



Dakota Wellness Program

OCTOBER 2023

Inside this issue...

Rest, relaxation and exercise

Monthly book club

Ask the expert

Relaxation ideas

Preventive health

Indian spiced pumpkin apple soup

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

Click here to register today!



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RETIREMENT SYSTEM

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HEALTH PLAN

Rest, Relaxation and Exercise

We often get lost in our go-go-go lifestyle and fail to intentionally slow down, take a break and nourish our mind and body with meaningful rest. Our bodies are designed to need rest, which includes but is not limited to just sleep.

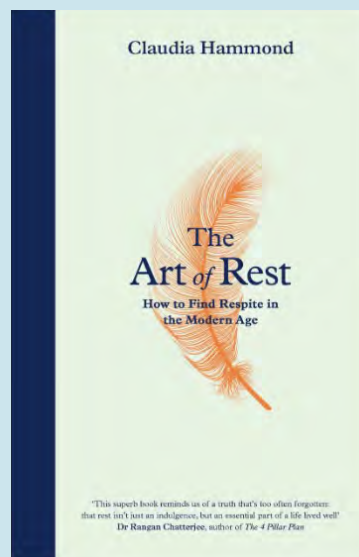
Rest means taking time for yourself which can make a difference in how healthy you are in general and how well you cope with change. Hitting the pause button allows us to focus on the present moment, gain clarity on our goals, a vital component in being productive.

HEALTHY SLEEP consists of duration, quality, timing and regularity, and excludes sleep disturbances or disorders. Our bodies undergo a variety of physiological processes that help to repair and rejuvenate cells, tissues, and muscles while we sleep. The American Academy of Sleep Medicine recommends that adults should sleep seven hours or more per night on a regular basis to promote optimal health.

Making time to unwind and enjoy life is also an important part of maintaining good health. **RELAXATION** techniques like meditation not only relieve stress and anxiety, but also is shown to improve mood, decrease blood pressure, relieve pain, and improve your immune and cardiovascular system.

Getting the appropriate amount of **EXERCISE** benefits nearly all aspects of a person's health. Not only does exercise help control weight it also improves mental health, mood, chances of living longer, and the strength of your bones and muscles.

Doing something is better than doing nothing, so start small and increase the frequency, duration and intensity of physical activity gradually over time.



Book Club

The Art of Rest: How to Find Respite in the Modern Age by Claudia Hammond

Today busyness has become a badge of honor. We want to say we're busy, yet at the same time we feel exhausted. Instead, we should start taking rest seriously as a method of self-care and this book can help us to work out how.

The Art of Rest draws on ground-breaking research Claudia Hammond collaborated on 'The Rest Test' - the largest global survey into rest ever undertaken, which was completed by 18,000 people across 135 different countries. Much of value has been written about sleep, but rest is different; it is how we unwind, calm our minds, and recharge our bodies. And, as the survey revealed, how much rest you get is directly linked to your sense of well-being.

Counting down through the top ten activities which people find most restful, Hammond explains why rest matters, examines the science behind the results to establish what really works, and offers a roadmap for a new, more restful and balanced life.

DISCUSSION QUESTIONS

1. Which insights caused you to pause and reflect?
2. How has rest (or lack thereof) impacted your well-being?
3. What is one activity you will incorporate in your pursuit of a more restful life?

Ask the Expert

Question:

What are the benefits of establishing care with a primary care provider (PCP)?



PCPs are trained to treat multiple physical, mental and emotional health issues. A PCP can also refer patients to specialists as needed.



PCPs can help manage chronic diseases such as diabetes, depression or heart disease, by organizing and monitoring medications and treatment plans.



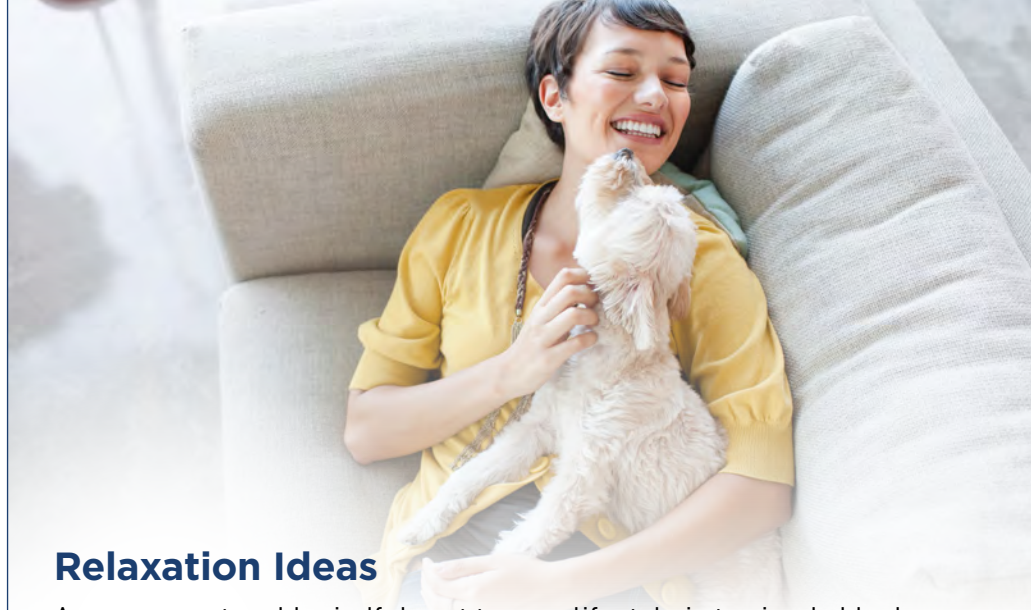
Having a primary care provider that you trust is key as it creates a bond that is essential for addressing both health concerns and questions.



