

THE HEALTHY CPA

Brought to you by  CalCPA Health

"Life Is a Journey. Have Some Fun."

“It’s never too late to have a happy childhood.”

— Berke Breathed

**Make
time for
mental
health** Nurture your
mind and
spirit in
everything
you do so
you get the
most out of
all life
experiences.

Volume 38 • Number 5 • May 2018

Learn more about nurturing your emotional and mental health in all areas of your life.

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StockYourToolBox:

Don’t miss our downloadable and printable PDF, Self-Test for Depression, plus other resources at May.HopeHealth.com. Pg. 8

“Nothing is better than going home to family and eating good food and relaxing.” — Irina Shayk



Put the fun into vegetables

Change the shape of vegetables to pique a child's interest in eating well. Use cookie cutters to make red pepper stars, try a vegetable peeler to make cucumber or carrot ribbons (*cut it lengthwise*), or make long and curly strands of zucchini and beets using a spiral slicer. Fun food often tastes better to kids.

— Cara Rosenbloom, RD

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StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Go back to the tap

If you drink lots of soft drinks: Cut back and choose water or sparkling water flavored with mint, citrus or cinnamon. Excess sugar in regular soft drinks may increase chronic disease risk and contribute to weight gain.

— Cara Rosenbloom, RD

OuterAisleFresh: Mindful eating

By Cara Rosenbloom, RD

Make Time for Mental Health

If you've ever eaten an entire bag of chips without realizing it, or eaten dinner in front of the TV without considering how it tasted, you have eaten mindlessly.

When we eat to quell emotions or while we're distracted, it's easy to take in too many calories. Regular overeating can lead to weight gain and health conditions such as heart disease and type 2 diabetes.

Mindful eating can help you develop better eating habits, which include:

- Eating when you are hungry to provide your body with the nutrients it needs.
- Checking your hunger level, so you can stop eating when you are full and don't overeat.
- Enjoying food slowly while savoring how it looks, smells, feels and tastes.
- Avoiding using food as a crutch when you're sad, bored or lonely.
- Eating at a table sitting down, rather than on the run or in front of a distracting screen.

If you struggle with weight control or emotional eating, mindful eating may be an important step for you. Studies show it can help lower body mass index, assist with weight loss and control impulsive eating. For guidance, talk to a dietitian or psychologist.

Green Beans With Sunflower Seeds

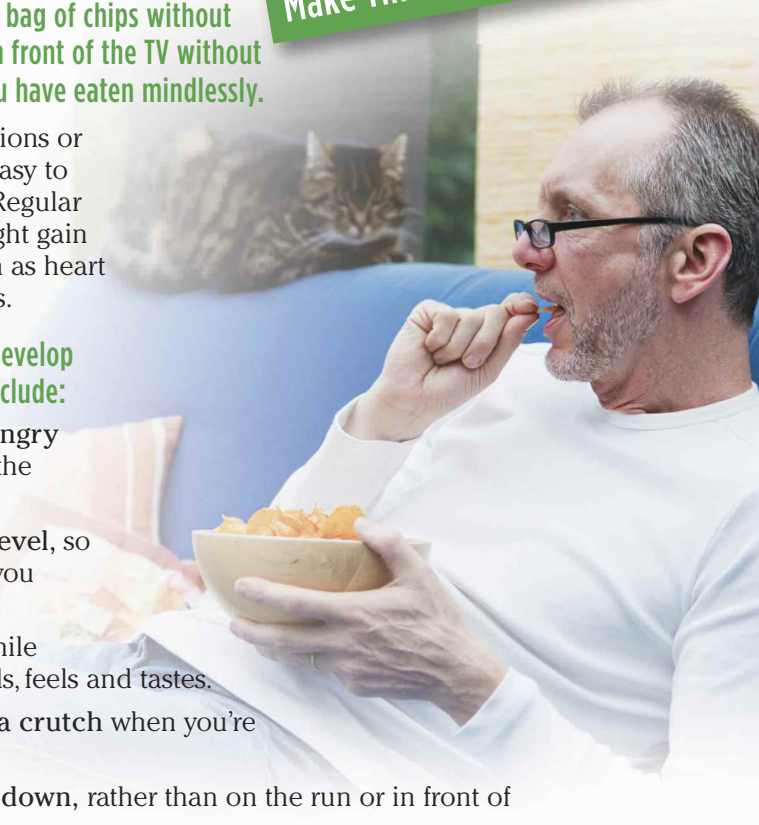
• 4 cups green beans, trimmed • 1 tbsp. extra virgin olive oil • 1 clove garlic, minced • 2 tbsp. raw sunflower seeds • 1/8 tsp. salt • 1/8 tsp. pepper • 1 tbsp. fresh lemon juice • 2 tbsp. fresh parsley, chopped

