



September 2017

Welcome to the first issue of our new HLP Newsletter!

Each month we will choose a theme centered around maintaining and improving health, discussing three topics related to that theme. In honor of September being National Preparedness month, our first theme is:



Emergency Preparedness

- Emergencies can happen at any time, so it is best to be prepared in advance. Having supplies ready in an Emergency Kit can be extremely beneficial for events such as severe weather and natural disasters.
 - Additionally, it is wise to create an Emergency Plan with your loved ones. This way you know how to keep in contact if an emergency occurs.
 - For any kind of emergency, whether it's a fire, injury, theft, etc., you may need to call 911 for assistance. Knowing what to say ahead of time can remove some of the anxiety in a tense situation and can expedite the time it takes for help to arrive.
-



Make an Emergency Kit

The goal of an emergency kit is to allow individuals and families to survive several days without access to food, water or electricity.

Emergency kits should include water, foods that are easy to make and won't spoil (like canned soup, dry pasta, and powdered milk), a manual can opener, and basic utensils to prepare and serve meals. A three day supply of any necessary medication is also important, as well as a first aid kit.

If the power is out, it is helpful to have a flashlight for vision, a radio (battery-powered, solar, or hand-crank) for updates on the situation, cell phone with chargers, and extra batteries. Keep a blanket ready in case there is no heat in cold weather. Your kit should also include important phone numbers for doctors should medical assistance be needed.

While gathering your emergency kit, pack a go-bag for your family as well. Your family go-bag should be something such as a duffle bag or gym bag that is easily accessible so you can grab it and go in the event that a fireman or police officer knocks on your door and tells you to evacuate immediately.



Don't forget, pets are family too! Pack any necessary pet supplies such as food and bowls to make sure they stay healthy and safe. Be sure to include them in your emergency plans by visiting animalemergency.nj.gov.

Make an Emergency Plan

Make plans with family and friends in case you're not together when any type of emergency - natural, technological or man-made - occurs.

Complete a contact card for each family member. Make sure everyone knows how to turn on a cell phone, find the text messaging app, type a message, and send it to a contact.

Find the safe spots in your home for each type of disaster. For example, during an earthquake you will need to "drop, cover, and hold on" under a sturdy desk or table. However, during a tornado, you would need to seek shelter in a lower level room without windows. Learn more about different types of disasters.

Different disasters may require you to evacuate and go to different places. Make sure

you choose a meeting place in your neighborhood and know the evacuation route well.

Make sure to practice your plan! Review these guidelines with all members of your family. and practice your disaster plans by running drills with the whole family. This way everything will run smoothly should an emergency occur.



Guide to Calling 911

• Should I call 911?

Knowing when and when not to call 911 will keep the emergency lines open to people with true emergencies. A good rule of thumb is to call 911 when someone's life, safety, health, or property is in immediate jeopardy. This means that if you need the fire department or an ambulance to respond, you should typically call 911 without hesitation.

Calling the police is frequently another matter as the police department gets all manner of requests. If you do not require an immediate response, call the regular line.

• Helpful Tips

Keep as calm as possible and try to listen closely to the dispatcher's questions. Keep your answers as brief as possible and try not to repeat yourself. You are most likely going to be suffering from some amount of stress when making your call but try to be polite to the dispatcher. Give the information asked for as accurately and as quickly as you can and you'll get the fastest response possible.



Always keep your personal safety in mind when calling 911. Do what is necessary to keep yourself and anyone else on the premises out of harm's way. You may need to leave the location or lock yourself in a room. The information the dispatcher is asking for is very important, but it does not supercede your safety!

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.



New Jersey Self-Advocacy Project

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Promoting Advocacy and Independence for People
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January 2018

Creative Arts Therapy

January is International Creativity Month! This month's issue will focus on Creative Arts Therapy.

Creative Arts Therapy can heal people through the use of imagination and various forms of creative expression. Unlike traditional art expression, the process of creation is emphasized rather than the final product.

- Types of Creative Arts Therapy include Art Therapy, Music Therapy, and Dance Therapy.
- Each provides a unique way of communicating that differs from traditional therapy and carries many health benefits.
- There are many simple activities you can do at home or in a group setting to experience the benefits of the creative process.

Types of Creative Arts Therapy

What is Art Therapy?



Art therapy is a form of therapy that enriches the lives of people through active art-making and the creative process. Art therapists choose materials and activities appropriate to their clients' needs to achieve therapeutic goals and objectives. Art therapy may involve drawing, painting, collage,

sculpture or other materials. Sometimes the creative process itself is used as a healing tool and sometimes a work of art is created and then discussed as a way of aiding communication between the client and therapist.

What is Music Therapy?

Music Therapy is a form of therapy in which music is used to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the music therapist plans interventions including creating, singing, moving to, and/or listening to music. Through musical involvement clients' emotional health is strengthened and this benefit can be transferred to other areas of their lives.



What is Dance Therapy?

Dance Therapy is a form of therapy in which movement and dance is used to support intellectual, emotional, and motor functions of the body. It focuses on the ties between movement and emotion. There is no single fixed type of movement style used, programs range from traditional dances like

ballroom to more subtle forms of movement like yoga and stretching to calm the body. Therapy sessions are focused on movement behavior through guided sessions.

Benefits

No Skill Required

You don't need to be an artist, musician, or dancer to participate. The focus is on the creative process itself, not the product. It is an opportunity for everyone to experience and create art without judgement.

Revealing the Unconscious

Creative Arts Therapy bridges the gap between the conscious and the unconscious mind. It can bring light to areas that are blocked, inhibited, and stuck, as well as bringing greater focus to those areas of concern. Various media like painting, psychodrama, dance, and sculpting draw forth unearthed material that may not have been seen, felt, observed, or accessed in some way via talk therapy. Through letting go and getting into the creative flow, a portal is created to the process, enabling listening, watching, and observing what might not be explained through words.

Communication

Speaking to someone about your problems can be scary or difficult. When it is hard to find the right words, it may be easier to explain thoughts and feelings through art. It also gives people who are nonverbal a chance to be heard without using words.

It is Tangible

Creating art makes feelings and emotions into something real you can see, hear or touch. You can look back on things you've made and see your progress. It also can create distance from a painful or difficult memories by allowing the a person to observe and discuss what is happening in the art, which may be easier than describing themselves or their experience.

It's Fun!

Everyone tends to enjoy creating or enjoying art in some way. You don't need to see a professional in order to benefits from the creative process. If being creative in any setting makes you feel healthier and happier, you are experiencing the benefits of creative arts therapy.

Exercises to Try

Scribble Drawing

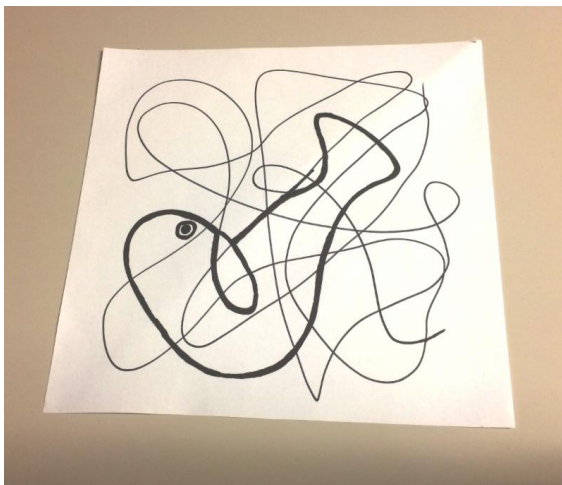
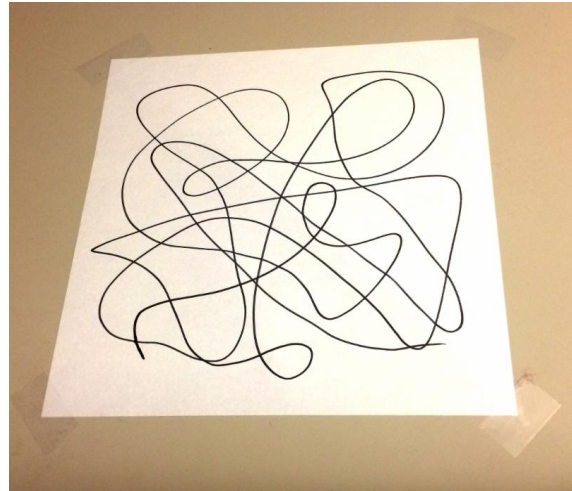
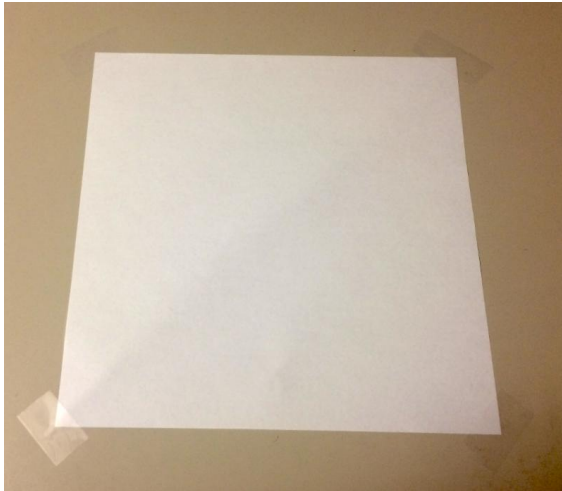
A scribble drawing is a quick and easy art therapy activity that anyone can do. It can help focus your mind on the here and now. You can use it to take your mind away from stressful thoughts and relax.

1. Gather your supplies. You'll need a piece of paper; traditionally this is done with an 18" x 24" sheet but you can use something smaller. Then, grab your medium of choice, making sure to have a variety of colors. A pack of pastels is recommended.
2. Before you begin, try listening to soothing music or meditation for a few minutes. You want to try and clear your mind as best you can before you start drawing.
3. Tape or weigh down your sheet of paper so it doesn't move around while you

work.

4. Choose a visible color pastel for your scribble, such as black.
5. Close your eyes and begin to scribble on your paper for about 30 seconds. Don't worry about what your scribble will look like, just draw freely.
6. Open your eyes and examine your scribble. Try and find a particular shape, figure or object within it that catches your eye. Feel free to rotate the paper as you examine your scribble.
7. Use the rest of the colors to bring "that image into clearer focus". Color and decorate as you see fit.
8. Title your completed drawing!

SOURCE: [The Art Therapy Sourcebook](#), by Cathy A. Malchiodi



Drumming Emotions

Drumming exercises can be a fun way to destress in a group setting. This exercise can be useful to express and explain your pent up emotions and feelings. It can also aid in understanding and empathizing with others.

1. You will need paper, a bowl and a surface to drum on. You can use actual percussion instruments if available, or just drum with your hands on a table or even your lap.
2. On a slip of paper, group members will each write down one word describing the emotion they are currently feeling.
3. Each group member will put their slips the bowl. Then, mix up the slips of paper and have everyone draw one.
4. Go around in a circle and have each individual "perform" or demonstrate emotion written on slip of paper by drumming. There is no right or wrong way, simply drum to your idea of the emotion. Perhaps "sad" may inspire a slow, gentle beat while "angry" may be fast, loud, and full of energy.

5. The rest of the group watches and then tries to guess who among the group wrote that emotion on their slip of paper.
6. Once the person with that emotion has been identified, ask them to speak about that emotion. Is it positive or negative? What caused this emotion?
7. Continue going around the circle, performing each emotion, until everyone has had a turn to perform and be heard.

SOURCE: <http://musictherapyactivities.wikia.com/wiki/Drumming>



For more information about drumming as an emotional release, watch the above video by author and music therapist Christine Stevens.

Mirroring

This exercise involves matching and echoing the person's movements to show empathy and validate what the person is feeling. It is a completely nonverbal process that focuses instead on body language.

1. Find a partner to work with. If in a group, have everyone pair up.
2. Choose a Leader and a Follower.
3. The Leader decides on a movement and proceeds slowly.
4. The Follower "mirrors" the Leader's movements, copying them as close as they can.
5. Switch roles. The Follower is now the new Leader. Repeat Step 3.
6. Try a third set of mirroring without a set Leader. Alternate moving and copying each other freely.

