



Dakota Wellness Program

JUNE 2023

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**Grilled pizza with summer
squash, feta, and basil**

Join Sanford Health Plan Wellness
team member for our monthly
15-minute wellness webinar.

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Sleep





Sleep is an essential function of the body that plays a crucial role in maintaining our physical and mental health. It is a natural process that allows the body to repair and rejuvenate itself. Despite its importance, many people underestimate the value of a good night's sleep and sacrifice it in order to keep up with their busy lifestyles. However, getting enough sleep is crucial for overall health and wellbeing.

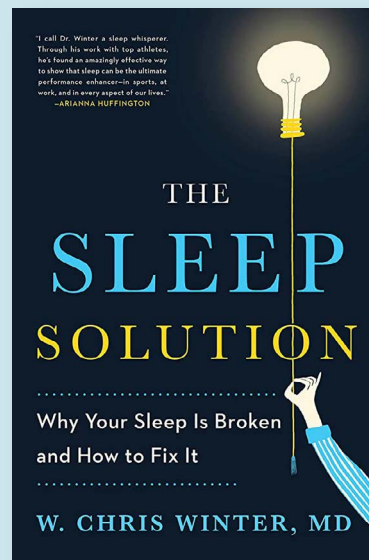
Benefits of sleep:

-  Improve brain function and cognitive performance, including memory, concentration, and creativity
-  Promote emotional stability and improve mood which may reduce the risk of depression and anxiety
-  Allows body to repair and restore itself, boosting immune function and reducing risk of chronic conditions

Improving sleep quality can be achieved through a variety of lifestyle changes and habits. One important factor is creating a relaxing bedtime routine, such as taking a warm bath or reading a book, which can help signal to the body that it's time to wind down. Additionally, avoiding caffeine and alcohol before bed, as well as minimizing exposure to screens and bright lights, can help prepare the body for sleep.

Other tips:

-  Keep a consistent sleep schedule
-  Create/maintain a comfortable sleep environment
-  Engage in regular exercise
-  Manage stress levels



Book Club

The Sleep Solution: Why Your Sleep is Broken and How to Fix It

by **W. Chris Winter, MD**

The Sleep Solution is an exciting journey of sleep self-discovery and understanding that will help you custom design specific interventions to fit your lifestyle. Drawing on his twenty-four years of experience within the field, neurologist and sleep expert W. Chris Winter will help you...

- Understand how sleep works and the ways in which food, light, and other activities act to help or hurt the process
- Learn why sleeping pills are so often misunderstood and used incorrectly—and how you can achieve your best sleep without them
- Incorporate sleep and napping into your life—whether you are a shift worker, student, or overcommitted parent
- Think outside the box to better understand ways to treat a multitude of conditions—from insomnia to sleep apnea to restless leg syndrome and circadian sleep disorders
- Wade through the ever-changing sea of sleep technology and understand its value as it relates to your own sleep struggles

DISCUSSION QUESTIONS

1. What are some tips and strategies from the book that you can incorporate to improve sleep hygiene? Do you anticipate any challenges?
2. What roles do technology and screens play in disrupting your sleep? What can you do to mitigate their effects?
3. What are some of the psychological and emotional benefits of adequate sleep, and how can we cultivate a positive mindset towards sleep?

Ask the Expert

Registered Dietitian

Question: Aside from water, what are other ways I can add fluid to my diet?

Fluids are essential for maintaining good health. They play a vital role in various bodily functions such as digestion, circulation, and waste elimination. Adequate fluid intake is also important for regulating body temperature, preventing dehydration, and maintaining healthy skin. Here are some ways to add fluids to your diet:

Soups and low-sodium broths

These can be low in calories and high in nutrients, making them a healthy addition to your diet.

Fruits and vegetables

Choose fruits and vegetables with high water content, such as cucumbers, watermelon, oranges, and tomatoes. These can help hydrate you while also providing important vitamins and minerals.

Smoothies

Smoothies are a great way to add fluids to your diet while also getting a serving of fruit or vegetables. You can blend together ingredients like spinach, berries, and milk or yogurt to make a delicious and hydrating drink.

Herbal teas

Herbal teas like chamomile or peppermint can be a great way to add fluid. You can also try adding a slice of lemon or honey for flavor.

Men's Health

It is important to maintain a healthy diet and movement to prevent chronic disease and improve quality of life. What should men focus on specifically?

Men have a higher risk for heart disease, so following a heart healthy diet can reduce your risk throughout the lifespan. This includes a diet high in fruits, vegetables, lean protein, mostly unsaturated fat, and whole grains. Diets high in saturated fat and salt can increase blood pressure as well as the risk for heart disease.