Steam green beans for 5 minutes, until tender crisp. In a large skillet over medium heat, add oil and garlic. Add sunflower seeds and toast, stirring constantly for about 4-5 minutes. Add steamed green beans, salt, pepper and lemon juice. Stir-fry until coated, about 2 minutes. Transfer to serving bowl and top with fresh parsley.

Makes 6 servings. Per serving: 73 calories, 2.4 g protein, 5 g total fat (0.6 g saturated fat, 2.1 g monounsaturated fat, 2 g polyunsaturated fat), 7 g carbohydrate (0.2 g sugar, 3 g fiber), 51 mg sodium



2 Learn more about OuterAisleFresh: at May.HopeHealth.com



Life is like riding a bicycle.
To keep your balance, you
must keep moving.

— Albert Einstein

4 ways to keep walking

If you walk to stay fit, here's how to stay on track:

- 1) Cue your walks to regularly scheduled activities, such as your lunch hour.
- 2) Have a backup plan; if you miss your regular walk time, keep your walking shoes in your car in case you find time to squeeze in a walk.
- 3) Find a new route, or several.
- 4) Use an activity tracker; fitness apps help you set goals and meet them.

Source: *Harvard Healthbeat*

Exercise intensity levels

Using walking as an example, here's how the different levels of intensity (*or pace*) might feel:

- **Moderate pace** (*light to moderate intensity*): Feeling like you have to get someplace; some effort but you can talk easily.
- **Brisk pace** (*moderate intensity*): Feeling a bit rushed; moderate effort, breathing is harder.
- **Fast pace** (*moderate to vigorous intensity*): Feeling late for an appointment; hard effort, slightly breathless.

Source: *Harvard Heart Letter*

GetMoving: Make Time for Mental Health Exercise and feel good

Some say regular exercise is the best medicine for the body, brain and emotional well-being. It releases chemicals that help reduce stress and improve sleep, mood and mental clarity — which all lead to a more positive outlook.

How much exercise does it take? Not a lot.

The standard exercise guidelines for health protection:

Get at least 150 minutes of moderate-intensity physical activity weekly. You can meet this goal in increments of 10 to 30 minutes for a minimum of 150 minutes. Exercise at a pace that elevates your heart rate; this helps lower cortisol, a hormone linked to stress and anxiety.

Also, many studies have shown that yoga, tai chi and other mind-body exercises can significantly improve overall health. They provide a sense of focus and dedication that transfers into all aspects of your life.

If you're tempted to skip a workout, remind yourself that exercise is the key to your overall health and well-being. And it's never too late to start.

Sources: *Forbes, Yoga Journal*

Sports gear safety checklist

Kids love their sports and recreation. To keep them safe on the field or court or wherever they play, be sure they suit up for safety:

- Ensure kids use suitable protective gear for their activity, including helmets, wrist guards, knee or elbow pads.
- Ensure safety helmets fit properly. They should be age-appropriate, well-maintained and certified for use.
- Ensure that sports protective equipment, including protective eye gear, fits right and is worn correctly all the time. Poorly fitting equipment can be uncomfortable and may not offer the best protection. Only use equipment certified for use in the sport.
- Ensure the gear is in good condition. For example, broken buckles or compressed or worn padding should be replaced or repaired before using again.

To learn more, go to May.HopeHealth.com/sports.

Source: *Centers for Disease Control and Prevention*

3 Learn more about **GetMoving:** at May.HopeHealth.com



“What you do today can improve all your tomorrows.” — Ralph Marston

Food dyes

For years, consumers have wondered about reported links between artificial food color and behavior disorders (such as ADHD) in children. While 1 major study from the University of Southampton showed increased hyperactivity in kids who consumed artificial food colors plus sodium benzoate, the research overall is inconclusive. What we do know: Whole, unprocessed foods are best.

