

## JULY 2014

### ANXIETY: NATURAL ANSWERS FOR A COMMON FEELING

The summer months are often a time for us to relax a little: take a vacation, enjoy being outside more often, as well as spending more time with our children while they're out of school. In the next month, however, as the next school year ramps up and while many of us prepare for new changes and routines (hello, new Lentz!), it is pretty likely that many of us are going to feel at least some apprehension, if not downright stressed at some point. Let's take a moment to examine that sense of uneasiness that can creep up on us from time to time—and how to get past it in a healthy way.

First of all, it's important to know that not all anxiety is cause for alarm. It is normal, even healthy to experience anxiety before a test or perhaps before speaking publicly. However, it should be noted that if you are aware your anxiety is destructive or affects your abilities to complete everyday tasks, you should speak with your doctor.

Anxiety doesn't affect just our thoughts, either. Studies show that anxiety, coupled with stress, can present as a physical ailment as well.

#### How your body reacts to anxiety:

Tension headache,  
inability to concentrate,  
irritability, irrational  
thoughts, anticipating  
the worst, worry; in the  
long term, disrupted  
sleep, memory issues

Rapid heartbeat,  
increase in blood  
pressure; in the long  
term, cardiovascular  
problems



Trouble swallowing,  
dry mouth, tense  
muscles; in the long  
term, weaker  
respiratory functions

Stomachache,  
nausea, diarrhea,  
digestive disorders;  
in the long term,  
greater susceptibility  
to ulcers, weak  
metabolism

Do any of these symptoms or feelings sound familiar? If so, try one of these:



**1.) Physical activity.** Yes, if you've heard it once, you've heard it a thousand times. However, physical activity is one of the most immediate ways to relieve stress and anxiety. Physical activity releases neurotransmitters and endorphins, which make are the "happy" chemicals in our body. Aerobic activity also raises our body temperature, which may have a calming effect. In addition to chemical reactions from exercise, we tend to gain a healthy dose of self-confidence, which can help boost you to take the steps you need to properly evaluate your problem. Physical activity can also be social, which can help distract you from your negative thoughts. You can read more here: [Depression and anxiety: exercise eases symptoms](#)

**2.) Write it down.** Seeing your thoughts written on paper can help you organize a plan for how to conquer your problems. When journaling, make sure to note the "who, what, where, and when" of your situation. Writing down your experiences also gives you the ability to see what triggers your anxiety/stress. Does your morning commute stress you out before your day even really starts? Consider biking to work. You might also find some perspective: perhaps a specific worry you have today won't exist tomorrow. Read more here: [How to Keep a Thought Diary to Combat Anxiety | Psychology Today](#)



**3.) Talk with a good friend, family member, and/or a professional.** Ask for help when you're feeling overwhelmed. You might talk to someone who has battled anxiety before to see what remedied their worry. Even better, ask that friend or family member to go for a walk while you explain what is going on. Make use of the Employee Assistance Program and get the help you need if things start to feel out of control. Sometimes, certain friends and family members know just what to say to turn a day around. Read more here: [Manage Anxiety and Stress](#)

**4.) Learn diaphragmatic breathing and/or meditation.** Changing the way you breathe can affect stress from anxiety for the better. It seems easy, right? Breathing? But most of us breathe incorrectly, using mostly our chest, only a small piece of our lungs and very little of our diaphragm. The diaphragm sits at the bottom of the ribcage and slightly behind the lungs and helps as much oxygen enter the lungs as possible, when breathing through your nose and out of your mouth. When you exhale, the diaphragm rises back up and helps expel all the carbon dioxide from your lungs. Diaphragmatic breathing actually takes work and time to do it properly, and is a great self-healing exercise. Combining it with meditation has been shown to greatly ease anxiety. Read more here: [Take a deep breath](#) and [Mayo Clinic: meditation](#)



## Wellness App of the Month: **Headspace**

**What it is:** an app and website that describes itself as a “personal trainer for your mind.” The app and website offer 10-minute guides to make the mind work efficiently, guiding you through any worry or anxiousness. Headspace has also contracted with major business teams like Credit Suisse, Reuters, Unilever and some Olympic squads to help them with their focus.