SOURCE: [Project Creo](#)



Make Art, Stay Healthy!



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For more information on HLP and NJSAP
follow us on [Twitter](#), like us on [Facebook](#) and subscribe to our [Youtube Channel](#)!



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November 2017

November is National Diabetes Awareness month, so we are dedicating our November issue of Positive Pulse to:

Understanding, Preventing and Managing

DIABETES



- According to a study by the Centers for Disease Control and Prevention (CDC), as of 2015 more than 30 million Americans --9.4 percent of the U.S. population-- have diabetes. It is important to understand what diabetes is and identify the various types.

- Many factors can contribute to the development of Type 2 Diabetes. Prevention techniques are key.
- If you are already living with diabetes, there are many tips and tricks to staying healthy.

What is Diabetes?

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves as well as causing poor circulation, stroke, or heart disease.

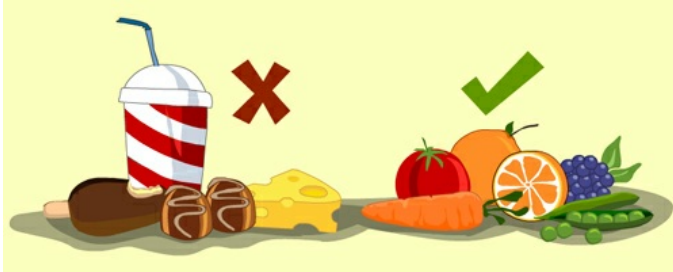
Type 1 Diabetes

Type 2 Diabetes

Prediabetes

Gestational Diabetes

How to Prevent



Diabetes

What Puts You At Risk For Type 2 Diabetes

Being overweight or having a close family member with type 2 diabetes can raise your chance of developing the disease. If you had gestational diabetes or your mother did during her pregnancy, you may also be at risk. Other factors include being over the age of 45, depression, high blood pressure and bad cholesterol.

Is My Weight Putting Me At Risk?

Use the chart below to find the weight corresponding to your race and height. Weighing more than that number raises your chance of developing diabetes and being 23-26+ lbs over that weight puts you at-risk.

If you are not Asian American or Pacific Islander		If you are Asian American		If you are Pacific Islander	
At-risk BMI ≥ 25		At-risk BMI ≥ 23		At-risk BMI ≥ 26	
Height	Weight	Height	Weight	Height	Weight
4'10"	119	4'10"	110	4'10"	124
4'11"	124	4'11"	114	4'11"	128
5'0"	128	5'0"	118	5'0"	133
5'1"	132	5'1"	122	5'1"	137
5'2"	136	5'2"	126	5'2"	142
5'3"	141	5'3"	130	5'3"	146
5'4"	145	5'4"	134	5'4"	151
5'5"	150	5'5"	138	5'5"	156
5'6"	155	5'6"	142	5'6"	161
5'7"	159	5'7"	146	5'7"	166
5'8"	164	5'8"	151	5'8"	171
5'9"	169	5'9"	155	5'9"	176
5'10"	174	5'10"	160	5'10"	181
5'11"	179	5'11"	165	5'11"	186
6'0"	184	6'0"	169	6'0"	191
6'1"	189	6'1"	174	6'1"	197
6'2"	194	6'2"	179	6'2"	202
6'3"	200	6'3"	184	6'3"	208
6'4"	205	6'4"	189	6'4"	213

Prevention Techniques

If you are overweight, you can help prevent or delay Type 2 Diabetes by following a reduced-calorie eating plan and being physically active most days of the week.

- Lose weight and keep it off. If you are overweight or obese, you may be able to prevent or delay diabetes by losing weight. Refer to the chart above to get an idea of a healthy weight and speak to your doctor about a nutrition plan that's

right for you.

- Move more. Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your healthcare professional about which activities are best. Start slowly to build up to your goal.
- Eat healthy foods most of the time. Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Try drinking water instead of sweetened beverages and choose foods with less fat to reduce calories.

[Click here to take a Diabetes Risk Test](#)



How to Manage Diabetes

Check Your Sugar

You and your doctor will have set a schedule to test your blood sugar. Make sure you keep to the schedule and are aware what range is appropriate for you. Always stay aware of your blood sugar levels, especially when there are changes in your diet.

Count Carbs

Carbs can quickly upset your blood sugar levels. That's why it is so important to keep track. The Academy of Nutrition and Dietetics suggests that women need 35-45 grams of carbs per meal while men need 45-60 grams. For example, a cup of rice or pasta is about 45 grams. Good sources of fiber and carbs include whole wheat bread, sweet potatoes, pumpkins, and dried beans. Be wary of "no-sugar" products. That doesn't always mean no carbs. Foods that have "sugar alcohols" -- things that usually end in "ol" like xylitol and mannitol -- do contain carbs.

Exercise Regularly

You need to exercise regularly and keep to a schedule. Try to get 150 minutes of physical activity a week. You can break that up into smaller chunks, like half an hour a day, 5 days a week. If you can't or don't want to go to the gym, it's okay to walk, run, or bike. Talk to your doctor about an exercise plan before you start. Once you start you'll feel much better because physical activity also releases compounds your body makes called endorphins, which boost your mood.

Know Your Numbers

Blood-sugar readings aren't the only numbers you need to keep track of. Your doctor will also watch your blood pressure and cholesterol.

These numbers will tell you if your health is on track:

- **A1c:** This measures blood sugar levels over time. This should be tested at least twice a year.
- **Cholesterol levels:** These should be tested at least every 5 years, more often if you have trouble with it.
- **Blood pressure and weight:** These will get checked every time you visit the doctor.

You Are Not Alone

Diabetes is a whole-body, whole-person disease and is best



treated by a team, headed by you. This should include your doctor along with a nutritionist, dentist, pharmacist, nurse, and anyone else aiding your health. Don't forget about your friends and family! People with social and family support are more likely to stick to their plans and stay healthy.

Stay Healthy!

TIPS FOR A HEALTHY LIFE



The Horizon Foundation for New Jersey

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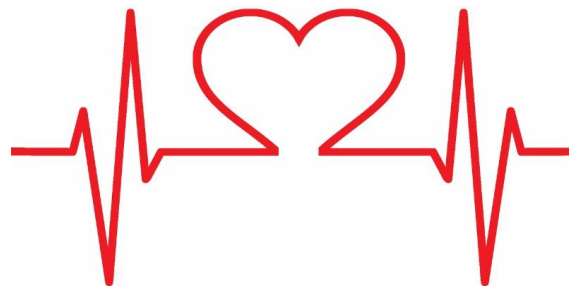
For more information on HLP and NJSAP follow us on social media!





February 2018

Healthy Hearts



February is American Heart Month! American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. [Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year.](#) But prevention techniques and proper medical care can help change that number! This month's issue will be full of helpful information from The American Heart Association such as:

- The many ways to keep your heart healthy through proper nutrition and eating clean
- How to manage stress and ward off negative thoughts
- How to spot warning signs of a heart attack, stroke, and cardiac arrest

Healthy Eating



[Read more](#)
healthyforgood.heart.org

HEART HEALTHY RECIPES

To learn how to make Green Chile Stew and other heart healthy recipes, check out [The American Heart Association website](#).



Stress Management

Positive Self-Talk

Self-talk can be positive or negative. Negative self-talk increases stress, but Positive self-talk can help you calm down and control stress. With practice, you can learn to shift negative thoughts to positive ones.

Negative to Positive

I can't do this. ► I'll do the best I can. I've got this.

Everything is going wrong. ► I can handle this if I take one step at a time.

I hate it when this happens. ► I know how to deal with this; I've done it before.

I feel helpless and alone. ► I can reach out and get help if I need it.

I can't believe I screwed up. ► I'm human, and we all make mistakes. I can fix it.

Top 10 Emergency Stress-Stoppers

Emergency stress stoppers are actions to help you defuse stress in the moment. You may need different stress stoppers for different situations, and sometimes it helps to combine them. Here are some ideas:

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body un-clench a bit.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.
8. Turn on some chill music or an inspirational podcast to help you deal with road rage.
9. Take a break to pet the dog, hug a loved one or do something to help someone else.
10. Work out or do something active. Exercise is a great antidote for stress.

Source: [Heart.org](https://www.heart.org)



Warning Signs

Heart Attack

Chest Discomfort

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Other Areas of Discomfort

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of Breath

With or without chest discomfort.

Other Signs

May include breaking out in a cold sweat, nausea or lightheadedness.

Stroke (F-A-S-T)

Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile.

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Cardiac Arrest

Sudden Loss Of Responsiveness

No response to tapping on shoulders.

No Normal Breathing

The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

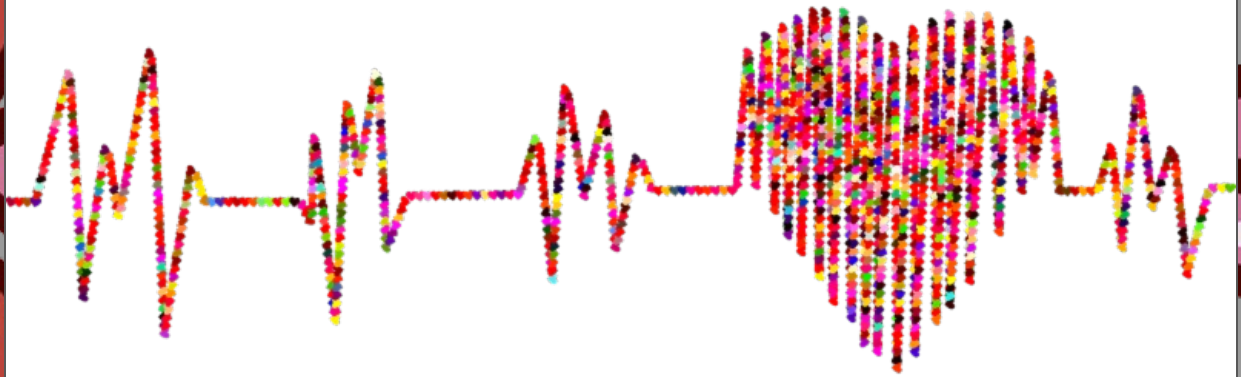
If these signs are present CALL 9-1-1

Dial 9-1-1 Fast

Heart related illnesses are life-and-death emergencies – every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke; symptoms may vary and sometimes they go away and return. Play it safe and don't delay – get help right away!

SOURCE: Heart.org

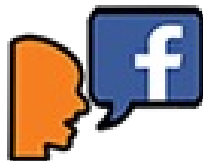
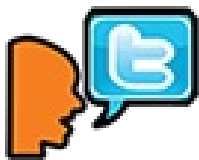
**Keep your Heart
Healthy!**



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Positive Pulse

Your monthly dose of advice on healthy living

August 2018

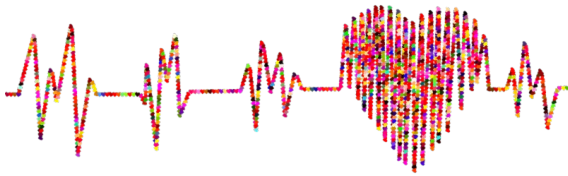
Be Kind to Humankind



This final week of August is "Be Kind to Humankind" week! We should always try our best to be compassionate and friendly to those around us, but a special focus on the topic can highlight the reasons why and ways to embody a kind spirit.

- Being kind to others can positively affect your health and longevity, meaning that helping others can also help yourself.

- There are many basic ways to be considerate and help others in your day-to-day life, making it simple to be kind without overthinking it.
 - Everyone has had a positive experience where someone has shown them kindness. These stories should be shared, listened to and emulated.
-



Kindness & Health

Kindness releases feel-good hormones

- Helping others feels good. This isn't just coincidence—it has to do with the pleasure centers in your brain.
- Doing nice things for others boosts your serotonin, the neurotransmitter responsible for feelings of satisfaction and well-being. Like exercise, altruism also releases endorphins, a phenomenon known as a “helper’s high.”

