



Crestwood Behavioral Health, Inc. Health and Wellness News

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The Health & Wellness Foundational Tool Rolls Out!

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The **Health and Wellness Foundational Tool** has been around for a while, but the last few years have brought challenges to all of us. Now that we finally have a moment to take a breath, we want to bring the Health and Wellness Foundational Tool back in a big way! We will be having a series of company-wide in-services over the next 6 months, with news on our Heart Healthy Diet, wellness tips and tools for staff, monthly health challenges, and ways for you to get involved in bringing our Foundational Tool to your campus! Keep your



eyes open for flyers announcing in-service dates or visit

the Nutrition page of the Employee Center website (cbhiemployeecenter.com/external/cbhiexternal/physical-dimension/) for details. We are so excited to explore ways to improve health and nurture wellness with you in the coming months!

Health Tips for Night Shift Workers

Many people work jobs that require them to be awake at night, and sleep during the day. The Bureau of Labor Statistics estimates that as many as 15 million Americans work on permanent night shifts, or rotate regularly in and out of night shift work. Research has shown that this can lead to a disruption in natural circadian rhythms, and an increased risk of certain diseases, such as obesity, diabetes, and heart disease. So what can you

do if you are one of the essential workers who work the night shift? Here are some research-backed tips to stay healthy.

Work consecutive night shifts

If possible, work the night shift for consecutive nights before shifting back to day shifts. This allows your body to adjust better and stay on

a set schedule for at least a few days, before switching to a different schedule. One study followed nurses who worked rotating shifts that included several night shifts in a row followed by one day shift. They reported lower

job satisfaction, poor sleep, and fatigue. They also had higher risks of developing mental health and cardiovascular symptoms.

To return to a normal schedule after working overnights, go to sleep in the morning after your last shift.

Then get up in the early afternoon and stay awake until a normal bedtime. If you need to nap during the following days, keep them short and during the day. Then, to return to night shifts, on your last free evening, stay up late, sleep late, and take a nap before your first shift.



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Health Tips for Night Shift Workers (cont.)

Eat during the day, not at night

A recent study was done showing that people who followed a night shift schedule for 14 days and ate some of their meals at night showed an increase in blood sugar levels. Another group, who followed the same schedule but ate all their meals during the day, saw no significant rise in blood sugar levels. This was a small study, but the results suggest that eating during the day might help night shift workers avoid some of the health risks that are associated with their sleep schedule.

Eat a healthy diet

This is good advice for everyone, but night shift work has been linked to an increased risk of metabolic problems, so it's especially important to pay attention to your diet. Include a variety of fruits and vegetables, lean proteins, whole grains, and healthy fats. High sugar snacks might give you a boost of energy but will only lead to a crash later on. Choose fruit, nuts, hard-boiled eggs, or granola for quick, energy-rich snacks. Also, because night shift workers tend to get less exposure to sunlight, be sure to include sources of vitamin D in your diet, like salmon, tuna, egg yolks, fortified cereals or fortified beverages like orange juice or milk. You can also talk to your doctor about taking a vitamin D supplement.

Coordinate with your housemates

Whether you live with roommates, partners, kids, or some combination thereof, communicate with everyone about your schedule. Let them know when you will be sleeping. They might be able to schedule their quieter activities, or time away from the home, around your sleep times. And of course make sure that they won't be needing to use the room that you will be sleeping in. Try to find one meal a day that you can share, whether it's breakfast before you go sleep, or dinner before you leave for work.

Practice good sleep hygiene

While this is true for everyone, it is especially true for night shift workers, who must obtain their sleep during daylight hours when our bodies naturally want to be awake. Stick to a schedule, with the same bed time and wake time. Exposure to light can disrupt your sleep, so make sure your room is dark, with black out curtains if necessary. Sleep masks can also help. Run a fan or white noise machine, or sleep with earplugs if household or neighborhood noise is a problem. Let your friends and family know your schedule, or better yet, turn your phone to silent or vibrate, so that calls and texts won't wake you.

Be mindful of your caffeine intake

Many of us rely on caffeine to help us feel alert, clear-headed, and to be more productive. Caffeine, in the form of coffee, tea, or even dark chocolate, can boost mood, memory, and physical performance. But, like many good things, it should be used in moderation. Too much can make you feel jittery and anxious. You should stop consuming caffeine at least a few hours (if not more) before bedtime, or it will prevent you from sleeping. And be mindful of energy drinks, which often contain lots of sugar and other, less well-studied stimulants.

Drink more water

Staying hydrated can help you feel energized and alert. In fact, symptoms of dehydration are fatigue and listlessness. Water helps us regulate our body temperature, prevents infections, lubricates our joints and membranes, and maintains organ function. Make sure you are drinking enough water, between 88 to 128 ounces a day for the average person.