### What are the benefits?

- Lots of scientific content involving stress, anxiety, relationships, creativity, and focus; there is a Headspace program for each of these topics
- Accessible through the website or through the app; the website has a blog that is updated daily with new and useful information
- Can download and listen to offline, when you don't have wi-fi
- FREE 10x10 meditation series; can opt to download more content if you wish, or subscribe monthly or yearly for a fee

Where can I get it and/or learn more? <https://www.headspace.com/how-it-works>



### 3 Things You Need to Know!

1.) Improving the environment around us might improve our overall personal health. A research study conducted by Duke University between 1993 and 2010 measured levels of ozone, carbon dioxide, sulfur dioxide, and other pollutants in North Carolina. They compared the data with the death rates of the population who suffered from respiratory disease like emphysema, asthma, and pneumonia. The results were adjusted for smoking and seasonal fluctuations of some respiratory illnesses. Read more here: [Long-term dynamics of death rates of emphysema, asthma, and pneumonia](#)

2.) Are you giving your child the right dosage of medicine when he/she is sick? A new study conducted by the American Academy of Pediatrics suggests that about 40% of parents are not measuring correctly. The study found that a lot of confusion exists when using tablespoons and teaspoons, especially since their abbreviations look similar. Many also were using household spoons interchangeably instead of the syringe or device given to them at the pharmacy. Read more here: [Child medication measurements confuse parents](#)

3.) Alzheimer's Disease may have a lot to do with our lifestyle choices as we age. A Finnish study involving 1260 volunteers, aged 60-77, measured and found the combination of eating well, exercising, keeping mentally and socially engaged, and managing obesity, high blood pressure and diabetes can reduce someone's risk of memory decline. One scientist noted that people who simply took an after-dinner stroll three times a week in their 50s and 60s were less likely to suffer memory problems in their 80s, according to the study. The authors have also shown in past research that mental and social activities, such as reading books, going to Bible study, playing the piano and knitting can reduce the risk of memory loss. Read more here: [Lifestyle changes are key to easing Alzheimer's risk](#)

## Meatless Monday recipe: Summer Gazpacho

\*This recipe is calorie-friendly, vegetarian, diabetes-friendly, and gluten-free.\*

### Ingredients:

3 medium tomatoes, quartered  
1 medium green or yellow bell pepper, seeded and quartered  
1 small cucumber, cut in large pieces  
½ small red onion, coarsely chopped  
2 garlic cloves, smashed  
½ jalapeño pepper (optional)  
2 tablespoons chopped fresh basil leaves, or 2 teaspoons dried basil  
1 tablespoon chopped fresh oregano leaves, or 1 teaspoon dried oregano  
4 cups (32 ounces) low-sodium tomato or vegetable juice  
2 tablespoons red wine vinegar  
¼ teaspoon freshly-ground black pepper  
1 medium ripe avocado, peeled, seeded and sliced  
¼ cup crumbled feta cheese

### Preparation:

1. Place the tomatoes, bell pepper, cucumber, onion, garlic and jalapeño pepper in a large blender or food processor bowl. Add the basil and oregano. Pulse until coarsely chopped (but *not* puréed).
2. Transfer the tomato mixture to a large bowl.
3. Add the tomato or vegetable juice, vinegar and black pepper. Blend well.
4. Cover; refrigerate for 2 hours or overnight to chill and develop the flavors.
5. Pour into soup bowls or mugs. Top with the avocado and feta cheese.

### Nutritional info:

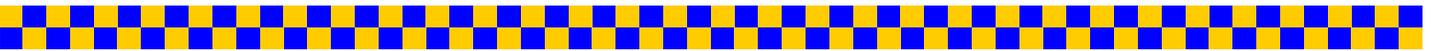
Serves 8. (Serving size: 1½ cups)

Calories: 100; Calories from fat: 45; Total fat: 5g;

Saturated fat: 1.5g; Trans fat: 0g; Cholesterol: 5mg;

Sodium: 150mg; Total carbohydrate: 13g; Dietary fiber:

4g; Sugars: 7g; Protein: 3g



\*\*Wise Moves members, **PLEASE** log your time in the Wise Moves database. Occasionally, **supervisors ask for paperwork documenting your time**. If you have questions about how to do this, please visit the Wise Moves page on the intranet or contact me. Thank you!\*\*

Please also note that if you would like a tutorial about any equipment available at the new Lentz fitness center, I will be available to help you in the next couple of months.

Creating conditions that support healthy eating and active living are key to the promotion of good overall health and the prevention of illness. The Wise Moves Wellness Program exists to support employees and the environment in which they work. If you have any questions about or are interested in more information about any of the content of this newsletter, or about the Wise Moves program, please contact:

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