Kindness eases anxiety

- Being nice to others can be one of the easiest, most inexpensive ways to keep anxiety at bay. As pointed out in a study on happiness from the University of British Columbia (UBC), “social anxiety is associated with low positive affect, a factor that can significantly affect psychological well-being and adaptive functioning.” Positive affect refers to an individual’s experience of positive moods such as joy, interest, and alertness.
- UBC researchers found that participants who engaged in kind acts displayed significant increases in positive affect that were sustained over the four weeks of the study.

Kindness is good for your heart

- Being nice to others can affect the chemical balance of your heart.
- Kindness releases the hormone oxytocin, which causes the release of a chemical called nitric oxide in blood vessels to expand the blood vessels.
- This reduces blood pressure and therefore oxytocin is known as a ‘cardioprotective’ hormone because it protects the heart (by lowering blood pressure).”

It can help you live longer

- According to Health.com, you’re at a greater risk of heart disease if you don’t have a strong network of family and friends. When you’re kind to others, you develop strong, meaningful relationships and friendships.

It reduces stress

- Helping others lets you get outside of yourself and take a break from the stressors in your own life, and this behavior can also make you better equipped to handle stressful situations.
- Affiliative behavior is any behavior that builds your relationships with others. According to a study on the effects of prosocial behavior on stress, “affiliative behavior may be an important component of coping with stress and indicate that engaging in prosocial behavior (action intended to help others) might be an effective strategy for reducing the impact of stress on emotional functioning.”

Kindness prevents illness

- Inflammation in the body is associated with all sorts of health problems such as diabetes, cancer, chronic pain, obesity, and migraines. According to a study of adults aged 57-85, "volunteering manifested the strongest association with lower levels of inflammation." Oxytocin also reduces inflammation, and even little acts of kindness can trigger oxytocin's release.

SOURCE:

<https://www.quietrev.com/6-science-backed-ways-being-kind-is-good-for-your-health/>

<https://www.inc.com/scott-mautz/science-says-random-acts-of-kindness-week-has-astonishing-health-benefits.html>



Tips on Being Kind to Others

Compliment someone in a meaningful way

- Going out of your way to lift up someone else can be the most rewarding part of your day. An unexpected compliment can turn a bad day into a good one!

Be polite

- Hold the door open for someone, make sure to say "please" and "thank you" when appropriate, and respectfully speak to those around you. These quick and simple actions can make someone feel honored. Being grateful, especially for the small things, reflects a kind heart of humility. People appreciate it.

Talk to someone who seems lonely

- Everyone wants to be treated respectfully and most people do not wish to be ignored. If someone seems like they want to be social but have no one to speak with, try engaging them in conversation. Ask a couple of questions, shake hands, and you can give them a sense of belonging.

Donate your time or money

- There are many charities and causes that need help. So go serve or help out with a donation to make an impact beyond your immediate sphere of influence.

Perform helpful actions

- If someone spills, there is a mess in a shared space that needs cleaning, or someone is struggling with a task, help out! Going out of your way to help when you don't need to rarely goes unnoticed.

If you're happy, smile!

- Smiling really is infectious and is one of the quickest ways to light up someone else.

[Want more ways to brighten someone's day? Try this random acts of kindness generator. It will provide you with plenty of ideas!](#)

SOURCE: <https://commhealthcare.com/be-kind-to-humankind-week/>



Kindness Stories

When you experience kindness in your life it is very memorable. Check out these stories about random acts of kindness. If you've experienced something similar, share your story! Don't forget to thank the loving people in your life and to spread that kindness on!



Random Acts of Kindness

Kindness ideas, inspirational stories, quotes, and more.

[Read more](https://www.randomactsofkindness.org)

www.randomactsofkindness.org

SOURCE:

<https://www.randomactsofkindness.org/kindness-stories>

Stay Healthy & Be Kind!

Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love.

Lao Tzu



Illustration by Adi Respati
Symphony of Love

Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!

The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. The New Jersey Self-Advocacy Project Team will visit your location and provide free workshops on the following topics:



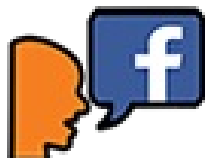
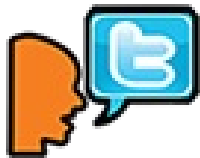
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A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



Positive Pulse

Your monthly dose of advice on healthy living

October 2017

October is National Disability Employment Awareness month, so we are dedicating our October issue of Positive Pulse to:



Workplace Wellness

- Accidents and emergencies can happen at work, make sure you know what procedures to follow at your workplace to stay safe.
 - Long hours on the job may mean sitting in the same place too long. It is important to find ways to fit exercise in your daily life.
 - The time spent with co-workers should be positive. Healthy work relationships are an important part of maintaining health and happiness.
-



Workplace Safety

Keep Emergency Exits Easily Accessible

In case of an emergency, you'll need quick, easy access to the exits. Make sure you know the proper procedure if there is a fire or any other type of evacuation, as well as the location of first aid supplies and devices.

Be Aware Of Your Surroundings

This step requires knowing the particular hazards of your job or workplace. If there are known risks, stay clear of these potentially hazardous areas or potential situations. Also, always be alert of machinery.

Report Unsafe Conditions To Your Supervisor

Your supervisor needs to be informed about any workplace safety hazards or risks such as broken devices or spills. They are legally obligated to ensure their employees have a safe working environment and will take care of the unsafe conditions and make them safe for you and your coworkers.

Use Mechanical Aids Whenever Possible

Instead of attempting to carry or lift something that's really heavy in an attempt to save time during your workday, take the extra minute to use a cart or other device to help you move items. Too many injury risks are involved with trying to lift something that weighs too much.

Wear The Correct Safety Equipment

If you're not wearing the correct safety equipment for a task, you may get injured. Depending on the job, equipment like earplugs, earmuffs, hard hats, safety goggles, gloves greatly reduce the risk of workplace injury.

Exercising on the Job

Walk More

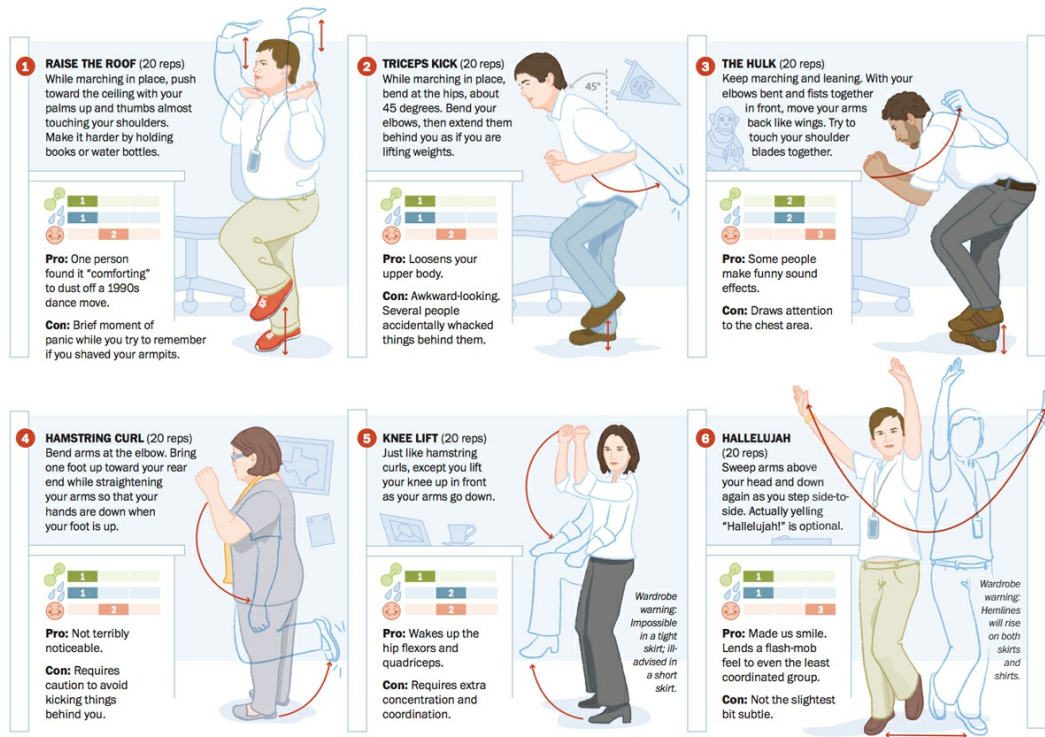
If possible, walk to work in fair weather. If you drive or take public transportation, try to park a little further away or take an earlier stop, BUT ONLY IF it's a safe area to walk around.

Get a Group Together

If your coworkers want to exercise too, try forming a group! You can walk or work out together before or after work, or even during lunch breaks. It's easier (and more fun!) to exercise if you are supporting each other.

Workfriendly Exercises

Click the link below to try 12 different work-friendly fitness activities.



A workout at work: 12 office exercises

See how to do each of these exercises: While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding water bottles. Our ratings: Our thoughts: Pro: One person found it...

[Read more](#)

www.washingtonpost.com



Healthy Work Relationships

Be Friendly

If you are kind and encouraging to co-workers, they will be kind to you too.

Be Responsible and On Time

If you say you're going to do something, do it. If you're unable to complete a task for some reason, make sure information is communicated to all team members who would be impacted. Try your best not to be late to work, and if you are, explain why ahead of time if possible.

Be Considerate

If you work in a shared space, be respectful. For example, some people need to work in complete silence, while others enjoy background music. Make sure you're not inadvertently making your office mate crazy with your personal habits.

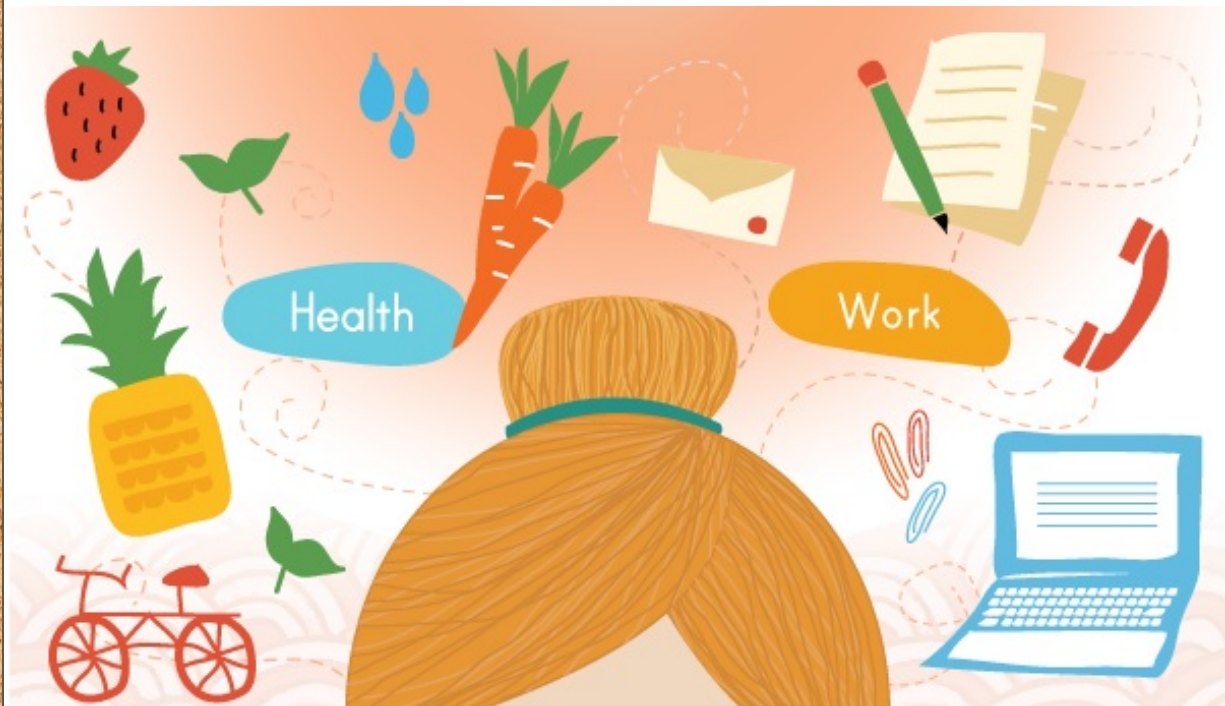
Respect Each Individual

Understand that people are unique and dwell on their positive qualities, not their negative qualities. It's acceptable to not be friends with everyone, but try to at least be professional and cordial in your interactions. Avoid participating in workplace gossip.

