better health and increased immunity.
- *You're not as strong as you'd like.* Strength training builds and fortifies your bones by enhancing their density and durability, which, along with calcium and vitamin D, significantly helps prevent osteoporosis especially in older adults.

QUICK AND HEALTHY SNACK BITES

Ingredients:

- 1 cup quick-cooking oats
- 1 cup coconut flakes
- 1/2 cup natural, crunchy peanut butter



Oven-Fried Zucchini Sticks

Ingredients:

- Canola or olive oil cooking spray
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 pounds zucchini, (3 medium), cut into 1/2-by-3-inch sticks
- 2 large egg whites, lightly beaten

Directions:

Step 1: Preheat oven to 475° F. Coat a large baking sheet with cooking spray.

Step 2: Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.

Step 3: Bake on the center rack for 10 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 8 to 10 minutes more. Serve hot.

Serving Size: 6 Zucchini Sticks.
129 calories.

<http://www.eatingwell.com/video/6859/healthy-oven-fried-zucchini-sticks-recipe/>

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- 1/3 cup honey
- 1/4 cup ground flaxseed meal
- 1/4 cup toasted wheat germ
- 1 teaspoon vanilla
- 1/4 cup mini chocolate chips



Directions:

In a medium bowl, combine all ingredients except chocolate chips. Stir to combine. Add chocolate chips to mixture and stir again, just until combined. Using your hands, press **FIRMLY** to form one-inch balls. Place in an air-tight container and refrigerate as needed.

Notes:

Trouble getting the balls to stick together: Be sure that you are pressing these balls together **FIRMLY** (not lightly rolling the balls like cookie dough). If you're still having trouble, it could be that you're using a type of natural peanut butter that's stiffer/firmer than what we usually use (some brands are **very** thick) or that your coconut is quite dried out (I normally use Baker's brand, which I've noticed is moister than some others). Also, you'll have a lot more difficulty forming balls if you try to substitute regular-sized chocolate chips, instead of the minis we specify. Regardless, to correct for this issue, we recommend slightly decreasing some of the dry ingredients (such as the oats, flax, or wheat germ).

Storage and freezable make-ahead tips: If your peanut butter is one of the natural brands that needs to be refrigerated, then so do your Snack Bites. Actually, regardless of the peanut butter you use, these will keep much better in the refrigerator. They can even be frozen (so you may want to make a triple batch!). When frozen, these Snack Bites will be thawed in about 20 minutes.

NUTRITION INFORMATION: 18 servings (2 Bites is one serving);
Calories 126

<https://twohealthykitchens.com/quick-and-healthy-snack-bites/>
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At the Gameplan for Living, we know that the future of healthcare is in the **prevention** of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!

www.gameplanforliving.com

Questions / Support:
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Lauri's Cauliflower Turmeric Flatbread

Ingredients:

- 2 cups riced cauliflower (can use broccoli, cabbage, get creative!)
- 4 eggs
- 1 cup mixture almond flour and ground flaxseed
- 3 tsp. ground turmeric
- 1/2 tsp. Himalayan or sea salt to taste
- Black pepper to taste, to activate turmeric
- Chopped fresh herbs of choice (cilantro, dill, basil, chives, tarragon, etc.)
- Optional: chopped olives, scallions, onions, capers

Directions:

Preheat oven to 350-375 degrees, depending on oven. Combine mixture thoroughly. Line a baking sheet with parchment paper and spread evenly about 1 centimeter thick. Bake for 25-30 minutes, or until cooked through and browning at the edges. Allow to cool, cut and store in refrigerator for up to a week, freezes well.

EVERY INGREDIENT A SUPER FOOD,
MAKE THIS ONE OF YOUR STAPLES!!!

<https://laurilang.com/recipes>