January-February 2016

Winning@Wellness

For many of us, New Year's resolutions are grandly made and easily broken. Why? Because a resolution is just that–a decision. To make a life change you need more than a decision. You need a plan. The plan is the guide to put your decision into action so you can reach your goal. It's up to you to take the steps to get closer to your goal. Learning how to set these goals takes practice.

If you have made some resolutions for 2016 and need some help making them stick, visit these sites for some tips.

10 Ways to Make your New Year's Resolution Stick

Making Your New Year's Resolution Stick

Source: WebMD, APA.org

Healthy Hashtags – State Park Challenge

Don't let the cold weather keep you from being active! Take advantage of the beautiful state parks Missouri has to offer and go for a scenic walk or jog. Tweet or post about your experience using #StriveStateParkChallenge.

Check out this short Healthy Moments video!

Source: *Strive for Wellness*

Tips to Prevent Brain Injury in Missouri's Changing Weather

Missouri's weather is unpredictable and winter can make getting around hazardous. In 2013, 16,065 Missourians reported suffering a Traumatic Brain Injury (TBI). 7,783 of those TBI's were the result of falls. To avoid falls and possible head injuries it is important to think ahead and take precautions, especially when the weather poses challenges. Here are some tips for avoiding falls and head injuries when Missouri's weather is being less than friendly.

Avoid going outside in severe weather if possible.
If you do have to go out...

- ~**Plan ahead**; give yourself plenty of extra time when weather is uncooperative (ice, snow, sleet, etc.).
- ~**Wear shoes with good traction** that fit well.
- ~**Keep sidewalks and driveways cleared**, and use salt or deicer as necessary.
- ~**Wear protective head gear** when engaging in risky activities such as sledding, ice-skating, biking, or contact sports.
- ~**Keep roofs over entrances and walk-ways free from snow and ice** to prevent TBI's caused by falling ice.

As with most illnesses and injuries, when it comes to TBIs, an ounce of prevention is worth a pound of cure. TBI's can cause serious long term deficits. Stay alert to changing weather, plan ahead, and exercise caution in challenging weather. For more information check out these links:

http://health.mo.gov/living/healthcondiseases/tbi/relatedlinks.php
http://health.mo.gov//living/families/shcn/ahi.php
http://www.mentalhealth.va.gov/docs/tbi.pdf
http://www.traumaticbraininjury.net/winter-tips-for-protecting-yourself-from-brain-injury
http://www.cdc.gov/features/olderamericans/

Seasonal Affective Disorder (SAD) is a type of depression that is tied to seasons of the year. Most people with SAD are depressed only during the late fall and winter (sometimes called the "winter blues") and not during the spring and summer. A small number, however, are depressed only during the late spring and summer.

Like all types of depression SAD can have a devastating effect on a person's life. Fortunately, most people with SAD can be helped with available therapies.

For more information on this type of depression check out :
http://www.webmd.com/mental-health/tc/seasonal-affective-disorder-sad-topic-overview
or http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-20021047

Know your Blood Pressure Numbers

Often wonder what the top and the bottom blood pressure numbers mean? Doctors call them systolic (the top number) and diastolic (the bottom number) blood pressure.

Knowing both your systolic and diastolic blood pressure numbers is important and could save your life.

The DHSS Worksite Wellness Committee sponsors a blood pressure self-monitoring program by providing blood pressure kits in DHSS locations throughout the state. To see if there is a kit in your building, check out our Blood Pressure Checks page.

The American Heart Association provides information about understanding blood pressure readings.

Apple Bread Pudding

Whole grain bread, apples, and cinnamon make a sweet dessert that is healthy too. Serve warm and enjoy with a glass of skim or low-fat milk!

For more heart healthy recipes visit heart.org/simplecooking.

Source: American Heart Association

Sodium Myths and Facts for Kids Infographic

The science is clear...our kids eat more sodium than what is safe and recommended.

Check out this new infographic to learn more!

Source: American Heart Association