



# Partners in Prevention

Taking Health & Safety to Higher Ground

May 2017

## YOUR GAMEPLAN TO LIVE

### May is Mental Health Awareness Month!

About 1 in 5 people will experience a mental health issue in their lifetime. These are our friends, family members, and loved ones who may be experiencing symptoms of mental health issues that aren't always obvious. Keep resources on hand, learn how to recognize the signs, and know where you would go for help if someone you care about were to experience a crisis.

Many people with mental illness delay or never seek treatment because of the stigma associated with having a mental health condition. These negative perceptions include the false beliefs that people with mental illness are "scary," "violent," are responsible for their mental illness and should just "snap out of it." In order to battle stigma, to make sure everyone with a mental illness gets treatment, to change perceptions, and to improve outcomes, we need to begin to talk openly about mental health the way we talk about physical health conditions. If someone has cancer, they don't wait until Stage 4 to get treatment; likewise, no one should wait until a crisis before seeking treatment for a mental health condition.

Recovery is a deeply personal, unique process for each individual. It involves a person changing their attitudes, values, feelings, goals, and skills in order to live their best life possible.

#### Mental Health First Aid

Mental Health First Aid is an 8-hour course that introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and overviews common treatments. Mental Health First Aid courses are for everybody. Whether you're a parent, friend, family member, or colleague it's always a good tool to be able to recognize mental health problems in yourself and others and know how to help.

#### **What You Learn:**

- Risk factors and warning signs of mental health problems.
- Information on specific illnesses.
- A 5-step action plan to help someone developing a



### Delightfully Cheesy Cauliflower Casserole

Serves: 6

#### **Ingredients:**

- 1 medium head organic cauliflower, cleaned and chopped
- 3 large organic free-range eggs, room temperature
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried parsley
- 1/2 teaspoon turmeric
- 1 tablespoon nutritional yeast
- 1/2 teaspoon baking powder
- 2 tablespoons tapioca powder
- Salt and freshly ground black pepper, to taste

#### **Directions:**

1. Preheat oven to 350 F.
2. Add the roughly chopped cauliflower to a blender. Pulse on high until the cauliflower is riced.
3. Transfer riced cauliflower to a bowl. Add eggs, salt, pepper, garlic powder, onion powder, parsley and turmeric. Using a fork, whisk the ingredients together until eggs are broken down and seasonings are incorporated evenly.
4. Stir in the tapioca powder and baking powder until fully combined.
5. Transfer the mixture to a round skillet or 8x8-inch casserole dish. Sprinkle nutritional yeast evenly over the top.
6. Bake 30 minutes until browned.
7. Serve immediately!

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- mental health problem or in crisis.
- Where to turn for help — professional, peer, and self-help resources.

Mental Health First Aid allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses such as depression, anxiety, trauma, psychosis, and addiction disorders.

The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find help?” Participants are introduced to local mental health resources, national organizations, support groups, and online tools for mental health and addictions treatment and support.

Mental Health First Aid USA is operated by the National Council for Behavioral Health. Visit <https://www.mentalhealthfirstaid.org/cs/take-a-course/> to learn more and find a course near you.

Sources:

<http://www.mentalhealthamerica.net/may>

<https://www.nami.org>

<https://www.thenationalcouncil.org/mental-health-month/>

## Lowering Blood Pressure and Reducing Stress with Controlled Deep Breathing

**Shallow breathing** is the drawing of minimal breath into the lungs, usually by inhaling air into the chest area rather than throughout the lungs via the diaphragm. Most people who breathe shallowly do it throughout the day and are unaware of it. Rapid, shallow breathing is stress inducing because it activates your sympathetic nervous system response, which is involved in releasing cortisol and other stress hormones. This typically translates into worry and anxiety and can cause high blood pressure.

On the other hand, controlled deep breathing helps trigger your relaxation response as it activates your parasympathetic nervous system, which in turn slows down your heart rate and digestion while promoting a state of calm. Breathing exercises have been found to impact both your blood pressure and stress, which makes sense considering how closely tied those two conditions are.

Several studies have been successful in showing breathing exercises help lower blood pressure. For example, one 2005 study found taking six deep breaths in 30 seconds (each inhale and exhale lasting five seconds) lowered systolic blood pressure anywhere from 3.4 to 3.9 units, compared to simply resting in a seated position.

Researchers believe essential hypertension (high blood pressure with no



## Spinach and Feta Quiche with Quinoa Crust

Serves: 4

### Ingredients:

- 2 cups cooked quinoa, chilled
- 1/8 teaspoon freshly ground black pepper
- 1 large egg, beaten
- 1 teaspoon canola oil
- 1/2 onion, thinly sliced
- 1 (5-ounce) bag baby spinach
- 1/2 cup 1% low-fat milk
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 4 large eggs
- 2 large egg whites
- 1.5 ounces feta cheese, crumbled

### Directions:

For the crust, preheat oven to 375°. Combine quinoa, pepper, and egg in a bowl, stirring well. Press mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 375° for 20 minutes; cool. For the filling, heat a nonstick skillet over medium heat. Add oil and onion; sauté 3 minutes. Add spinach; sauté 3 minutes. Remove from heat; cool. Combine milk and next 5 ingredients in a bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375° for 35 minutes. Let stand 5 minutes; cut into 4 wedges.

