



STRESS MANAGEMENT & EMOTIONAL WELLBEING

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Course Instructor



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Technical Difficulties

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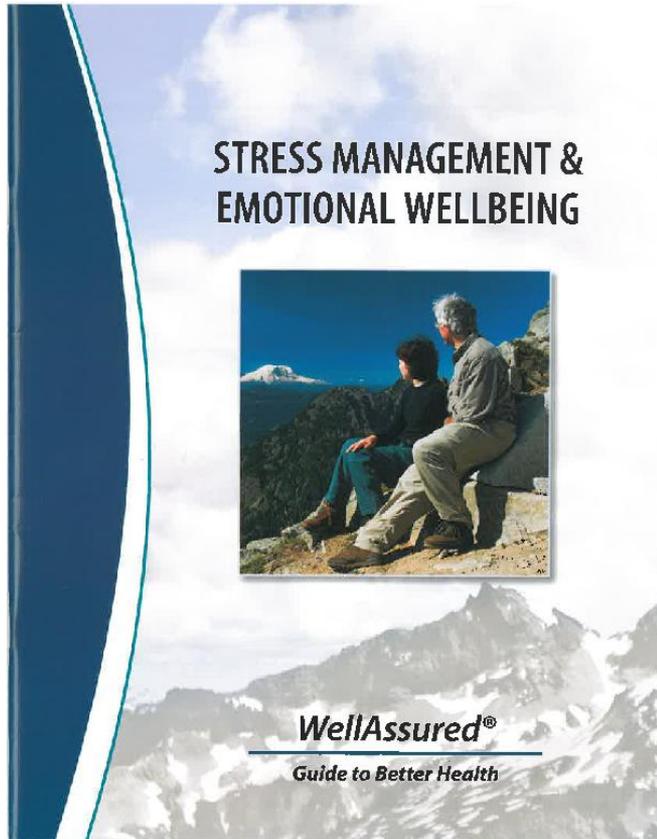


Questions

- You may raise your hand and type your question.
- All questions will be answered at the end of the webinar to save time.



Participant Resource



- ❏ Please use this participant guide throughout the duration of this course.
- ❏ Please see the instructor or your HR representative if you do not have a copy.

Stress and Diet

❏ Stress can negatively affect our diet

❏ Diet can positively affect our stress level



Diet Assessment

❏ How did you score?

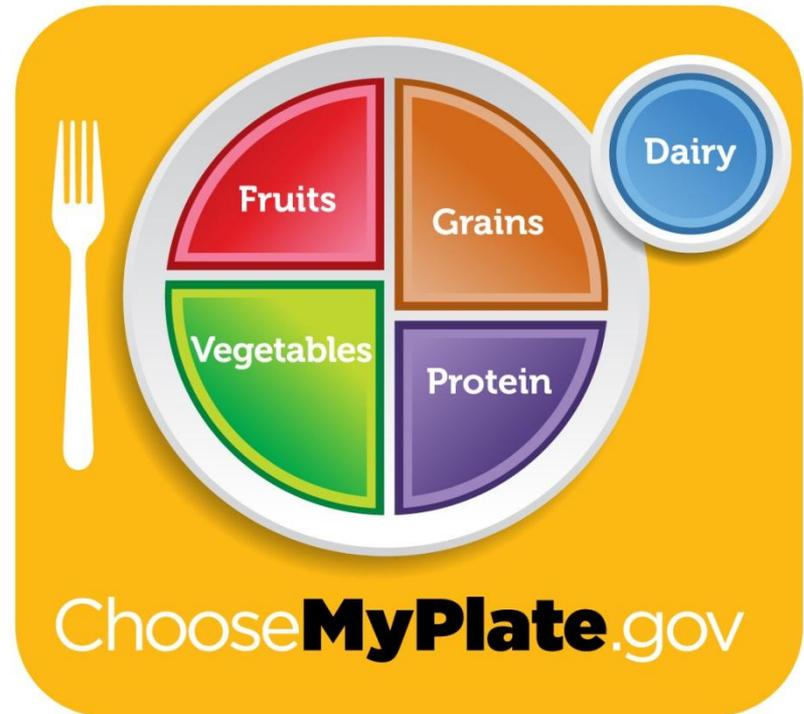
❏ What nutrition goal will you work on?