Communicate

Stress in the workplace can lead to depression and concentration problems. Common causes of workplace stress include long hours, heavy workload, job insecurity and conflicts with coworkers or managers. Your co-workers are not mind readers, so make sure you're communicating with them and your manager on a regular basis if something is wrong. Make sure you know who to contact if there is an issue so that it can get resolved.

Work Happy, Work Healthy!



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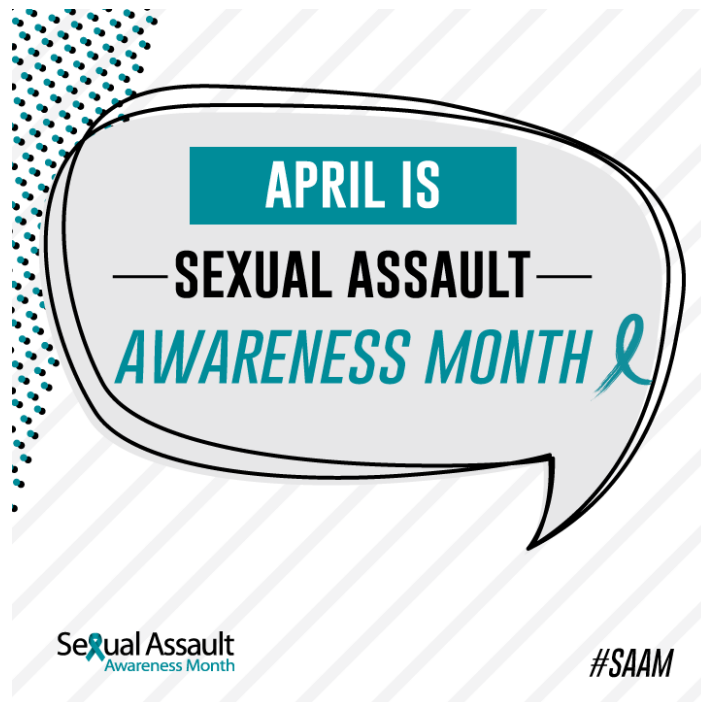
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April 2018



April is Sexual Assault Awareness Month. People with intellectual disabilities are sexually assaulted at a rate [more than seven times](#) that for people without disabilities, according to the U.S. Department of Justice.

- It is very important to understand what sexual assault is and how it affects members of the disability community.
- Much of our lives are intertwined with technology, which must be navigated responsibly in order to stay safe.
- There are people willing to assist people who have experienced or have questions about sexual abuse and it is important to know how to contact them.



What is Sexual Assault?

Definition

- The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim. Some forms of sexual assault include attempted rape, unwanted sexual touching or sexual acts, penetration of the victim's body, also known as rape.

Force

- Perpetrators may use physical pressure, emotional coercion, psychological force, or manipulation to coerce a victim into non-consensual acts. Some perpetrators will use threats to force a victim to comply, such as threatening to hurt the victim or their family or other intimidation tactics.

Consent

- Consent is a clear and unambiguous agreement to engage in a particular activity.
- Consent must be voluntarily given.
- You are allowed to change your mind.
- Staying silent or unsure doesn't automatically mean "yes".
- You shouldn't feel pressured to do something you don't want to
- Consent is absolutely necessary for a healthy relationship.

In the Disability Community

- Some disabilities may put people at higher risk for crimes like sexual assault or abuse.
- Someone who needs regular assistance may rely on a person who is abusing them for care. The perpetrator may use this power to threaten, coerce, or force someone into non-consensual sex or sexual activities.
- An abuser may take away access to the tools a person with a disability uses to communicate, such as a computer or phone.
- People with I/DD may experience barriers to reporting the abuse or getting treatment. People with disabilities may be less likely to be taken seriously when they make a report of sexual assault or abuse.
- People with I/DD may also face challenges in accessing services to make a report in the first place. For example, someone who is deaf or deaf-blind may face challenges accessing communication tools to report the crime or get help.
- Many people with disabilities may not understand or lack information about healthy sexuality and the types of touch that are appropriate or inappropriate. This can be especially challenging if a person's disability requires other people to touch them to provide care.



Web & Tech Safety

Believe Them

- We hear this all the time, but especially when someone says that their technology is being misused. When the crime is technology related, it can be even more difficult for the person to tell their story. Believing their stories is important in helping them identify what is happening and can provide reassurance and begin healing.

Don't Fear All Technology

- While it may seem right to stop using the technology, getting rid of the tech isn't always the answer to the problem; try to use it more safely instead. Some people may use technology as a means to live and getting rid of it won't stop the misuse, does not empower advocates, and it can be isolating. Additionally, some people may rely on technology for basic, day-to-day survival and cannot, even if they wanted to, stop using their technology.

Develop a Technology Safety Plan

- Include whatever technology is used on a regular basis. Think through what you may decide to leave, ways that the technology may have been compromised, and steps to take if the technology is not available. To learn more about technology safety plans visit: [Technology Safety Plan](#).

SOURCE: [The Center on Victimization and Safety](#)

Online Dating

- It is important to stay safe when using the internet, especially when using online dating apps. Watch the NJSAP training video below for helpful tips on how to approach online dating in a safe and healthy way. Contact us to host this FREE workshop at your agency: Call 732-749-8514 or email NJSAP@ArcNJ.org.



Getting Help

Report it

- If you know of or suspect sexual assault or abuse, you can [report it](#). Call your local police station or 911 to contact law enforcement. If the person being abused is considered a vulnerable adult under your state laws, you may also be able to contact the local Department of Human Services or Department of Social Services. Depending on the situation and location, you may be considered a mandatory reporter. To learn more about mandatory reporting in New Jersey [click here](#).

Talk to a Support Specialist

- To speak with someone who is trained to help, call the [National Sexual Assault Hotline](#) at 800.656.HOPE (4673) to be connected with your [local sexual assault service provider](#). They may have an advocate in your area who is specially trained to provide the the right kind of support and assistance for your particular situation.
- You can chat online anonymously with a support specialist trained by RAINN at online.rainn.org. The support specialists who answer hotline chats are specially trained to respond with respect, patience, and understanding.

Other Resources

- [CAVANET](#): This organization that addresses violence against women, human

rights, genocide, and crime victims with disabilities.

- **[National Disability Rights Network](#)**: NDRN members investigate reports of abuse and neglect, and seek systemic change to prevent further incidents; advocate for basic rights; and ensure accountability in health care, education, employment, housing, transportation, and within the juvenile and criminal justice systems for individuals with disabilities.
- **[Disability Rights New Jersey](#)**: DRNJ provides information and referral, technical assistance and training, individual and system advocacy, legal and non-legal advocacy, and outreach and education.
- **[New Jersey Coalition Against Sexual Assault](#)**: NJCASA elevates the voice of sexual violence survivors and service providers by advocating for survivor-centered legislation, training allied professionals, and supporting statewide prevention strategies that work to address and defy the socio-cultural norms that permit and promote rape culture.

SOURCE: [Rain.org](#)

Stay Healthy and Safe!



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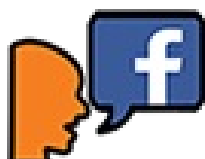
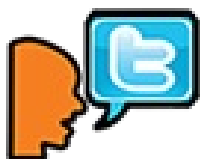
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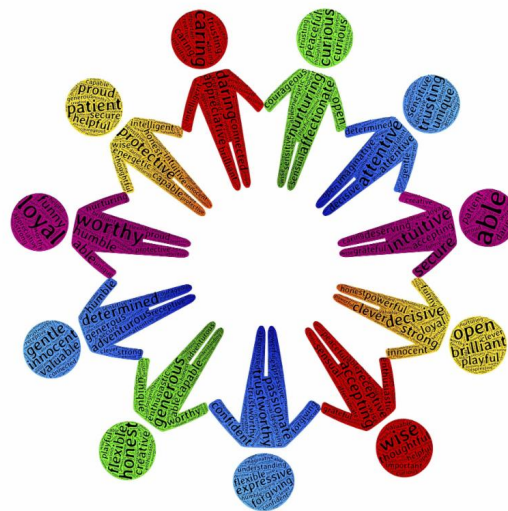
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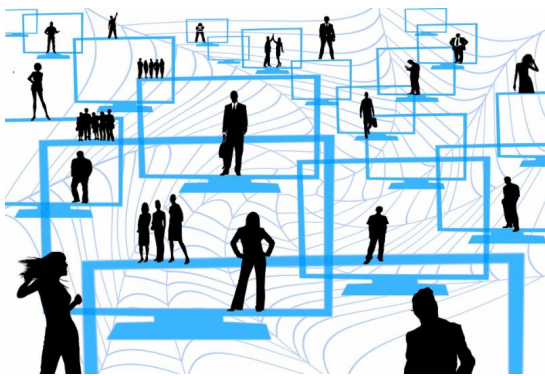
Friendship and Socializing



July is here and the beautiful summer weather is the perfect time to spend with those close to you. To coincide with World Friendship Day on July 30th, here are some tips on friendship and its relation to healthy living.

- There are many types of friendship that we all encounter in our everyday lives, all with different roles to play.
- Good friends are good for your health! Friendship provides benefits to your well-being and quality of life.

- Making friends can seem a difficult task, but there are ways to make this process easier.



Types of Friendship

Friendships often blossom in stages. Everyone starts out as strangers until they are introduced. Most people will settle in at a certain stage and stay there, some will rise to a higher stage and others still may lose touch or fall out of favor and go down a stage or more. A rare few will make it all the way to best friends!

Strangers

- Lowest level of friendship.
- Have never met before.
- *Example:* Someone you see while out shopping.

Acquaintance

- Occasional contact with very general knowledge.
- Conversations are about very general topics.
- *Example:* Someone you went to school with but don't keep in touch.

Casual Friends

- Common interests and activities.
- Meet more frequently than acquaintances.
- Not serious emotionally.
- *Example:* A coworker you are friendly with.

Close Friends

- Share similar values, ideals, and world views.
- Many mutual interests and meet frequently.
- Work together to achieve life goals.
- *Example:* Friends you've known for years and get along with very well.

Intimate Friends/Best Friends

- All the qualities of Close Friends.
- Mutual responsibility of openness and honesty.
- Feeling of a strong connection.
- Are there for the important moments in your life.
- These types of friends are rare! Hold on to them.
- *Example:* Friends you consider family.

Other Types of Friendship

- **Mentors**
 - People who share their knowledge and experience with us.
 - It is not unusual for a mentor to be older, and as a result look at life a different way.
 - Mentors help us navigate our career and personal choices, as well as introduce us to new people.