Sources: WebMD, ChildrensMD, Food and Drug Administration, Mayo Clinic

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Exercise or sleep? Maximizing time for wellness

Our 24-hour world can leave you sleep-deprived with no time for exercise. So do you choose an hour for exercise or much-needed rest? Ideally? Both. But when you go to bed late, exhausted, sleep trumps a 5 a.m. workout. Chronic lack of sleep is associated with conditions including weight gain, high blood pressure, heart disease and diabetes. Get your rest and weave small bouts of exercise into your day; even 10 minutes spent moving are beneficial.

Sources: New York Times, Harvard Health Letter

The Whole You: PHYSICAL HEALTH

Mind-body connection

Make Time for Mental Health

Our emotional and physical health are deeply intertwined. That's why if the body senses change in emotion or signs of danger from the brain (e.g., stress, anxiety), it may respond with a rush of hormones, increased blood pressure and other side effects that eventually could lead to chronic conditions.

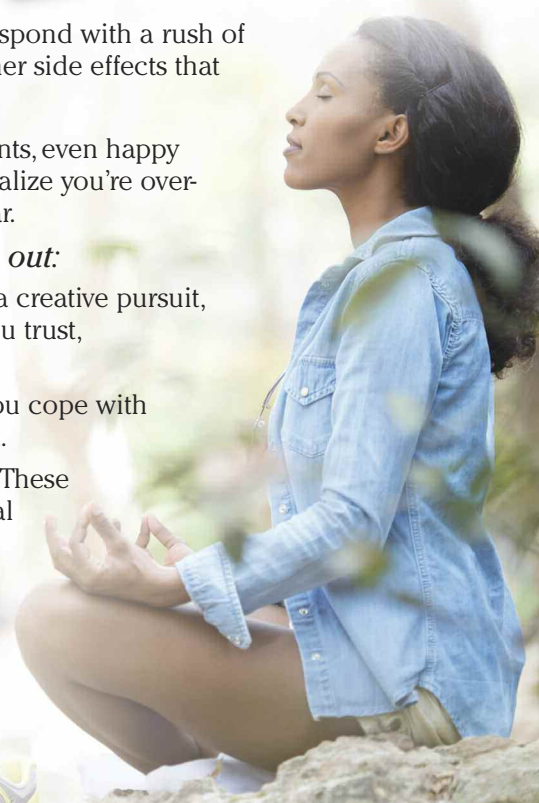
Emotional changes often result from life events, even happy ones such as a new job. You may not even realize you're overwhelmed until the physical symptoms appear.

Take steps to stay healthy, inside and out:

1. Express your emotions positively with a creative pursuit, physical activity or by talking to someone you trust, such as a counselor.
2. Focus on the positives in life. It helps you cope with stressful events and cherish what's important.
3. Try meditation or breathing exercises. These will help you identify your emotions and deal with them healthily to create resilience.
4. Eat nutritious foods, exercise, sleep 7 to 9 hours daily — and have fun.
5. Talk to your health care provider to rule out physical conditions or medications that could be affecting your emotional and mental health.

Learn more at May.HopeHealth.com/mental.

Sources: American Academy of Family Physicians, American Psychological Association



Medical testing done right (at home)



Technological advances are making it easier to monitor conditions and test for diseases at home.

Here are some home testing options, from most to least accurate:

Good: The most accurate tests include blood glucose monitors, which help people with diabetes manage their blood sugar, blood pressure monitors and home pregnancy tests, which are nearly 99% accurate with correct usage.

May help: Tests still best administered by a health care provider include certain home tests for HIV, colon cancer and urinary tract infections.

Avoid: There isn't enough evidence to support accurate home testing for Alzheimer's disease, allergies or testosterone levels. Most of these require

thorough evaluation as well as lab blood tests.

Choose only home medical tests approved by the FDA. And whenever possible, consult your provider about your testing needs first.

Learn more at May.HopeHealth.com/hometest.

Sources: Food and Drug Administration, Berkeley Wellness

4 Learn more about **The Whole You:** at May.HopeHealth.com

No one can make you feel inferior without your consent. — Eleanor Roosevelt

Stress showing up on your body?

Gaining weight and abdominal fat are linked to high levels of the hormone cortisol, which is released during emotional tension. Cortisol levels also may increase with caffeine use, sleep deprivation and viral infections. Also, stress can lead to overeating unhealthy foods. The right diet and physical activity can help control weight — but first try reducing chronic stress.