USDA Recommendations

ChooseMyPlate Food Guide

Emphasizes the varied needs of people of different gender, as well as the importance of physical activity



Healthy Eating in a Nutshell

- Practice good eating habits
 - Don't skip meals
 - Eat small meals and healthy snacks
 - Always eat breakfast
 - Try to eat a hot meal everyday
 - Balance protein, carbs and fats
 - Drink plenty of water
- Eat in a quiet, relaxed setting



Why We Crave Junk Food

 Habit

 Association

 Restriction

 Emotional Eating



Diet for Stress-Management

Add to Diet

-  Complex Carbohydrates
-  Omega-3s
-  Vitamin C
-  Magnesium
-  Calcium
-  Nuts and Seeds
-  Chocolate



Diet for Stress-Management

- ❌ Reduce from Diet
 - ❌ Simple Carbohydrates
 - ❌ Alcohol
 - ❌ Caffeine



Carbohydrates

- Carbohydrates stimulate serotonin
- Complex is better than simple carbohydrates



Omega-3s

- ❏ Can prevent surge of stress hormones
- ❏ Can help with depression
- ❏ Omega-3 foods
 - ❏ Herring, mackerel, salmon
 - ❏ Walnuts
 - ❏ Olive Oil
 - ❏ Pasture-raised meat & eggs
 - ❏ Flax seed
 - ❏ Omega-3 fortified foods



Vitamin C

- Boosts the immune system

- Many choices

 - Citrus

 - Cantaloupe

 - Brussel Sprouts

 - Strawberries

 - Kiwi

 - Sweet Red and Green Peppers



Magnesium

- ❖ Too little magnesium may trigger headaches and fatigue
- ❖ Foods high in magnesium
 - ❖ Nuts
 - ❖ Legumes
 - ❖ Green leafy vegetables
 - ❖ Tofu



Calcium

- Depleted during times of stress
- Helps reduce anxiety and mood swings related to PMS



Nuts and Seeds

➤ Nutrient rich food

➤ Good fat

➤ Healthy snack

➤ Almonds

➤ Walnuts

➤ Sunflower seeds

➤ Flax seed



Chocolate

Research has shown that dark chocolate in moderation can reduce stress hormones.



Alcohol and Caffeine

❏ They often seem like a good idea at the time but they do not reduce stress

❏ Moderation is key

❏ Benefits of black tea



Questions, Comments



Thank You

If you have any questions or comments following this presentation, please contact

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Read questions. For each YES, give yourself the total points indicated in parentheses. For each NO, score zero points for that question.

1. YES or NO Are mealtimes relaxed, pleasant? (10)
2. YES or NO Do you eat breakfast daily? (5)
3. YES or NO Do you avoid overeating at night? (4)
4. YES or NO Do you limit coffee, tea, colas to two servings or fewer daily?
(5)
5. YES or NO Do you limit or avoid sugar? (5)
6. YES or NO Do you eat several small meals and snacks, rather than one or two large meals or sporadically? (10)
7. YES or NO Do you plan ahead to avoid filling up on junk foods? (3)
8. YES or NO Do you limit alcohol intake to five drinks or fewer each week?
(3)
9. YES or NO Does most of your protein come from legumes, chicken, fish or other lean meats? (3)
10. YES or NO Do you limit high-fat foods such as fatty meats, whole-fat dairy products, fried foods, chips, butter/margarine, and other high fat snacks? (5)
11. YES or NO Do your meals reflect an emphasis on vegetables, fruits, and whole grains? (7)
12. YES or NO Do you get at least 3-4 daily servings of bread, cereals, and pastas from whole grains? (4)
13. YES or NO Do you eat at least five servings of fruits and vegetables? (3)
14. YES or NO Do you include at least two vitamin C rich foods in your daily diet? (citrus, kiwi, cantaloupe, strawberries, broccoli, etc.) (5)
15. YES or NO Do you consume at least one dark green leafy or deep orange vegetable (broccoli, spinach, kale, carrot, winter squash, sweet potato) daily?
(5)
16. YES or NO Do you select at least 2-3 servings of low fat dairy products or other calcium rich foods daily? (5)
17. YES or NO Do you limit your intake of fast foods? (3)

18. YES or NO Do you drink at least 5-6 glasses of water each day? (5)
19. YES or NO Do you take a moderate-dose multi vitamin and mineral supplement (e.g., "One a Day")? (3)
20. YES or NO Do you keep yourself appropriately fueled by eating when you are hungry and stopping when satisfied or full? (5)

Scoring

Possible total: 100 points. Your initial goal should be a passing grade of 75-not a perfect score-with a plan to keep getting better.

