



HEALTHY TODAY

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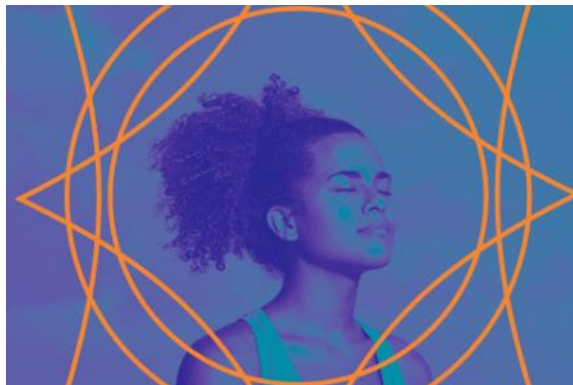
November 2020

TIPS FOR CALMING ANXIETY WE COULD ALL USE RIGHT NOW

Self-care isn't something you do when it's convenient, and we don't think it should be rooted in privilege," says Percell Dugger, co-founder of Fit for Us. As we prepare for the holidays in a challenging year, we also have an opportunity to make self-care a priority during this tumultuous season.

- ⇒ **Practice Affirming Yourself.** Many people initially fear their own voice—there have been studies that people are more inclined to receive inner dialogue when they refer to themselves as 'you' versus 'I'. Try journaling after speaking affirmations out loud so these mantras aren't just words but influences on your life. List 10 examples in your life where that affirmation has shown up. By doing this, you are gathering evidence of these words.
- ⇒ **Meditate everywhere.** Just micro meditations. No four-hour session sitting on a mountaintop. That's what people think meditation is, but when you have a job and a family, that's too much. You only need a couple minutes to meditate, maybe it's in the bathroom if that's the only place you can be alone, or at the sink while you're washing dishes. Wherever you are, focus on your breath, your sensations, what's happening around you. Become silent. Say you're washing dishes, become curious about what you're doing. What is the sensation of water on your hand? How does the soap feel? What does it smell like? This is meditation. You're not escaping your life for meditation, but integrating meditation into your life.

<https://www.bonappetit.com/story/calming-election-anxiety>



Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

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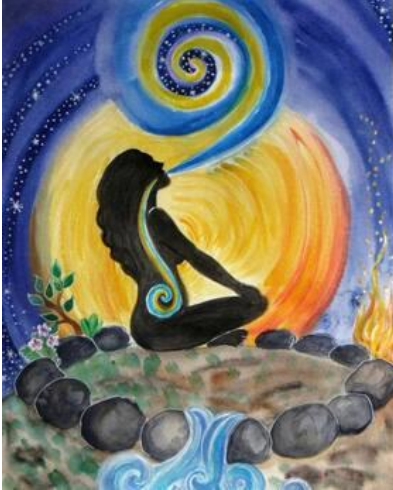
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A 4-STEP BREATHING EXERCISE TO COPE WITH DIFFICULT EMOTIONS

Inhale. Exhale. Breathwork uses sustained breathing to facilitate self-exploration—which a lot of us need right now. What is the impact of days of exposure to violence, media, and social media? You can breathe to find different ways to calm your nervous system, your stress hormones, and your mind.



⇒ **Find a comfortable place.** Find a soft place to lie down: your bed, a couch, a supportive yoga mat. Start with a short, seven-minute session, and you can use an instrumental song or chant to denote the time without relying on a jarring alarm. When you're all set up, lie down on your back with one hand on your belly and one hand on your chest.

⇒ **Set an intention.** People get a lot more out of the 7 minute session when you have an intention to help you go deeper into the root cause of

an issue and what it's there to teach you. Whether quarantine has you agitated, or police brutality has you agitated—go even deeper into any fear around that. What do you fear? What has your life experience been like to bring up those fears? Focus on a question that resonates with you, and start to breathe.

⇒ **Start to breathe.** Forget your nose—breathwork hinges on breathing only through your mouth. Gently open your mouth (no need to stretch it wide open) and inhale, letting your belly swell. Allow the breath to float into your chest, and exhale through your mouth. Repeat for seven minutes. Find a pace that you can sustain. You shouldn't be holding your breath or feel like you're hyperventilating. Breathe with ease.

⇒ **Journal to Process.** When your session is finished, take a few moments to write down any thoughts that came to mind. "Even if you only do seven minutes, it really reminds you what can be released or left behind, and shifts your focus to what is truly important for you right now,"

<https://www.bonappetit.com/story/breathing-exercise>



EVEN IF YOU'VE NEVER LOVED OATMEAL, START MAKING IT LIKE THIS

A make-ahead method for a week's worth of cozy, fall-appropriate breakfast that's not going to make you want to take a nap at 8:30 a.m..

Cook enough oats to yield a few days' worth of breakfasts. Keep a tub of cooked oatmeal in the fridge, then warm up small batches in the mornings with your toppings of choice.

The night before, soak 1 cup of steel-cut oats in a bowl of water. The next morning, drain the oats then add them to a medium saucepan with 4 to 5 cups of fresh water & a pinch of salt & bring the mixture to a boil over med-high heat.