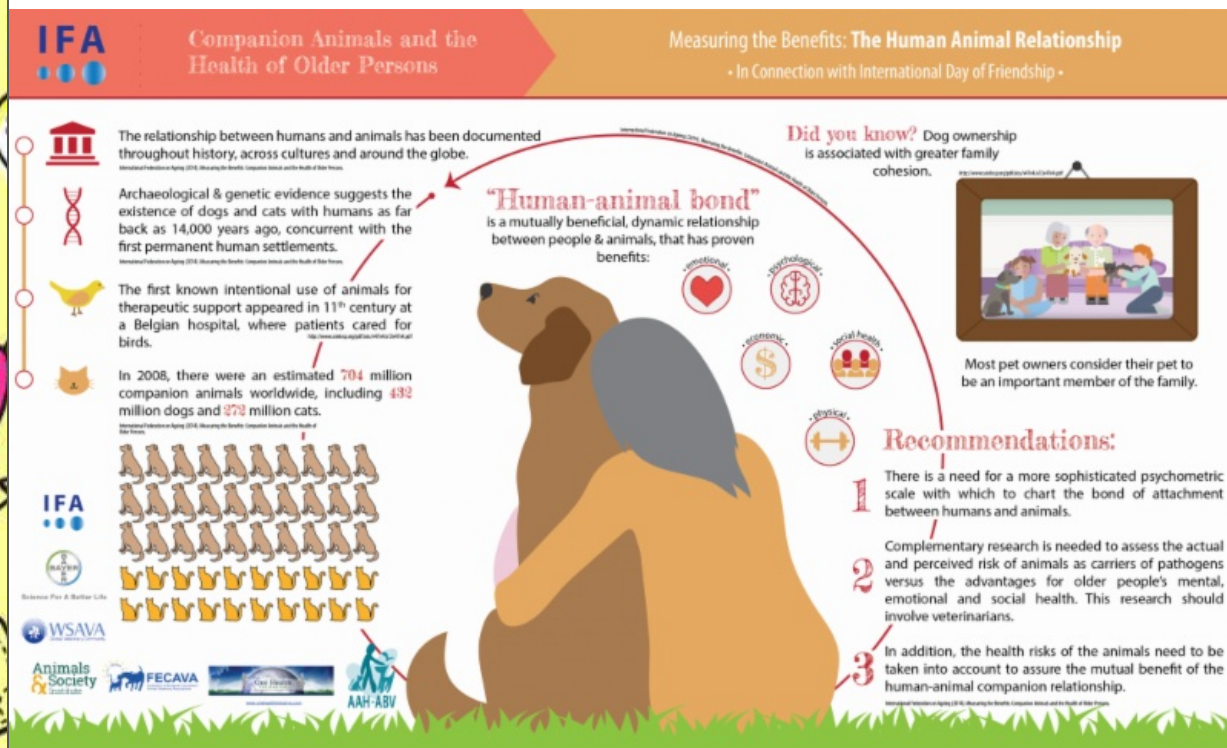
- A mentor can become a friend at some point, especially when both people are more on the same level. However, a mentor may sometimes never be a real friend due to their position or stage of life. They are nonetheless an important part of our lives.

• Online Friends

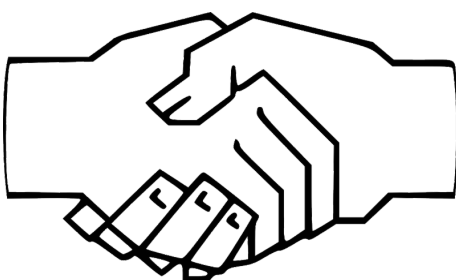
- People that you know solely through the Internet in some way (forums, Facebook, Twitter, etc.)
- Online friends can feel as if they are "always there" because you interact with them through the Internet, where Facebook pages and forums are available round the clock.
- Online friends are great, but they cannot replace one-on-one interaction with a real-life friend.
- However, more and more sites are helping people meet online and then continue their friendship in the real world. These friends may become real, in-life friends if both parties choose to do so.
- Remember to practice online safety! Check out our previous edition of Positive Pulse for more tips on this topic.

SOURCE: www.humans.media, www.LiveAbout.com

Animals are our friends too! [Click this infographic](#) to read more about the human-animal bond in relation to the health of adults and seniors.



SOURCE: www.IFA.orghumans.media



Benefits of Friendship

Friends Improve Your Quality of Life

- They increase your sense of belonging and purpose.
- They boost your happiness and reduce your stress.
- They improve your self-confidence and self-worth.

Friends Stick Around During the Bad Times

- Friends help you cope with traumas such as divorce, serious illness, job loss or the death of a loved one.

Friends Encourage Good Choices

- They encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise.

Friends Make You Healthier

- Adults with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI).
- Studies have found that older adults with a rich social life are likely to live longer than their peers with fewer connections.

SOURCE: www.MayoClinic.com



Making New Friends

It Can Be Difficult

- Many adults find it hard to develop new friendships or keep up existing friendships.
- Friendships may take a back seat to other priorities, such as work or caring for children or family. You and your friends may have grown apart due to changes in your lives or interests. Or maybe you've moved to a new community and haven't yet found a way to meet people.
- The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.

What's a healthy number of friends?

- Quality counts more than quantity.
- While it's good to cultivate a diverse network of friends and acquaintances, you also want to nurture a few truly close friends who will be there for you through thick and thin.
- Don't focus on the number or compare yourself to others. Do what feels right for you.

How to Make Friends

- Attend community events.
 - Look for groups or clubs that gather around an interest or hobby you share. These groups are often listed in the newspaper or on community

bulletin boards. There are also many websites that help you connect with new friends in your neighborhood or city. Do a Google search using terms such as [your city] + social network, or [your neighborhood] + meet-ups.

- **Volunteer.**
 - Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. You can form strong connections when you work with people who have mutual interests.
- **Extend and accept invitations.**
 - Invite a friend to join you for coffee or lunch. When you're invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.
- **Take up a new interest.**
 - Take a college or community education course to meet people who have similar interests. Join a class at a local gym, community center or fitness facility.
- **Take a walk.**
 - Go alone or grab your pet and head outside. Chat with neighbors who are also out and about or head to a popular park and strike up conversations there.

Stay positive!

- You may not become friends with everyone you meet, but maintaining a friendly attitude and demeanor can help you improve the relationships in your life and sow the seeds of friendship with new acquaintances.

SOURCE: www.MayoClinic.com

Stay Healthy and Be Social!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!

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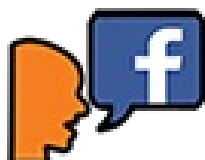
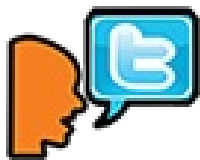
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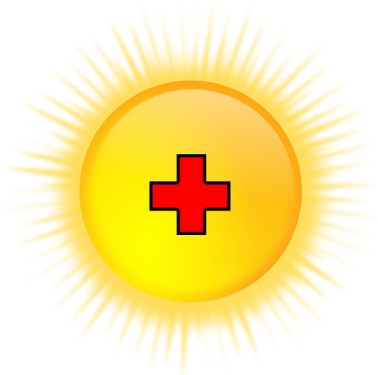
June 2018

Outdoor Safety



June is here, which means the start of summer! The warm weather brings with it the desire to be outside and participate in various outdoor activities such as swimming, camping, picnics, outdoor sports, and more.

- There are many health benefits to being outside that we should all take advantage of, especially during the summer months.
- Still, there are risks of receiving too much sun exposure so we must be careful when spending long periods of time outside.
- Outdoor activities are best when we prepare for them properly, so we have provided some tips to keep in mind during your summer fun outings.



Potential Benefits to Being Outside

Increased Vitamin D

- Vitamin D is called the sunshine vitamin because sunlight hitting the skin begins the process that eventually leads to the creation of the biologically active form of Vitamin D.
- Vitamin D may have protective effects against everything from osteoporosis to cancer to depression to heart attacks and stroke.
- You'll make all the vitamin D you need if you get outside a few times a week during these summer days and expose your arms and legs for 10 to 15 minutes.

More Exercise

- Indoor living is associated with being sedentary, particularly for children, while being outdoors is associated with activity.
- If you make getting outside a goal, that should mean less time in front of the television and computer and more time walking, biking, gardening, cleaning up the yard, and doing other things that put the body in motion.

Increased Happiness

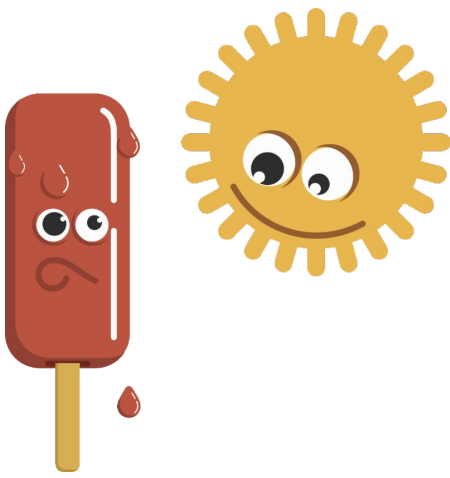
- Light tends to elevate people's mood, and unless you live in a glass house or are using a light box to treat seasonal affective disorder, there's usually more light available outside than in.
- Physical activity has been shown to relax and cheer people up, so if being outside replaces inactive pursuits with active ones, it might also mean more smiles and laughter.
- Researchers at the University of Essex in England are advancing the notion that exercising in the presence of nature has added benefit, particularly for mental health. Their investigations into "green exercise," as they are calling it, dovetails with research showing benefits from living in proximity to green, open spaces.

Improved Concentration

- Researchers have reported that children with ADHD seem to focus better after being outdoors. A study published in 2008 found that children with ADHD scored higher on a test of concentration after a walk through a park than after a walk through a residential neighborhood or downtown area. Other ADHD studies have also suggested that outdoor exercise could have positive effects on the condition. Truth be told, this research has been done in children, so it's a stretch to say it applies to adults, even those who have an ADHD diagnosis. But if you have trouble concentrating you might see if some outdoor activity helps.

Faster Healing

- University of Pittsburgh researchers reported in 2005 that spinal surgery patients experienced less pain and stress and took fewer pain medications during their recoveries if they were exposed to natural light. An older study showed that the view out the window (trees vs. a brick wall) had an effect on patient recovery.



Risks of Sun Exposure

Risks of Sun Exposure

- Cataracts are more often reported in left eyes due to higher UV-A protection from windshields than side car windows.
- Sunburn can harm white blood cells and damage the immune system.
- Skin Cancer is mainly caused by ultraviolet radiation from too much sun exposure or excessive tanning bed use.
- Premature Aging is caused by sun damage that results in wrinkles and changes in skin texture.

Risk Factors

- The risk for skin damage and skin cancer is related to the number of sunburns a person experiences throughout his or her lifetime. The following physical characteristics also increase the risk for sunburn, skin damage, and skin cancer:
 - Blond or red hair
 - Blue or green eyes
 - Fair skin
 - Freckles
 - Moles
- Certain medications (e.g., antibiotics, antidepressants, acne medications) can increase sun sensitivity. Patients should speak with a physician about medications that can make the skin more sensitive to the sun.

Signs of Sun Damage

- The first and most obvious symptom of sunburn is redness of the skin. Other noticeable symptoms include stinging pain and feelings of heat that radiate from the skin's surface. Pain and discomfort often worsen for a few hours following sun exposure and last from 12 to 48 hours.
- Small blisters, which may be unnoticeable, can form and lead to peeling skin a few days after exposure. Severe sunburns may produce larger blisters. Patients should not open or pop these blisters, as this can increase the risk for infection.
- Other, less common, symptoms of sunburn include abdominal cramping, weakness, flu-like symptoms, fever, chills, headache, and rapid pulse rate. These symptoms also may be signs of heat stress or heat stroke.

SOURCE: <http://www.healthcommunities.com/sun-safety/harmful-effects-of-the-sun.shtml>

Outdoor



Safety Tips

REMEMBER TO ALWAYS wear sunblock and drink lots of water when you are outdoors for an extended period of time.

Camping

- Wear proper clothing for the weather.
- Bring comfortable bedding.
- Bring proper protection from the weather.
- Prepare safe food and water.
- Avoid wild animals.
- Bring bug spray and don't forget to check for ticks.
- Clean up after yourself and don't litter.

Hiking

- Wear proper clothing for the weather that you aren't afraid to get dirty.
- Always wear supportive shoes with proper tread.
- Avoid wild animals.
- Bring bug spray and don't forget to check for ticks.
- Don't litter.
- Use your map or trail markers so you do not get lost.
- Do not hike at night.
- Make sure someone knows where you are in case of an emergency.