Try cooking with more herbs or spices and removing salt from the dinner table. Or try limiting red meat consumption to once per week and cooking with olive oil rather than butter to decrease saturated fat intake.

Additionally, men have a higher skeletal muscle mass on average, so it is important to ensure that enough protein is consumed to repair and maintain muscle. The higher muscle mass also requires a higher caloric intake. Visit with a registered dietitian to discuss specific calorie and protein needs to best fit your lifestyle, activity level, and wellness goals.



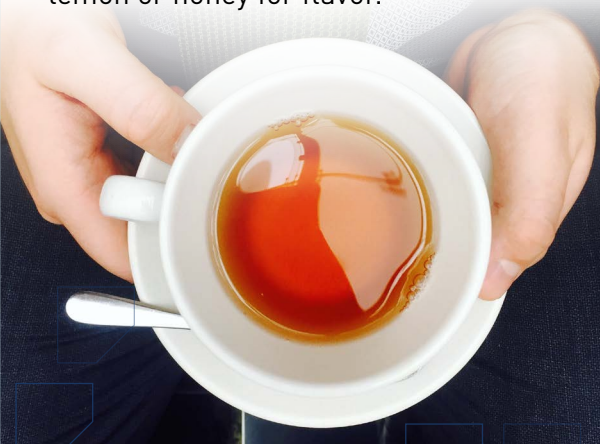
Finding a hobby

Finding a new hobby can be an exciting and fulfilling experience. Whether you're looking to explore a new interest or simply want to find a new way to spend your free time, there are many ways to discover new hobbies.

First, think about what interests you. Consider the things you enjoy doing or learning about in your spare time. This could include anything from reading and writing to sports and outdoor activities. Once you have a few ideas, do some research online or in your local community to find clubs or groups that share your interests.

Another way to find a new hobby is to try something new. Attend a class or workshop on a topic you've always been curious about, or pick up a new skill by watching online tutorials or reading books. Don't be afraid to step out of your comfort zone and try something completely new.

Make sure to consider the resources you already have available. Look around your home or workplace for inspiration, and think about how you could use what you have to start a new hobby. You might find that you already have everything you need to get started on a new project.



Preventive Health

Skin Cancer Prevention

As the summer season approaches and the weather warms up, we will be outside exposing our skin to the sun. This puts us at risk for skin damage and the possibility of developing skin cancer. In the United States, skin cancer is the most common cancer.

Here are some tips that will help protect your skin while you are outside:

- Wear clothing that protects you from the sun, such as a lightweight long sleeve shirt, a wide brimmed hat, lightweight pants and sunglasses that protect your eyes from UVA and UVB rays.
- Use a broad-spectrum sunscreen that has an SPF of 15 or greater. Reapply the sunscreen every two hours or after swimming or perspiring.
- Find shade when possible. Remember the sun's rays are the strongest between 10 a.m. and 4 p.m.
- Avoid tanning beds. Tanning beds operate with UV lights that can damage your skin and could possibly lead to cancer.
- Always self-check your skin. If you notice any changes, speak with your primary care physician.



Grilled pizza with summer squash, feta, and basil

Servings per recipe: 4

Ingredients:

- 1 lb. whole-wheat pizza dough
- ½ C roasted red pepper hummus
- 2 C thinly sliced summer squash
- 1 C crumbled feta cheese
- ½ C sliced fresh basil
- Ground pepper to taste

Directions:

Preheat grill to medium-high. Roll dough into a 12-inch oval on a lightly floured surface. Transfer to a lightly floured large baking sheet. Bring the dough, hummus, squash and feta to the grill. Oil the grill rack. Transfer the crust to the grill. Close the lid and cook until puffed and lightly browned, 1 to 2 minutes. Using tongs, turn the crust over. Spread the pizza with the hummus and top with the squash and the feta. Close the lid and cook until the cheese is melted and the crust is lightly browned on the bottom, 2 to 3 minutes more. Return the pizza to the baking sheet. Top with basil and pepper, if desired.

Nutrition Facts:

Calories: 418 | Total fat: 19g | Saturated Fat: 7g
Total Carbohydrate: 51g | Dietary Fiber: 4g |
Total Protein: 16g | Sodium: 796mg
Nutrition information compiled using MyNetDiary.com



Monthly Observances

Great outdoors

Migraine and headache

Post-traumatic stress disorder

Safety

4 - Cancer survivor

10 - Family health and fitness

12-18 - Men's health

QUICK LINKS

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