Source: Reuters

Benefits of meditation: a growing list

An ongoing study has found that routine meditation and mindfulness therapies provide ongoing relief of stress and depression, as well as improved immune function and biomarkers for healthy aging. The sustained positive effects were also seen in participants new to meditation.

Source: Harvard Health Blog



The Whole You: Emotional/Mental Health

Q: Can depression change your brain?

Make Time for Mental Health

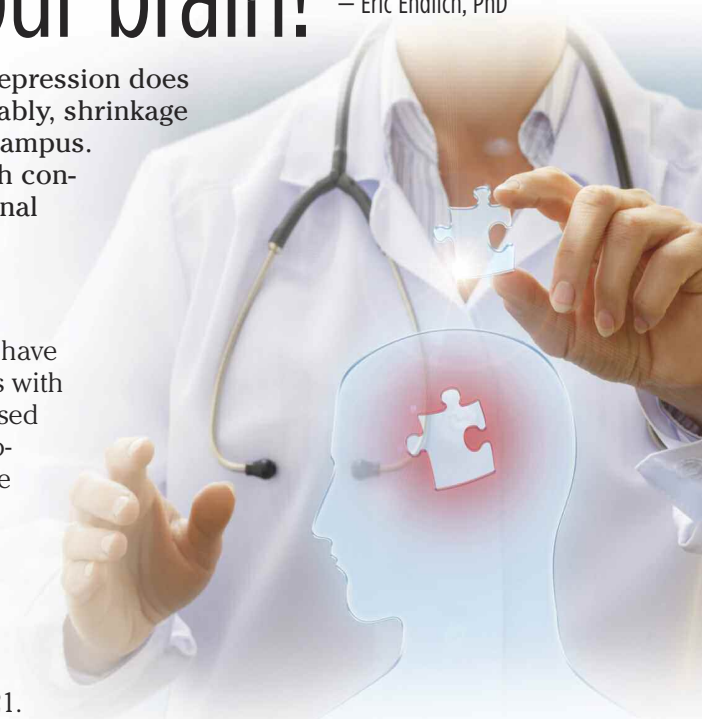
— Eric Endlich, PhD

A: Persistent or recurrent depression does damage the brain, most notably, shrinkage of an area called the hippocampus. This can lead to trouble with concentration, memory, emotional control, decision making, creativity, empathy and even self-confidence.

Changes in the hippocampus have also been linked to difficulties with social interactions and increased susceptibility to stress and substance abuse. People who have had 1 episode of depression don't seem to be affected, so the length of the depression may be the key. Damage is most pronounced when persistent depression (*chronic or recurrent*) started before age 21.

Good news: Early detection and effective treatment of depression can reverse the damage. The brain is flexible and can create new nerve cells. Breaking the cycle of depression, through medication and therapy, restores brain health while improving functioning and quality of life.

Source: Molecular Psychiatry



Digital diet

Most adults and teens rely on digital tools for work, social media and entertainment.

Be aware that heavy use has been linked to health problems, including sleep disorders, anxiety and depression as well as repetitive stress conditions.

The American Psychiatric Association has identified these warning signs of heavy technology use:

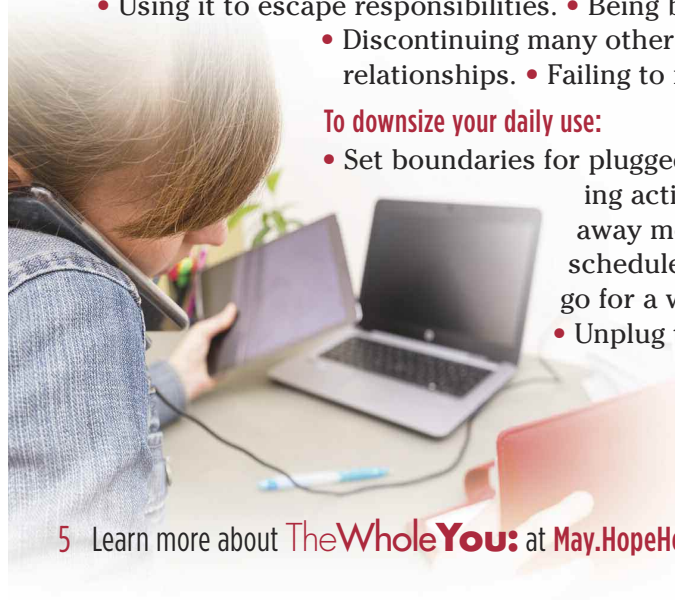
- Using it to escape responsibilities.
- Being bombarded with messages.
- Discontinuing many other interests.
- Disregarding relationships.
- Failing to reduce using it.