Scheduling an annual wellness visit with your PCP provides an opportunity to discuss any concerns or changes in your health and to ensure that you are taking all the necessary steps to stay healthy.



PCPs can help coordinate and schedule preventive care and screenings. These services can help prevent illnesses and detect problems early on.



Relaxation Ideas

An easy way to add mindful rest to your lifestyle is to simply block off a few minutes on your calendar, just as you would a meeting or appointment. Then find relaxation techniques that work for you. Regardless of how you choose to rest, including these daily behaviors can help you recover and recharge.

5 minutes:

- Take a lap around your home or office
- Listen to a feel-good song
- Watch the sunrise or sunset
- Make yourself a cup of tea
- Doodle
- Practice chair yoga
- Try a new essential oil in your diffuser

10 minutes:

- Give your pet some attention
- Practice a five senses exercise to stay grounded
- Use a foam roller to release tension in your muscles
- Go for a walk or dance
- Do a body scan meditation
- Color, watercolor or paint by numbers
- Take photos of things around your home

30 minutes:

- Get your heart rate up - thirty minutes is enough time to go for a brisk walk, a run, or a bike ride
- Research a new recipe to try on the weekend
- Do a crossword puzzle
- Take a bath or just soak your feet
- Go on a coffee date with a friend
- Roll out your yoga mat and try some stress-relieving body work or deeper meditation
- Curl up with a good book or listen to an audiobook or podcast
- Bake a cake, cookies, a loaf of sourdough, or a pan of brownies
- Play a game

Preventive Health

Oral Health

Good oral health is essential for our overall wellbeing, since it is the doorway to our body, leading to our respiratory and digestive tracts. However, poor oral hygiene can lead to harmful bacteria growth, resulting in tooth decay and gum disease.

Ways to protect oral health:

- Brush teeth twice a day with fluoride toothpaste
- Floss Daily. It removes bacteria that brushing alone cannot, cleaning up to 40% more of your teeth
- Mouthwash should be used in addition to regular brushing in order to keep teeth and gums healthy and protected
- Eat a healthy diet and cut down on sugary drinks and food. Sugary food items can break down enamel on teeth, causing tooth decay
- Replace your toothbrush every three months or sooner if bristles are splayed or worn.
- Chew sugar-free gum to produce more saliva and remove plaque from teeth, keeping mouth hydrated
- Avoid tobacco use
- See a dentist regularly. Regular dental visits will keep your teeth and gums healthy

Indian Spiced Pumpkin Apple Soup

Servings per recipe: 4
Serving Size: 1 cup

Ingredients:

1 teaspoon canola or corn oil	broth
2 peeled apples, such as Fuji or Gala, chopped into 1-inch pieces	1 tablespoon garam masala
1 medium onion, chopped into 1-inch pieces	1/4 teaspoon cinnamon OR 1/4 teaspoon curry powder
1/4 cup water, up to 1/4 cup water and 1/2 cup water, divided use	1/2 cup fat-free milk
2 cups canned solid-pack pumpkin (not pie filling)	1/4 cup fat-free sour cream (optional)
1 1/2 cups fat-free, low-sodium vegetable	1 tablespoon plus 1 teaspoon unsalted shelled pumpkin seeds, dry-roasted

Instructions:

1. In a medium saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the apples and onion for 5 minutes, or until soft, stirring frequently.
2. Pour in 1/4 cup water. Cook, covered, for 7 minutes, or until the apples and onion are very soft, uncovering only once or twice to add 2 tablespoons of water as needed to prevent sticking (adding no more than 1/4 cup water total).
3. Gently stir in the pumpkin, broth, garam masala, cinnamon and remaining 1/2 cup water. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 10 minutes.
4. In a food processor or blender (vent the blender lid), process the soup in batches for 10 to 15 seconds, or until slightly chunky. Carefully return to the pan.
5. Slowly pour in the milk, stirring until blended. Cook over medium heat for 30 seconds, or until heated through.
6. Garnish each serving with the sour cream and pumpkin seeds.

Nutrition Facts: Calories: 129 | Total fat: 3g | Saturated Fat: 0.5g
Saturated Fat: 0.5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g
Cholesterol: 1mg | Sodium: 30mg | Total Carbohydrate: 25g | Sugars: 16g
Dietary Fiber: 7g | Added Sugars: 0g | Protein: 5g
Dietary Exchanges: 1 fruit, 2 vegetable, 1/2 fat

Monthly Observances

National Breast Cancer Awareness Month

Healthy Lung Month

National Dental Hygiene Month

Eye Injury Prevention Month

Health Literacy Month

National Primary Care Week: October 1-7

National Physician Assistant Week: October 6-12

Respiratory Care Week: October 22-28

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