Beach Day

- Wear sunblock.
- Drink water.
- Bring food or snacks.
- Watch out for rip currents.
- Don't overpack.
- Utilize lifeguards; they are there to help you.
- Don't litter.
- Use goggles to protect your eyes when swimming.

Bike Riding

- Wear a helmet, knee pads, and elbow pads.
- Use proper turning signals.
- Watch out for cars and pedestrians.
- Ride with traffic.
- Use lights and reflectors for night time riding.

Picnic

- Pack healthy foods.
- Do not feed wild animals.
- Wear proper clothing for the weather.
- Bring bug protection.
- Clean up after yourself and don't litter.

Running/Jogging/Walking

- Wear proper clothing for the weather.
- Wear supportive shoes.
- Wear sunglasses to protect your eyes.
- Bring bug spray.
- Wear bright clothes so you are visible.
- Use reflective clothing or bring a light if it is dark.
- Stay on the sidewalk.
- Stretch first before you run.

SOURCE: <http://www.ar.cnj.org/information/healthylifestyles.html>

Stay Healthy Inside and Out!



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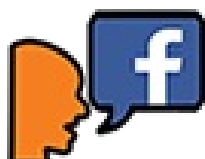
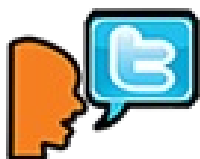
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May 2018

Mental Health Awareness Month



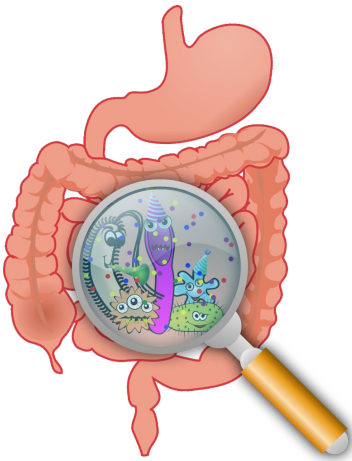
May is Mental Health Awareness Month. Mental Health Awareness Month was started in the United States in 1949 by the Mental Health America organization. The 2018 theme is **Fitness #4Mind4Body**.

During the month of May, the focus is on making steps that lead to a healthy mind and body.

- There is an important link between the gut and the brain, so keeping a healthy diet can keep them working in sync properly.
- Proper sleeping habits will keep both your body and mind from fatigue.
- Stress can lead to both mental and physical symptoms so everyone

should learn techniques to manage the stressors in their daily lives.

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



The Gut-Brain Connection

What Is “The Gut”?

- The gut includes every organ involved in digesting food and processing it into waste. The lining of your gut is often called “the second brain.”

How Is The Gut Connected To The Brain?

- The gut or “second brain” can operate on its own and communicates back and forth with your actual brain.
- The vagus nerve controls messages to the gut as well as the heart, lungs, and other vital organs. This is the gut’s direct connection to the brain.
- The gut also connects with the brain through chemicals like hormones and neurotransmitters that send messages.
- The chemical messages that pass between the gut and the brain can be affected by the bacteria, viruses, and fungi that live in the gut called the “gut microbiome.” The bacteria, viruses, and fungi that live in the gut may be beneficial, harmless, or harmful.

How Is The Gut Microbiome Related To Mental Health?

- There is a strong relationship between having mental health problems and having gastrointestinal symptoms like heartburn, indigestion, acid reflux, bloating, pain, constipation, and/or diarrhea.
- Research in animals has shown that changes in the gut microbiome and inflammation in the gut can affect the brain and cause symptoms that look like Parkinson’s disease, autism, anxiety and depression.
- Having anxiety and depression can cause changes in the gut microbiome because of what happens in the body when it has a stress response.

Tips For Taking Care Of Your Gut

- Eating a balanced and nutritious diet is the most important thing a person can do to keep their gut healthy.
- Eat a diet full of whole grains, lean meats, fish, fruits, and vegetables.
- Don’t base your diet on sugary, fried, or processed foods and soft drinks.

Prebiotics and Probiotics

- Prebiotics are foods that the good bacteria, viruses, and fungi that live in the gut need to help them grow. Prebiotic foods are high in fiber and work best when they are raw. Try asparagus, bananas (especially if they aren’t quite ripe), garlic, onions, or jicama. Tomatoes, apples, berries and mangos are also good prebiotic choices.

- Probiotics are live bacteria that exist in foods. Examples of probiotic foods are yogurt (the label should say live or active cultures), unpasteurized sauerkraut and kimchi, miso soup, kefir (a yogurt-like beverage), kombucha (fermented black tea), tempeh (made of soy beans), and apple cider vinegar.

Other Tips

- Avoid taking antibiotics unless your doctor says they are absolutely necessary. Antibiotics kill bad bacteria, but also kill the good bacteria that keeps your gut working properly.
- If you have gut problems like an upset stomach or unusual bathroom habits that don't go away it is important to see a doctor. Start with your primary care doctor. They may recommend you see a specialist called a gastroenterologist.

Trying to Eat Better? Try using this worksheet to help make changes easier.

SOURCE: <http://www.mentalhealthamerica.net/conditions/fitness-4mind4body-gut-brain-connection>



Sleep

How Does Sleep Affect Your Mental Health?

- Sleep deprivation impairs our ability to think clearly. Essentially, when deep sleep is disrupted, it wreaks havoc on our brains and impairs our ability to think clearly and remember things.
- Driver fatigue can be as dangerous as driving intoxicated. According to the National Highway Traffic Safety Administration, driver fatigue is responsible for about 100,000 motor vehicle accidents and 1,500 deaths every year.
- Sleep concerns may be more likely to affect those with existing mental health conditions. It is worth noting that chronic sleep problems affect about 50 to 80 percent of those with psychiatric conditions and 10 to 18 percent of adults in the general U.S. population.
- There are many symptoms associated with sleep deprivation: constant tiredness, habitually using caffeine to get through the day, not waking up refreshed, drowsiness while driving or during mundane activities like watching TV, memory problems, waking up too early and difficulty falling or staying asleep.
- Trouble sleeping is a symptom of depression. Sleep problems are not only a symptom of depression, but also a contributor to it.
- Sleep concerns are associated with ADHD in both children and adults: Various sleep problems affect 25 to 50 percent of children with ADHD – the more common conditions are daytime tiredness and sleep-disordered breathing. For adults with ADHD, the typical issues are difficulty falling asleep, shorter sleep duration and restless slumber. The symptoms of ADHD and sleep problems overlap so much that it may be difficult to tell them apart.

How Much Sleep Should You Be Getting?

- The amount of sleep you need each night depends on your age. The National

NEWBORNS (0-3 MONTHS)		14-17 HOURS	9-11 HOURS		SCHOOL CHILDREN (6-13 YEARS)
INFANTS (4-11 MONTHS)		12-15 HOURS	8-10 HOURS		TEENS (14-17 YEARS)
TODDLERS (1-2 YEARS)		11-14 HOURS	7-9 HOURS		ADULTS (18-64 YEARS)
PRE-SCHOOLERS (3-5 YEARS)		10-13 HOURS	7-8 HOURS		OLDER ADULTS (65+ YEARS)

Good Quality Of Sleep Means:

- Being asleep for at least 85% of the time you are in bed.
- Falling asleep in 30 minutes or less.
- Waking up no more than once per night for no longer than 20 minutes.
- Poor quality of sleep can increase the risk of developing mental health symptoms like: manic episodes, a first episode of psychosis, paranoia, anxiety, and depression.
- Sleep problems affect 50% to 80% of people under the care of a psychiatrist, compared with 10% to 18% of adults in the general U.S. population.

Tips For A Good Night's Sleep

- Go to bed and wake up at the same time every day—including weekends. This helps to keep your body's natural rhythms running on schedule.
- Get out in the sun. Getting natural sunlight during the day helps to maintain your body's sleep-wake cycle. Aim for 30 minutes of sun exposure and be sure to wear sunscreen.
- Limit caffeine to the morning. The energy-boosting effects of caffeine can take as long as 8 hours to wear off.
- Don't eat right before bed - it can cause indigestion and heartburn, which can mess up sleep.
- Nap smart. If you need a nap, take it before 3 p.m. and limit it to an hour.
- If you can't fall asleep for more than 20 minutes after going to bed, get up and do something calming until you feel sleepy.
- Some over-the-counter and prescription medications may affect your ability to go to sleep or cause you to sleep for longer than necessary. If you can't avoid medications, talk to your doctor about changing your dose or the time you take your medicine.
- Get rid of anything in your bedroom that might distract you from sleep, like noises or bright lights. The light from screens can confuse your body's internal clock.
- Go easy on the drinks. Drinking too much before bed can make you wake up to go to the bathroom and alcohol gets in the way of reaching the deep and restful stages of sleep.

Trying to Get Better Sleep? Try using this worksheet to help make changes easier.



Stress

Stress and Mental Health

- Stress hormones may decrease the functioning of brain cells in important regions of the brain. As a result, people who are chronically stressed may experience confusion, difficulty concentrating, trouble learning new information, and/or problems with decision-making.
- Some people experience personality changes in response to stress hormones, which are part of their internal environment. The following changes in personality are not uncommon to observe in people who are stressed: irritability, hostility, frustration, anger, problems in communication, social withdrawal/isolation, and impulsivity.

Why Do We Feel Stressed?

- Stress is a normal part of life. You can feel stress in your body when you have too much to do or when you haven't slept well. You can also feel stress when you worry about things like your job, money, relationships, or a friend or family member who is struggling with illness or difficult circumstances.
- In response to these strains, your body releases chemicals that cause increases in blood pressure, heart rate, breathing, availability of cell energy, and blood flow to your muscles. At the same time, it also releases chemicals to slow down less urgent bodily functions that deal with digestion, growth, sex, and aspects of the immune system.
- These stress responses are intended to help your body react quickly and effectively to dangerous or high-pressure situations - known as the "fight or flight" reaction - and were especially important when our ancestors were living in the wilderness, facing exposure to predators and extreme weather conditions.

When Stress Doesn't Let Up

- When stress comes and goes relatively quickly, the body can return to functioning in a normal, healthy way. When you are constantly reacting to stressful situations (chronic stress), cells in your immune system can cause inflammation that doesn't go away.
- Chronic stress and inflammation have been linked to reduced ability to fight off viruses (from HIV to the common cold), and increased risk for heart disease, headaches, intestinal problems, sexual dysfunction, diabetes, and even cancer.

Tips For Dealing with Stress

- Be realistic: You may be taking on more responsibility than you can or should handle for yourself or your family. If you feel overwhelmed by how many things are on your schedule, it's ok to say "No" to new activities! You may also decide to stop doing an activity that is not 100% necessary. If friends or family criticize your decisions, give reasons why you're making the changes. If you are a parent and your kids' activities are part of your stress, be willing to listen to their concerns and stay open to compromise.
- No one is perfect: Shed the "superman/superwoman" urge. Don't expect perfection from yourself or others. Ask yourself, What really needs to be done? How much can I do? Is the deadline realistic? What adjustments can I make? Don't hesitate to ask for help if you need it.
- Meditate: Just 10-20 minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Use the time to listen to music, relax, and try to think of pleasant things (or nothing at all).

- **Visualize:** Use your imagination and picture how you can manage a stressful situation more successfully. Whether it's a business presentation or moving to a new place, many people feel visual rehearsals boost self-confidence and help them to take a more positive approach to a different task.
- **One thing at a time:** For people under tension or stress, their day-to-day workload can sometimes seem unbearable. You may feel like you have to multi-task, but that often leads to more stress. Take on task at a time. Make a list of things you need to get done and start with one task. Once you accomplish that task, move on to the next one. The feeling of checking items off a list is very satisfying and can motivate you to keep going.
- **Exercise:** Regular exercise is a popular way to relieve stress. It gives an outlet to the energy your body makes when it is preparing for a "fight or flight" response to stress or danger. Twenty to thirty minutes of physical activity benefits both the body and the mind.

Trying to Manage Stress? Try using this worksheet to help make changes easier.

