

Health & Wellness TIPS

Trends ~ Information ~ Prevention Strategies



Finding Balance in an Unbalanced World

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Summer is a great time to decompress and enjoy a somewhat slower pace than the rest of the year. Children are out of school and many of us go on vacation during these warmer months. The days are longer and warmer allowing for more opportunity to get outside and enjoy nature and other people. All of these of good things!

Recently I have spoken to many people who are feeling out of balance, ungrounded or anxious. It seems that many are being thrown off balance by external events that are creating an underlying sense of instability. The tragic events in Florida, the contentiousness of the upcoming election and the uncertainty of the economy along with other international turmoil are all factors adding to the stress. While the outcome of these events are mostly out of our control, we can become attached to the negative energy surrounding them and it can impact our well-being, focus and energy. Restoring balance is a process which begins with awareness and leads to action.

Steps to Restore Balance

Awareness: Before you can restore

balance it is important to determine which areas of your life are out of whack. Common areas are work, home, health, relationships, fun, finances or spirituality. Perhaps it is one of these factors or a combination of several. Once you gain awareness about where it is coming from you can begin to make changes that will help you find your equilibrium.

Determine what is in your control:

Determining what is in our control to change and what is not is the next step. For example, we cannot control the negative events in the world but we can control our reaction and response. We can limit how much news we read or watch or how much exposure we have to social media. If events or people are out of our control to change and we continually attempt to do so, we will become frustrated and anxious by our inability to succeed. Letting go of what we cannot control helps us relax.

Minimize exposure to toxic people, places and things: Often we do not realize that external factors are draining us. Are there people or events that seem to suck the energy from your body and mind? If so, try limiting the exposure or setting personal boundaries can be helpful. For example, we might have a co-worker who constantly tries to

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engage us in uncomfortable political discussion. In this situation we can politely but firmly tell them that we don't discuss politics in the office and then change the subject. Humor can work if the situation is uncomfortable. If the attempts continue, remind them of your policy and remove yourself if possible.

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For more information on a free workshop on **Finding Balance** please call (302)584-5521 or email me at lizbrowncoaching@gmail.com. For additional resources check out my website www.bewelllifecoaching.com.

Finding Balance in an Unbalanced World (cont.)

Pay attention to your health: During times of stress we often ignore our health and well-being which further contributes to our lack of balance. Prioritize self-care by getting enough sleep, eating healthy and regular meals, sticking with exercise that is enjoyable and gives you energy. Having fun might also be low on the priority list when we feel stress. Doing something to lighten the mood even if we don't feel like it can be very helpful. Even something as simple as taking five minutes and watching a humorous video can make us laugh or smile which helps shift our perspective.

Find time for quiet: When we feel out of balance taking a few minutes or longer to get quiet and relax will help

restore equilibrium. Try a simple breathing exercise like "breathing in I create space in my body and mind, breathing out I release tension in my body and mind" to shift energy and focus. Go outside and connect with nature if that is an option.

Connect with your support system: Spend time talking to those who you trust and share how you are feeling. Feeling isolated or alone will increase stress. Perspective from a trusted and supportive person or group will help us restore balance. If it is not possible to visit with your support, find time for a call. Seek the help and support of a therapist, coach or clergy member if needed. As the saying goes "A pain shared is a pain halved."

Summer Safety: Avoid Heat Exhaustion & Heat Stroke

It's no secret that all over the country warm weather is upon us. In some places, like the east coast, the weather has been down right hot for this time of year. I guess its safe to say that summer is here and that means its time for days and days of hot weather. Its nice to have some warm weather where the days can be spent playing outside and going swimming but with warm and hot, unseasonably hot, weather there is a danger that you need to watch out for.

When the weather gets hot and people are outside being active and having fun, they can be effected by heat exhaustion and heat stroke. Both of these conditions occur when the body over heats. Normally, the body controls its temperature very well and, when it gets too hot, the body will produce sweat, which will evaporate off the skin and cool the body. But when the temperature gets extremely hot, the humidity is high or a person is vigorously active under the hot sun, the body loses its ability to cool itself down and heat exhaustion or heat stroke can occur. Another major cause of heat exhaustion and heat stroke is dehydration. When a person is dehydrated, the body can not produce sweat fast enough to keep itself cool and it will over heat.

What You Need To Know About Heat Exhaustion And Heat Stroke People that are the most susceptible to these conditions are infants, the elderly, especially those with chronic health conditions like heart and

lung disease, athletes, and those that work under the hot sun for multiple hours are at time.

Some of the signs and symptoms of heat exhaustion:

- Nausea
- Vomiting
- Fatigue
- Weakness
- Headache
- Muscle cramps
- Dizziness

It is important to know that a person suffering from heat exhaustion can have skin that feels cool and wet to the touch but really they are over-heating. Their breathing will be rapid and shallow and their heart rate will be very fast. It is important to treat heat exhaustion quickly for it can rapidly develop into heat stroke, a very serious condition that requires medical attention.

To treat heat exhaustion, simply cool off the person. This can be done by getting them to drink a cool, non-alcoholic beverage, bringing them into an air-conditioned place, have them take a cool shower or swim, remove heavy clothes and/or having them rest. The symptoms should go away once the person is cooled down, but, if they last more than an hour, medical attention should be sought.

Summer Safety: Avoid Heat Exhaustion & Heat Stroke (cont.)

As stated earlier, heat stroke is a serious medical condition that can lead to death if it is not treated immediately.