Reduce heat to a simmer so you can only see a handful of bubbles. Cook the oatmeal, stirring occasionally, until it gets thick & starts sticking to the bottom of the pot (20 to 30 minutes). Taste a few oats—are they creamy, with just a hint of bite? If not, keep cooking over low, & stirring. If they seem too dry, add water by the 1/4 cup, just enough to keep them from sticking to the bottom of the pot. Once the oats are tender, you can eat them immediately or let cool & then transfer to a container and refrigerate.

<https://www.bonappetit.com/story/make-ahead-oatmeal>

STRETCH FIRST THING IN THE MORNING

There's no need to overcomplicate stretches. Start by doing something simple: focusing on individual parts of your body. Start with a neck release, then roll out your shoulders, and take some chest openers. Then move to your torso and do a side bend. Then get into your lower body, doing some lower body circles or hip flexor stretches. Finally focus on your legs, stretching your hamstrings and calves and rolling around your ankles.

Stretching helps build awareness of your body and sets you in the right direction for your day. You may even feel more flexible and malleable when you head into stressful situations.

[https://
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#BREASTHEALTHHERO

Most women take great care of their hair and nails, but how many women are Breast Health Heroes?

In 2019, an estimated 271,000 U.S. women were diagnosed with breast cancer, from Stages 0 to Stage 4, according to the American Cancer Society's Cancer Facts and Figures 2019. Significantly more African American women experienced late stage diagnosis.

Unfortunately, fear or affordability prevent many women from either getting a regular mammogram or returning for a follow-up diagnostic evaluation. Mammography finds breast cancer early and saves lives. Most women's results are normal, but a few are called back for diagnostic evaluation. Of those called back, 90% will have non-cancerous findings caused by dense breast tissue, calcification, a cyst, lesion or an unclear picture. Less than 10 percent will have a precancerous or cancer finding diagnosed at Stages 0 - 4, according to the American Cancer Society.



Today's 3-D diagnostic mammography provides layered views of all types of the breast tissue, which helps prevent late stage cancer and death. If cost is a factor, there are local organizations that provide free or reduced cost breast examinations and women can self-refer for a routine mammogram.

Let's work to prevent late stage breast cancer by getting regular mammograms, following up if called back for diagnostic evaluation, and having regular conversations with family and friends about good breast health. Then we will be Breast Health Heroes.

- Cheryl Cain Scroggins

<https://www.daytondailynews.com/local/ideas-heres-how-to-be-a-breast-health-hero/XMJJBTk3FBOJFPNTYXIQZLTEL/>

Delicious & Nutritious

GLAZED SWEET POTATOES WITH LENTILS

Tearing the sweet potatoes isn't just fun—it creates more surface area to char and lacquer with a spicy maple-soy glaze. And good news for meal-preppers: You can roast these sweet potatoes and marinate your lentils five days ahead.

2 large or 3 medium sweet potatoes (1½–2 lb. total)

1 cup lentils, preferably black beluga or French green

6 Tbsp. extra-virgin olive oil, divided

4 Tbsp. unseasoned rice vinegar, divided

4 scallions

2 Tbsp. pure maple syrup

1 Tbsp. soy sauce

1 Tbsp. white miso

1 tsp. toasted sesame oil

1 tsp. mild red pepper flakes, plus more for serving



⇒ Preheat oven to 425°. Roast sweet potatoes on a rimmed baking sheet until tender, 45–55 minutes. Let cool 10 minutes.

⇒ Cook lentils in a medium pot of boiling salted water until tender but not falling apart, 20–30 minutes. Drain; let cool 10 minutes.

⇒ Toss lentils in a medium bowl with 4 Tbsp. olive oil and 2 Tbsp. vinegar. Season with salt.

⇒ Trim scallions and cut crosswise into 3" lengths. Slice each piece into very thin matchsticks. Place in a small bowl and pour in cold water to cover; set aside.

⇒ Whisk maple syrup, soy sauce, miso, sesame oil, 1 tsp. red pepper flakes, remaining 2 Tbsp. vinegar, and ¼ cup water in a small bowl. Set glaze aside.

⇒ Heat remaining 2 Tbsp. olive oil in a large nonstick skillet over medium-high. Slice or tear sweet potatoes into 2" pieces; cook, turning, until deeply browned on several sides, 5–7 minutes. Remove from heat and add reserved glaze (it may spatter a bit). Set over medium heat; cook, spooning glaze over, until thick enough to coat a spoon, about 1 minute.

⇒ Scrape sweet potatoes and glaze onto a platter. Drain scallions; pat dry. Toss two thirds into lentils; spoon around potatoes. Top with nuts, remaining scallions, and more red pepper flakes.

⇒ Do ahead: Sweet potatoes can be roasted and lentils cooked and dressed 5 days ahead. Let cool. Cover and chill separately.

<https://www.bonappetit.com/recipe/glazed-sweet-potatoes-with-lentils>

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