Exercise

Night shift work can increase one's risk of obesity, diabetes, and heart disease, so it is especially important to include exercise in your life. Whether that means a gym membership, a jog around the neighborhood, or long walks with friends, make sure to exercise often. Since exercising close to bedtime can interfere with sleep, consider exercising in the afternoon or evening, before going to work, rather than in the morning before you go to bed.

Based on these tips, a perfect day for a night shift worker might look something like this:

you leave work in the morning and return home to have a healthy breakfast with your family. You do something calming, like reading, writing in a journal, listening to a podcast, or taking a hot bath. You go into your darkened bedroom and go to sleep for ideally seven hours. You get up mid to late afternoon, have some coffee to wake up, get some exercise, then have a healthy dinner. You get some chores, errands or housework done, spend some time with family or friends, or enjoy some other leisure activity. Finally, you have another snack or small meal, maybe another cup of tea or coffee, and then head off to work.

Working the night shift, even when it is a person's preferred shift, can be hard on the body and mind. Consider the tips above to maintain your wellness. **And a big thank you to all the night shift workers who keep things running while the rest of the world sleeps.**

Cruciferous Veggies: Vegetable Superstars!

Cruciferous vegetables are nutritional powerhouses, full of vitamins, minerals, and antioxidants. They are all members of the mustard family and have been selectively bred to produce a diverse bunch of food plants that span cultures and cuisines, with unique uses and flavors. They include broccoli, cauliflower, kale, arugula, bok choy, cabbage, kohlrabi, collard greens, brussels sprouts, watercress, and radishes, to name a few. In fact, there are as many as 3,000 different varieties of cruciferous vegetables! Despite their diverse appearance, texture, and flavor, most of them are quite high in folate, vitamin C, and vitamin K, as well as the minerals calcium, potassium, and selenium. In addition, they are rich in phytonutrients which have anti-inflammatory and anti-oxidant properties and are associated with decreased risk of certain cancers, stroke, heart disease, and obesity.

People with thyroid conditions like hypothyroidism or Hashimoto's Disease are told to avoid cruciferous vegetables. This is because some cruciferous vegetables have compounds in them that can interfere with iodine uptake by the thyroid, if eaten in large enough quantities. However, most research shows that this effect is greatest in people who are iodine deficient, as well as having thyroid disease. In addition, cooking the vegetables greatly reduces the availability of the compounds that have this effect. So, if you have thyroid disease, you should ask your doctor about including cooked cruciferous vegetables in your diet. If you are responding well to thyroid treatment, the benefits of eating these vegetables may outweigh any potential negative effects.



Like most vegetables, cruciferous veggies are high in vitamins, minerals, and fiber, which can promote gut health. They are also of course filling and low in calories,

which helps maintain a healthy body weight. Cruciferous vegetables also happen to have good amounts of protein and even omega-3 fatty acids, which are associated with cognitive health. And cruciferous vegetables are also special among vegetables in that they contain high amounts of glucosinolates, which gives them their unique bitter flavor, but also have strong anti-inflammatory and antioxidant properties. Consumption of these vegetables



is associated with lower LDL, or bad cholesterol. Glucosinolates have been shown to kill cancer cells, and people who have diets high in these vegetables have lower rates of breast, lung, pancreatic, and stomach cancers. Consumption of cruciferous vegetables is also associated with lower risks of asthma, diabetes, and Alzheimer's disease. Some studies have even shown that the powerful antimicrobial nutrients in these vegetables can help boost immunity and fight off illness-causing pathogens.

If you garden, there is even more good news: many cruciferous vegetables are considered winter crops, because they do well in cold temperatures and in more temperate areas, can be grown all year round. Kale, Swiss chard, arugula and watercress can be snipped and added to salads, soups, or sautéed with garlic and olive oil. Brussels sprouts, broccoli, and cauliflower can be roasted in winter to bring out their natural sweetness. And cabbage (or broccoli, as in the recipe below!) can be made into a refreshing slaw or salad for summer cookouts. **There are so many ways to incorporate these amazing vegetables into your diet!** With a little experimentation, you are sure to find many that you can enjoy!

Spirituality Corner: How Nature Can Nurture Us

Nature therapy (also referred to as ecotherapy and green therapy) is an approach to health and wellness that involves purposeful activity in the natural world. It is a counterbalance and response to our more modern technological lives and indoor experiences. The U.S. Environmental Protection Agency reports that Americans spend more than 90% of our time indoors! Although trained therapists can offer formal nature therapy sessions, individuals can participate in a variety of personal and group activities and reap the physical and emotional benefits on their own.