Signs and symptoms of heat stroke include:

- High body temperature
- Absence of sweating with hot red or flushed dry skin
- Rapid heart rate
- Difficulty breathing, shortness of breath
- Strange behavior such as hallucinations, confusion, agitation, and disorientation
- Seizure
- Fainting, and/or unresponsiveness.

During a heat stroke, the body's temperature can reach levels of 106 degrees and needs to be cooled down. If you suspect heat stroke, call 911 immediately and while you wait for help, cool the person down by placing them in a cool shady place, remove all heavy clothing, spray the person with a light mist of cool water, fan the person to treat and create evaporation, which will help cool the skin. If the person is unresponsive, don't try to get them to drink

since this may cause choking. If it is possible, take the person's temperature with a thermometer and don't stop cooling until the person reaches 101-102 degrees.

With proper treatment and returning the body temperature to a normal level, a person can survive heat exhaustion and heat stroke just fine. Summer is fun. I want you to have a good time outside in the warm/hot weather, but just know the signs and symptoms for heat stroke and heat exhaustion and do your best to prevent them by:

- Staying hydrated and replacing electrolytes with sports drinks during times of high physical activity
- Taking breaks for re-hydration when spending long periods in the sun
- Wearing light weight, flowing clothes
- Resting when possible

Hot weather is what summer is all about, so let's enjoy it and stay safe!

Source: <http://www.thesitsgirls.com/ask-the-expert/stay-safe-this-summer-how-to-avoid-heat-exhaustion-and-heat-stroke/>

Fight the Bite: Summer Bug Safety

Whether you garden, camp, hike or bike – however you work or play outdoors – take steps to “fight the bite” of annoying insects and bugs with these summer bug safety tips.

Bug Safety: Ticks and Mosquitoes

Ticks and mosquitoes are two bugs that carry bacteria, viruses and parasites which can cause serious illnesses, most notably Lyme disease and the West Nile Virus.

While many people may think that ticks aren't found in their yards or near their homes, this isn't true. Ticks can easily be part of the landscape around your home or where you work. They live in moist and humid environments. Wooded and grassy areas are prime locations.

Take a look at the areas where you work and where your kids play: is it a wooded area thick with brush and leaves

or is it a well-maintained area?

Keep ticks away from recreational and play areas by:

- Clearing tall grasses and brush around your home; in the fall, remove leaf litter.
- Placing wood chips or gravel between lawns and wooded areas.

Another area to avoid includes stagnant pools of water and mud puddles ... perfect breeding grounds for mosquitoes, especially those carrying the West Nile Virus.

Bug Safety

- Be aware of your surroundings and know where to expect different types of bugs and insects.
- The safest bug repellent is wearing the proper clothing – a full-brimmed hat, covered wrists and

Fight the Bite (cont.)

- ankles, pant bottoms stuffed into socks. Avoid dressing in bright colors or flowery prints
- Depending on your outdoor activity, wear gloves.
 - Use protective netting around sleeping and eating areas.
 - Avoid using combination sunscreen and insect repellent products. Sunscreen should be reapplied every two hours; however, insect repellent doesn't need to be reapplied.
 - When using both sunscreen and repellent, apply the sunscreen 30 minutes before applying any insect repellent.
 - The most commonly used insect repellents contain DEET. The CDC recommendation for children older than 2 months is to use repellent with 10% to 30% DEET – 10% provides protection for about 2 hours and 30% for about 5 hours.
 - Permethrin can be used to treat books, clothing and camping gear and remains protective through several washings.
 - Don't use scented soaps, perfumes or sprays.
- Don't forget to protect pets, too. A flea and tick program will prevent them from carrying these insects inside the home. Children can also get roundworm and hookworm from the ground contaminated by pet feces so regular vet visits are a must. Healthy pets mean a healthy family.

Source: <https://lindalightllc.com/fight-the-bite-summer-bug-safety/>

Grilled Crab



Ingredients

- 2 large Dungeness crabs (live)
- 1/4 cup white wine vinegar
- 3 tablespoons sugar
- 2 tablespoons olive oil
- 1 tablespoon ginger minced
- 1 jalapeno chili, minced with the seeds removed
- 1 tablespoon/ cilantro minced
- 1 medium tomato, chopped

Directions

1. To prepare baste, mix vinegar, oil, ginger, jalapeno, garlic cilantro and tomato in a bowl. Cover and set aside.
2. Bring a large pot of water to a boil. Drop crabs, one at a time, headfirst into boiling water. Boil, then reduce heat and let simmer for 5 minutes. Remove

crabs from the water. Pull off triangular tab from the belly. Lift off the shell. Clean innards and gills from crab and wash and drain. Pat dry with paper towels.

3. Preheat grill for medium-high heat.
4. Place crabs on grill. Cook with the lid closed, brushing with basting mixture after first 2-3 minutes of cooking. Turn crabs over halfway through grilling, baste again. Crabs are done when the meat in the leg is opaque. About 10-12 minutes. Place on serving dish and spoon remaining mixture over crabs. You can replace the shells before serving if you wish.
5. If the thought of live crabs is too much for you, then by all means purchase frozen crabs. Just make sure they are nice and thawed before placing onto the grill.

Source: <http://bbq.about.com/od/seafoodrecipes/r/bl71220a.htm>

Fact or Fiction

1. Connecting with nature aids in finding balance.
Fact Fiction
2. Always use scented sprays to repel all bugs
Fact Fiction