Below 75 points

Make changes now to improve your diet to better cope with stress. Choose at least one nutrition goal to work on.

Between 75-90 points

You have a reasonably good diet that should help cushion the harmful effects of daily tension.

Greater than 90

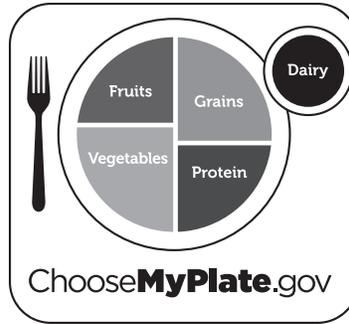
Shows you take the time to care for yourself, even when the going gets rough.

Source: <http://www.uhs.uga.edu/stress/dietassess.html>

Adapted from *Food and Mood: The Complete Guide to Eating Well and Feeling Your Best*, by Elizabeth Somer

Dietary Guidelines

MyPlate Food Guide



GRAINS

Eat 6 oz or 6 servings every day

- Eat at least 3 oz (3 servings) of whole-grain cereals, breads, crackers, rice, or pasta daily
- 1 oz is 1 slice of bread, 1 cup of cereal, or ½ cup of cooked brown rice, whole-grain cereal, or pasta

VEGETABLES

Eat 2½ cups or 5 servings every day

- Eat more dark leafy greens like broccoli and spinach
- Eat more orange vegetables like carrots and sweet potatoes
- Eat more dry beans (peas, pinto beans, kidney beans, and lentils)
- A serving is: ½ cup cooked, 1 cup salad or raw veggies

FRUITS

Eat 2 cups or 4 servings every day

- Eat a variety of fruit
- Get most of your fruit from whole fruits, not juices
- A serving is: 6 oz fruit juice, 1 medium fruit, ½ cup cooked fruit

FATS, SUGARS & SALT (SODIUM)

- Get most of your fat sources from vegetable oils, nuts, avocados, and fish
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients
- Eat plenty of dietary fiber: 25 g/day for women, and 38 g/day for men
- Limit sodium to less than 2,400 mg/day – 1,500 mg/day if your blood pressure is high
- Check nutrition labels to make sure your sodium, saturated fats, and trans fats are low

MILK & DAIRY

Drink/eat 1-2 servings every day

- Choose low-fat or fat-free milk, yogurt, cheese and other milk products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as foods and beverages fortified with calcium and vitamin B-12 (e.g. soymilk)
- A serving is: 1 cup milk, yogurt, fortified soymilk, or low-fat cheese; ½ cup low-fat cottage cheese

PROTEIN FOODS (MEAT & BEANS)

Eat 6 oz or 2-3 servings every day

- Emphasize plant proteins – choose beans (pinto beans, kidney beans, lentils, soy, split peas, hummus, etc.), tofu, vegetable protein, nuts, and seeds
- Choose fish and low-fat or lean meats and poultry
- Instead of frying meat, roast or broil it
- A serving is: 1 oz nuts or seeds; ½ cup beans, peas, lentils; 1-2 oz lean meat; 1 egg

*If you are very active, choose the larger serving recommendations. Recommendations from **ChooseMyPlate.gov** and NIH DASH diet*

Other Nutrition and Health Guidelines

- **Avoid alcohol.** If you do drink, limit yourself to no more than 1 or 2 drinks per day. One drink is defined as 12 ounces of beer, 5 ounces of wine, or 1½ ounces of distilled liquor.
You shouldn't drink at all if you are:
 - Taking medications
 - Pregnant or planning to conceive
 - Planning to drive or participate in activities requiring clear judgment
 - Unable to keep drinking within moderate limits
- **Multiple vitamins**
Most persons may benefit from a daily supplement. Calcium may also be helpful for non-dairy users.
- **Water**
Drink plenty of water, at least 5 to 8 glasses daily.
- **Physical activity**
Aim for 30–60 minutes of moderate activity/day, such as brisk walking.
- **Salt**
Use salt moderately. Limit sodium to 1,500 mg/day; especially important if blood pressure is high.
- **Plant foods**
Eating a variety of whole grains, fruits, and vegetables is the basis of healthy eating. (US Dietary Guidelines)
- **Weight**
Maintain a healthy weight, BMI <25, Waist <33 inches women, <35 inches men