Source: Cooking Light

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known cause), which is the most common form, may be prevented by implementing controlled breathing exercises – as long as you start doing it early enough.

### Sample Breathing Exercises to Control Anxiety and Reduce Stress

There are many different breathing techniques out there. Simply being aware of your breathing and inhaling and exhaling to the count of five can go a long way toward regulating your breathing and lowering your blood pressure. Be sure to breathe through your nose, not your mouth.

#### The “HA” Breath:

One variation of controlled deep breathing is the "HA" breath, which involves inhaling slowly through your nose, then exhaling quickly while saying "ha" out loud.

#### Abdominal Breathing:

With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. The goal is 6 - 10 deep, slow breaths per minute for 10 minutes each day to experience immediate reductions to heart rate and blood pressure. Keep at it for six to eight weeks, and those benefits might stick around even longer.

#### Alternate Nostril breathing:

*This is a good breathing exercise for when it's time to focus or energize.* It is said to “clear the channels” and make people feel more awake.

Starting in a comfortable meditative pose, hold the right thumb over the right nostril and inhale deeply through the left nostril. At the peak of inhalation, close off the left nostril with the ring finger, then exhale through the right nostril. Continue the pattern, inhaling through the right nostril, closing it off with the right thumb, and exhaling through the left nostril.

## 2017 Expected to See Record Increase for Lyme Disease – Continued

By Shane Leahy, ATC

### What is Lyme Disease?

Lyme disease is caused by a bacterium that is transmitted to humans through the bite of infected ticks. Lyme disease is diagnosed based on symptoms, physical findings such as a rash, and lab tests. Most cases can be treated successfully with antibiotics.



### Morel Mushroom and Asparagus Sauté

Serves: 4

#### Ingredients:

- 12 ounces white asparagus, trimmed
- 12 ounces green asparagus, trimmed
- 1 tablespoon butter
- 1 shallot, thinly sliced
- 4 cups fresh morel mushrooms, halved lengthwise (about 8 ounces)
- 1/2 teaspoon kosher salt, divided
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper

#### Directions:

Bring 3 quarts water to a boil in a large saucepan. Peel bottom 2 inches of white and green asparagus. Cook white asparagus in boiling water 5 minutes or until crisp-tender; remove with a slotted spoon to a colander. Rinse under cold water; drain well. Cook green asparagus in boiling water 2 minutes or until crisp-tender; remove with a slotted spoon to a colander. Rinse under cold water; drain well. Cut asparagus diagonally into 1 1/2-inch pieces.

Melt butter in a large nonstick skillet over medium-high heat; swirl to coat. Add shallot; sauté 1 minute, stirring constantly. Add morels and 1/4 teaspoon salt; sauté 5 minutes or until mushrooms are lightly browned. Add asparagus, remaining 1/4 teaspoon salt, oil, and pepper; toss gently to coat. Cook 2 minutes or until asparagus is thoroughly heated.

Source: Cooking Light

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## Symptoms at 3-30 Days:

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migrans (EM) rash:
  - ⇒ Occurs in approximately 70 to 80 percent of infected persons
  - ⇒ Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
  - ⇒ Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across
  - ⇒ May feel warm to the touch but is rarely itchy or painful
  - ⇒ Sometimes clears as it enlarges, resulting in a target or “bull’s-eye” appearance
  - ⇒ May appear on any area of the body

## Symptoms Days to Months After:

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Facial palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat (Lyme carditis)
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory

Source: Centers for Disease Control and Prevention



**At Occupational Athletics, we know that the future of healthcare is in the *prevention* of illness and injuries.**

**It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!**



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## Spring Minestrone with Chicken Meatballs

**Serves: 4**

### Ingredients:

- 6 ounces ground chicken (about 3/4 cup)
- 1/2 cup fresh breadcrumbs
- 6 tablespoons finely grated Parmesan, divided, plus more for garnish
- 4 garlic cloves, 2 minced, 2 thinly sliced
- 2 tablespoons chopped fresh chives
- 1 large egg, whisked to blend
- Kosher salt, freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 leek, white and pale-green parts only, sliced into 1/4-inch rounds
- 5 cups low-salt chicken broth
- 3/4 cup ditalini or other small pasta
- 1 cup 1/2-inch rounds peeled carrots
- 1 cup (packed) baby spinach
- Chopped fresh basil

### Directions:

Mix chicken, breadcrumbs, 3 Tbsp. Parmesan, 2 minced garlic cloves, chives, egg, 3/4 tsp. salt, and 1/4 tsp. pepper in a medium bowl. Form into 1/2-inch-diameter meatballs (makes about 28). Heat oil in a small pot over medium heat. Cook meatballs until golden all over, about 3 minutes (they will finish cooking in soup). Transfer to a plate; set aside. Add leek to pot and cook, stirring often, until beginning to soften, about 3 minutes. Add 2 thinly sliced garlic cloves; cook for 1 minute. Add broth and 2 cups water; bring to a boil. Stir in pasta and carrots; simmer until pasta is almost al dente, about 8 minutes. Add meatballs; simmer until pasta is al dente, carrots are tender, and meatballs are cooked through, about 3 minutes. Add spinach and remaining 3 Tbsp. Parmesan; stir until spinach is wilted and Parmesan is melted. Season with salt and pepper.

Source: www.bonappetit.com