SOURCE: <https://www.mentalhelp.net/articles/mental-and-emotional-impact-of-stress/>
<http://www.mentalhealthamerica.net/conditions/fitness-4mind4body-stress>

Stay Happy and Healthy!



The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. The New Jersey Self-Advocacy Project Team will visit your location and provide free workshops on the following topics:



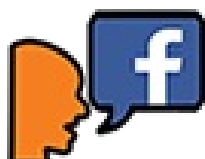
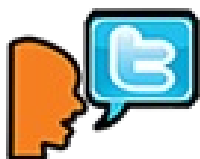
Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a training at your location!



The Horizon Foundation for New Jersey

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

For more information on HLP and NJSAP
follow us on social media!





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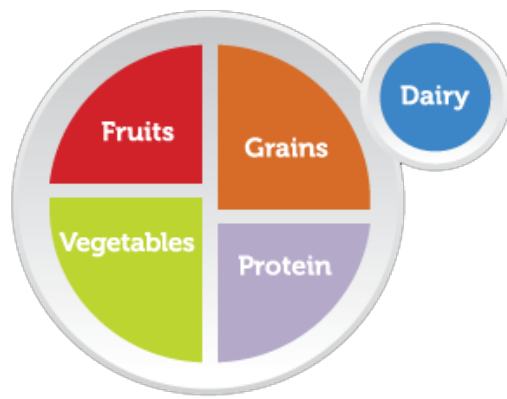
March 2018

Proper Nutrition



March is National Nutrition Month! Good nutrition is an important part of staying healthy. Here are some helpful tips for eating well.

- Proper nutrition starts with knowing the 5 food groups and your daily intake amount.
- It can be hard to stay healthy without breaking the bank, but there are some helpful ways to keep your health and finances in balance.
- Sometimes there isn't time for a full prepared meal, but there are smart ways to pack food for when you are out and about.



Food Groups

Five Food Groups

Different food groups have different nutrients and health benefits. If you regularly skip a group, over time you won't get the best nutrition.

Vegetables

The vegetable portion of MyPlate is shown in green. It's one of the largest sections on the plate because vegetables provide many of the vitamins and minerals we need for good health. Veggies are naturally low in calories and the fiber in them helps us feel full. Choosing variety is important when it comes to vegetables: Dark green vegetables (like broccoli, spinach, and kale) provide different nutrients from orange and red vegetables (like squash, carrots, and sweet potatoes).

Fruits

Like veggies, fruits have vitamins, minerals, and fiber. The red section of MyPlate is slightly smaller than the green, but together fruits and veggies should fill half your plate. Whole fruit is the best choice: Fruit juices have more sugar and calories per serving than whole fruit, and you're not getting the fiber. It's good to mix up your fruit choices: a colorful fruit cup is more than just pretty — it's a nutrition powerhouse.

Grains

The orange section of MyPlate is about one quarter of the plate. Whole grains (like whole-wheat flour) are more nutritious and have lots of dietary fiber that can help you feel fuller longer. Refined grains (white flour) are processed, removing vitamins, minerals, and fiber. Most refined grains are enriched, which means that some of the nutrients, but not fiber, are added back after processing. At least half of the grains you eat should be whole grains like whole-wheat bread, brown rice, or oatmeal.

Protein

High-protein foods help the body build and maintain its tissues. They also have important vitamins and minerals, like iron. The purple section of MyPlate is about a quarter of the plate. Foods high in protein include beef, poultry, seafood, dry beans and peas, eggs, nuts, and seeds. Tofu and veggie burgers or vegetarian meat substitutes are also good sources of protein. When eating meats, choose lean or low-fat options.

Dairy

The blue circle on the MyPlate graphic represents dairy products that are rich in calcium, like milk, yogurt, and cheese. Calcium-fortified soy milk is also included in the dairy group. Calcium builds strong bones and teeth. Choose fat-free or low-fat dairy products most of the time. The blue circle shows dairy as a "side" to your meal, like a glass of milk. But dairy can be part of your meal, like a cheese quesadilla, or served as a snack or

dessert. Yogurt with fresh fruit or a fruit smoothie made with low-fat milk make great desserts.

[Try this quiz to test your knowledge of the food groups!](#)

SOURCE: [ChooseMyPlate.gov](#), [My Plate Food Guide](#)



Being Healthy on a Low Budget

Find Out About SNAP

The Supplemental Nutrition Assistance Program provides help for those in need. Eligible families can buy fruit, vegetables, bread, cereal, meat, fish, poultry and milk with this monthly benefit. Plus, grocery, convenience and specialty stores accept the SNAP debit card. And, some stores provide special discounts if you purchase fruits and vegetables with your SNAP card. SNAP also offers resources on stretching your food dollars. For example, the “SNAP Challenge” is a 6-week guide to eating on a SNAP budget. Online information includes grocery lists, recipes and cost estimates for dozens of recipes. Even if you don’t qualify for SNAP, this resource can help you prepare healthy, easy meals on a budget.

Look into the Local Food Bank

Food banks receive surplus foods from national sources, as well as local donations from charities, church groups and individuals. Some distribute prepared boxes with a variety of foods. Others allow you to walk through the warehouse and fill a box yourself. Food banks are a good source for staples such as rice, pasta and canned goods.

Visit Your Local Farmers Market

If your neighborhood doesn't have a supermarket, check out other options for buying fresh produce. For example, farmers markets are sprouting up in many underserved neighborhoods. These markets provide fresh, locally grown produce that you often can purchase with SNAP dollars. And there's another perk: Many states will give double dollars for SNAP participants who use farmers markets. So, \$10 in SNAP benefits will get you \$20 in produce.

Plant a Simple Garden

Even if you live in an apartment, you and your kids can grow your own vegetables. Plant your family’s favorite veggies in a clean clay or plastic pot, trashcan, bucket or another container and place it on a porch, balcony, windowsill or sunny spot.

Food Sharing

Many families and friends use informal food sharing to stretch their budgets. For gardeners and farmers, it may mean exchanging crops. Or, suburbanites might split the cost of foods bought in bulk at discount grocery stores. Another option is to exchange cooked meals once or twice a week, which also saves you meal prep time a day or two a week!

SOURCE: [EatRight.org](#)



Nutrition On-the-Go

PACK A SNACK (OR SEVERAL)

Precision Nutrition coaches carry some interesting items in their bags!



*If traveling for more than an hour or two, consider a soft cooler bag and ice pack for perishables.

ALMOND PROTEIN BARS

Make these in bulk, then throw one in your bag for an on-the-go snack.

- 2 cups vanilla protein powder
- 1/2 cup oat flour
- 1.5 cups almond meal
- 1 cup chopped almonds
- 1/2 cup pumpkin seeds
- 1 cup puffed rice

- 2 tbs almond butter
- 2 tbs honey
- 3/4 cup almond milk
- 1/2 tsp almond extract
- 1/2 tsp vanilla extract
- 100 grams dark chocolate



Place chocolate in a bowl over a small sauce pot of water and melt over medium heat.



Combine dry ingredients in one bowl and mix well.



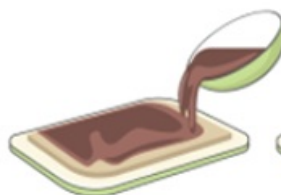
Combine wet ingredients in another bowl and mix well.



Mix the wet and dry ingredients together until incorporated (mixture will have the consistency of cookie dough).



Press out mixture onto a tray, cover with parchment paper and flatten with a rolling pin or the palms of your hands.



Remove paper and drizzle the chocolate evenly over the top.



Freeze for up to 24 hours.



Cut 20 equal portions with a warm knife.

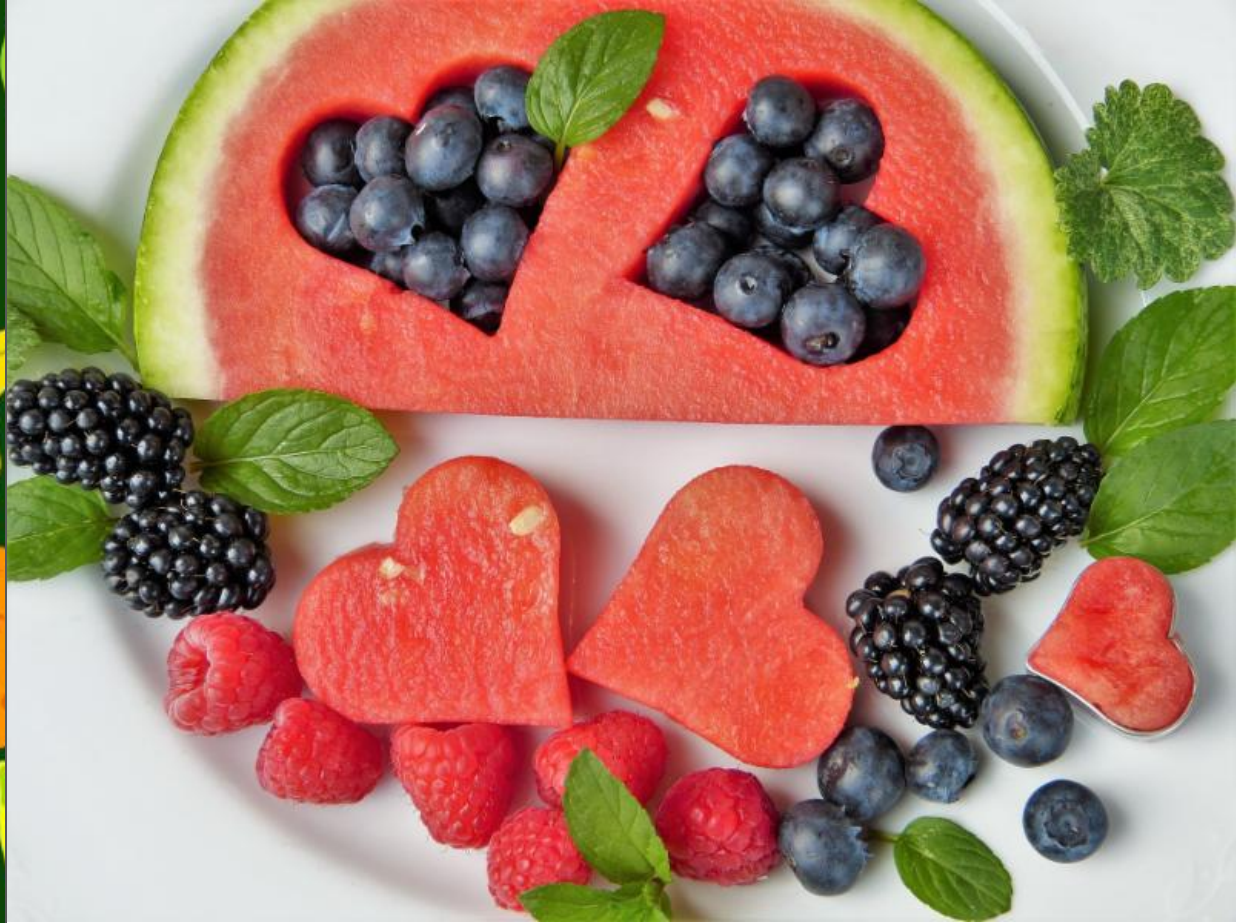


Store in an airtight container in the refrigerator for up to 10 days or in the freezer for up to 3 months.

PER BAR:
185 CALORIES
19 G PROTEIN
9 G CARBS
9 G FAT

SOURCE: [PrecisionNutrition.com](https://www.precisionnutrition.com)

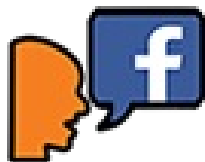
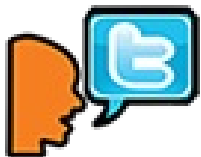
Stay Healthy and Never Neglect Nutrition!