Evidence for nature therapy is growing, and researchers continue to find numerous benefits of interaction with nature. Nature therapy has shown to enhance cognitive, emotional, and spiritual development. It has a positive impact on mood, self-esteem, anxiety, and memory. It fosters empathy and increases attention span and concentration. It has also been shown to decrease PTSD in veterans. Physical benefits include positive impacts on blood pressure, breathing rate, heart rate, decreased levels of the stress hormone cortisol, and increases in serotonin. Researchers have even observed brain waves similar to those when in a meditative state. Other benefits include:

- ◆ Increasing exposure to natural sunlight can improve your sleep by resetting circadian rhythm, help produce vitamin D, and ease symptoms of depression
- ◆ Outdoor exercise may be perceived as less strenuous than indoor exercise
- ◆ Reduced stress through mindful awareness of outdoor sensory experiences (e.g., sounds of birds singing, wind brushing skin, how the light filters through trees, fragrance of flowers). They also found subsequent episodes of stress were less intense.
- ◆ Breathing in fresh air with less industrial pollutants, dilution of airborne pathogens, and immunity boost from microorganisms in natural environments
- ◆ Visual benefits (reduced myopia) for children during eye development

Nature therapy covers a wide variety of experiences, from sitting in stillness appreciating nature to outdoor adventures like whitewater rafting. Incorporating nature therapy into your life does not need to require a big commitment or budget. Researchers have found benefits with participation of less than 1 minute. Here are some ways to consider increasing exposure to nature in your life:



- ◆ Hanging a picture of a nature scene in your home or office
- ◆ Taking a 5-minute walk outside on a tree-lined street
- ◆ Visiting a city park, regional park, open space, or woods
- ◆ Exercising in natural surroundings (hiking, running, yoga, etc.)
- ◆ Watching a sunset or sunrise
- ◆ Bird watching
- ◆ Eating lunch outside rather than at your desk
- ◆ Visiting or tending a garden, working soil with your hands
- ◆ Visiting an aquarium
- ◆ Bringing a plant inside your office or home
- ◆ Observing a fountain, stream, river, lake, or ocean
- ◆ Star gazing
- ◆ Creating art using materials found in nature
- ◆ Participating in conservation activities and groups, working with others and connecting socially (picking up litter, planting trees, etc.)
- ◆ Playing with your dog at a park
- ◆ Swimming
- ◆ Walking barefoot on grass, dirt, or sand

Something all of these activities have in common is generating a sense of awe and wonder at the size, power, and beauty of nature as well as our role and interconnectedness to our environment and ecosystems. As we mindfully and intentionally seek out opportunities to participate in activities involving nature, we can start to experience the health and wellness benefits in our own lives.

*This article was contributed by our new Wellness Ambassador, **Erin Lubniewski**, Occupational Therapist at Crestwood Treatment Center Fremont. We welcome her to our team! (If you are interested in becoming a Wellness Ambassador for your campus, please contact Margaret at mcclayton@cbhi.net.)*

Broccoli Slaw

There are endless ways to include cruciferous vegetables in your diet, but one of my favorite ways in the warm months of summer is to make slaw. Slaw is generally defined as finely chopped vegetables, usually cabbage, in a dressing which is usually vinegar or mayonnaise-based. While traditional cabbage coleslaw is delicious and also made from a cruciferous vegetable, I like to make a slaw using my favorite cruciferous veggie, broccoli. Sunflower seeds add additional crunch (and nutrition!), raisins add some sweetness, and capers provide a tangy, salty contrast. You can experiment by subbing dried cranberries instead of raisins, pepitas instead of sunflower seeds, and chopped pickles instead of capers. You could even use finely chopped brussels sprouts here instead of broccoli. Whichever ingredients you choose for this slaw, it will make for a refreshing, nutrient-packed side dish to cookouts and other summer meals.

Ingredients

2 medium bunches broccoli, about 4-6 cups

1/2 cup red onion

1/4 cup sunflower seeds

1/4 cup capers

1/4 cup raisins

1/4 cup mayo

1/4 cup lemon juice

1 tbsp honey

1 clove garlic, minced (or 1 tsp garlic powder)

1/2 tsp salt

1/2 tsp black pepper



Finely chop the broccoli, stems included. (If broccoli stems are very tough, peel the tough outer layer with a vegetable peeler.) Dice the red onion and mince the garlic, if using. In a bowl, whisk together the mayo, lemon juice, honey, garlic powder (if using), salt, and pepper. Combine all the ingredients in a large bowl, pour the dressing over, and toss to combine. Chill until serving.

**“You don’t
have to cook
fancy or
complicated
masterpieces
— just good
food from
fresh
ingredients.”**

-Julia Child

**Any Health and Wellness News
Questions?**

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