The Horizon Foundation for New Jersey

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For more information on HLP and NJSAP
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Positive Pulse

Your monthly dose of advice on healthy living

December 2017

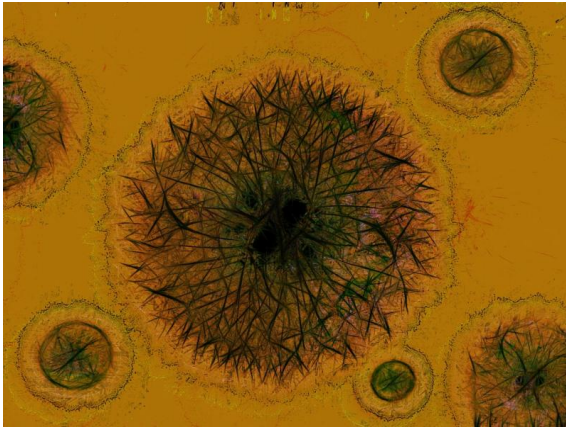
WINTER WELLNESS



'Tis the season to be jolly, but unfortunately, it is also a time for colds and flu! When temperatures drop, viruses can spread; if your immune system isn't up to the task, you're likely to catch the latest bug in your area. There are many simple steps you can take to ward off sickness:

- The term "germs" refers to the microorganisms that can cause disease. Because they are too small to see with your eyes, it is important to practice good hygiene so that you can reduce contact with germs.

- Keep your immune system as strong as it can be to help fight off any germs or illnesses. If you do start to get sick this will also help your body fight it fast so you can get back to your life.
 - Winter cold can be dangerous if you are not prepared. You want to make sure you are dressing appropriately for the weather and for the activities you will be doing.
-



Avoid Spreading Germs

Cover Your Coughs

Cough into your elbow, not your hands. This will prevent the spread of germs in two different ways. It will block the germs that are coming out of your mouth and it will keep your hands germ free.

Limit Interaction with Public Objects

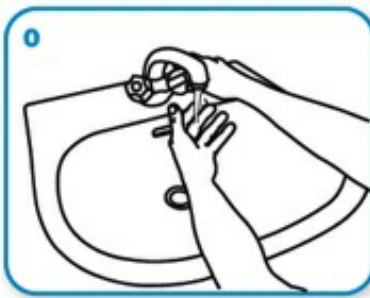
Cold and flu germs are easily passed through hand-to-hand contact. Any way you can avoid touching public objects will limit your risk.

Carry Hand Sanitizer

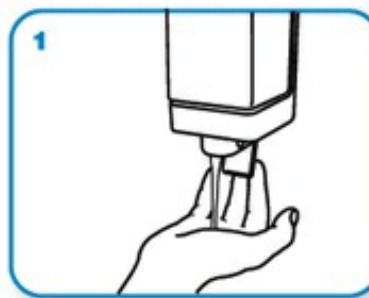
When researchers from Children's Hospital in Boston studied 292 families for 5 months, they found that those who carried hand sanitizer with them had 59% fewer cases of stomach bugs than nonusers. When used correctly—squirt out enough gel so your hands still feel damp after rubbing together for 10 to 15 seconds—these products nearly eliminate germs.

Wash Your Hands

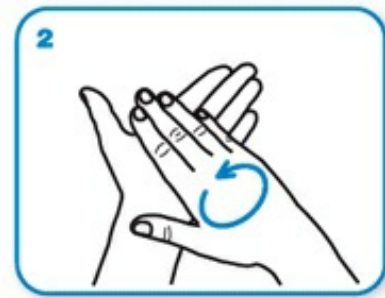
Hand sanitizer is not a replacement for hand washing! Follow the steps below from the World Health Organization to make sure you are washing your hands correctly. Note that washing your hands properly takes about as long as singing "Happy Birthday" twice.



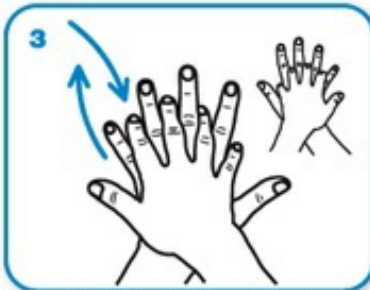
Wet hands with water



apply enough soap to cover all hand surfaces.



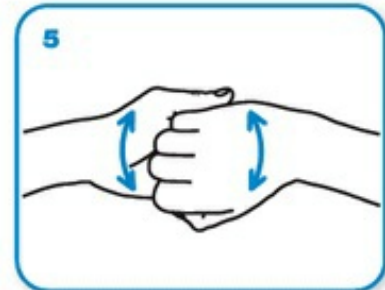
Rub hands palm to palm



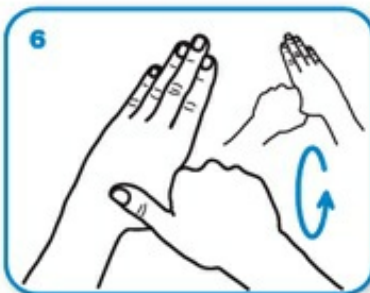
right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



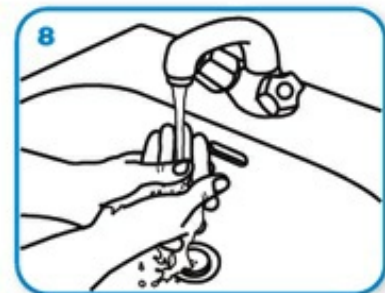
backs of fingers to opposing palms with fingers interlocked



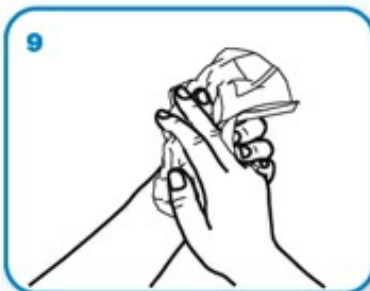
rotational rubbing of left thumb clasped in right palm and vice versa



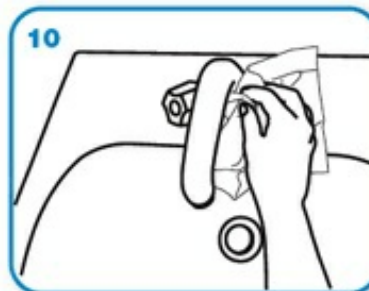
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



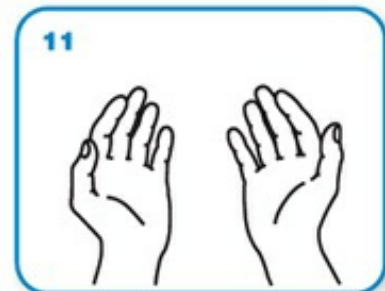
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Keep A Healthy



Routine

Healthy Habits

To keep your immune system strong, you want your body working the best it can. Make sure you are exercising and eating healthy. If you do start to get sick this will help your body fight it fast so you can get back to normal.

Stay Hydrated

Make sure you are drinking enough water. It is important to make sure you replenish the water in your body throughout the day.

Take a Daily Multivitamin

Look for one with 100% of the recommended daily values of vitamins A, B6, B12, C, and D and the minerals chromium, copper, folic acid, selenium, calcium, and zinc. Take your multi during a meal that contains a bit of fat so you can absorb the nutrients better.

Get a Flu Shot

An influenza vaccination can reduce the risk of flu illness by 50 to 60% in the general population and can decrease the severity and side effects if you get sick.

Get a Good Night's Sleep

None of the above will help you if your body is too tired to fight off infections. Make sure you are getting at least 8 hours of sleep each night so you are well rested.



Dress Appropriately

It is important to stay warm in the winter, especially during cold weather activities outdoors. You'll lose body heat from any part of your body that is exposed, so keep covered! Key winter wardrobe items include a **Coat or Jacket, Scarf, Mittens or Gloves, Sweater, Pants, Warm Socks, and Boots.**

The graphic below (based on Merino wool, but you can use other fabrics) points out the three kinds of layers you should consider wearing to stay warm:

a base layer to wick moisture away, a mid layer to trap heat, and a waterproof outer layer for protection against the cruel elements.

Layer Up Like A Pro This Winter

Your Helpful Guide To Layering With Merino Wool

Somewhere in the evolution of the active adult, a myth popped up and never quite went away: you have to dress yourself in countless layers to stay warm. Fortunately, it's not true, and there is no need to put on half of your closet once the temperature drops. Take a look at our infographic to find out how Merino wool, nature's best lightweight insulation system, can save you this winter.

1

BASE LAYER WARMTH & MOISTURE CONTROL

Consider the base layer your second skin. The goal is to regulate body temperature by moving perspiration away from your skin. The versatility of natural Merino wool is cool in the summer and helps avoid succumbing to hypothermia in the winter.



- ▶ Your base layer should fit close to your body. Choose a soft, comfortable, natural fabric in a snug-fitting style and it will literally become your second skin.
- ▶ Treat your skin to natural fabrics, like Merino wool—nature's miracle fiber.
- ▶ Merino wicks away moisture, breathes, doesn't itch or smell—even if you wear it multiple times between washes.



- ▶ Plastics aren't just bad for the environment. Wearing polyester and similar plastic fabrics against your skin creates global warming in your personal microclimate.
- ▶ Avoid cotton too, as the fabric retains sweat—leaving you chilled, which isn't even remotely chill.



2

MID LAYER INSULATION

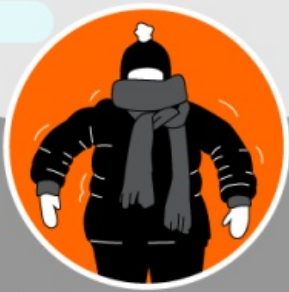
The goal of the mid layer is to retain heat. Trapping air close to your body helps, and natural fibers, such as merino wool are insanely good at this.



- ▶ Make your layers work for you—not against you.
- ▶ Trap heat like a pro, using an insular, breathable Merino mid layer to ensure maximum warmth and comfort.
- ▶ Combining lightweight Merino layers means you get maximum warmth with minimum bulk.



- ▶ Mixing and matching fabrics (such as Merino and cotton or polyester), cancels out Merino's benefits.
- ▶ Don't layer synthetics that can trap heat, leaving you stuffy and uncomfortable.
- ▶ Don't confuse quantity with quality—more layers of the wrong fabric won't give you the comfort and warmth the right, lightweight Merino layers can.

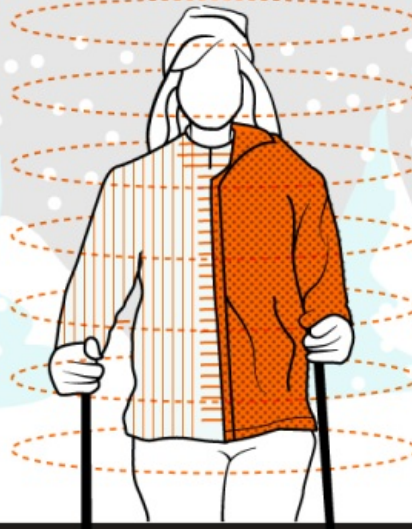


OUTER LAYER WEATHER PROTECTION

The outer layer protects you from wind, rain, snow, meteor shower, the cruel realities of everyday life, you name it.



- Think ventilation. Without it your perspiration can't evaporate and will condense on the inside of your outer layer like a sauna.
- Pick an outer layer that works with and enhances the properties of your base and mid layer such as a Merino-filled insulator or Merino-lined shell.



- Don't confuse bulk and warmth. Merino filled outer layers keep you warmer than a poly-filled puffy coat.
- Don't rely solely on your outer layer for warmth. The secret to layering like a pro starts with the right layer next to your skin.



Base + Mid + Outer = Sorted for Winter

With winter fast approaching it's never been more important to finally dispel the layering myth. Thicker and bulkier layers won't keep you dry and warm, neither will synthetic or cottons. Instead, nature provides the most naturally technical fiber in the world—Merino wool. Here's to never being too hot, cold, smelly or sweaty. You're always just right.

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 COLUMN FIVE


icebreaker[®]
MERINO

Stay Warm, Happy and Healthy!

2018

HAPPY NEW YEAR



The Horizon Foundation for New Jersey

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New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities

For more information on HLP and NJSAP follow us on social media!