To downsize your daily use:

- Set boundaries for plugged-in time.
- Identify networking activities to omit.
- Post away messages and a response schedule.
- Avoid texting when you go for a walk, eat or take a break.
- Unplug to enjoy other pastimes.

Digital tools are designed to make life easier, not to dominate it.

Source: Chicago Tribune



Rule No. 1: Never lose money. Rule No. 2: Never forget rule No. 1.

— Warren Buffett

Tip for solo travelers

If you need a place to stay when you travel alone, try home exchange websites. Staying in someone's home is usually cheaper than a hotel and you can cook meals. If staying in someone else's home doesn't appeal to you, consider independent hotels. Some offer smaller rooms for solo travelers at discounted rates.

— Jamie Lynn Byram, MBA, AFC, MS

See page 8 —

StockYourToolBox:

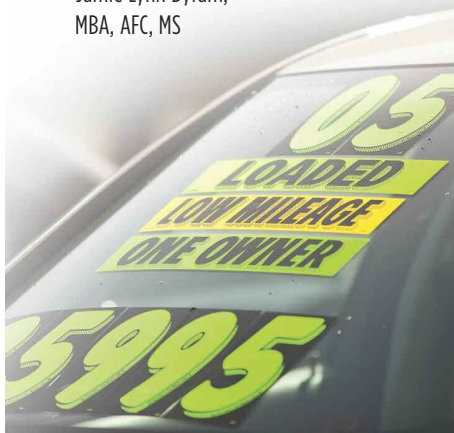


See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

Avoid used car scams

If a price sounds too good to be true, it probably is. Check out auto sale websites for price ranges on the make, model and year of the vehicle. Most offer price ranges for private party sales. Proceed cautiously; see the car in person before you negotiate terms. Pay as you leave with the product. Never wire money.

— Jamie Lynn Byram,
MBA, AFC, MS



FiscalFitness: Make Time for Mental Health

Your children: The money talk

Teaching your kids the value of money from an early age will contribute to their success later in life. If a child learns from an early age about budgeting and living within their means, they will master the concepts and eventually become financially independent. Use this guide to teach sound money concepts.

AGES 4 TO 7:

- Introduce coins to your child and the concept of values (e.g., 5 pennies equals a nickel, 2 nickels equal a dime).

A clear jar helps them see money accumulate and know it is still there.

AGES 8 TO 12:

- Establish an allowance amount (*many people give a dollar for each year of age*).

If your child has to work to earn the allowance, assign chores.

- Give the allowance on the same day of every week.

- Avoid using the allowance to punish or reward.

- Require them to save a portion each week. The allowance should be divided, e.g., among short-term spending, long-term saving and charitable giving.

- Discuss past spending mistakes and what you learned from them.



Learn more at May.HopeHealth.com/challenge.

Financial apps checklist

Apps bring financial management to your smart device. Tracking expenses is easy, and usually you can add information on the fly — no laptop or desktop computer is needed.

Look for apps that:

- ✓ Offer tracking of income and expenditures.

Many apps will also show a breakdown of spending in certain areas.

- ✓ Can estimate whether monthly spending will exceed your budget, giving you the chance to cut back before going into the red.

- ✓ Notify you when bills are due.

- ✓ Allow you to create your own categories so that the app reflects your actual spending and not a generic budget.



6 Learn more about **FiscalFitness:** at May.HopeHealth.com

We make a living by what we get. But we make a life by what we give. — Winston Churchill



Think well

Some people seem to have unlimited energy. Could be their attitude — they're so motivated and interested in things that they don't notice fatigue. In contrast, depression and stress can cause fatigue, disrupt sleep and leave you dragging all day. Increasing exercise and spending time with folks who make you laugh may boost your physical and mental energy. But if negativity persists, visit your health care provider.

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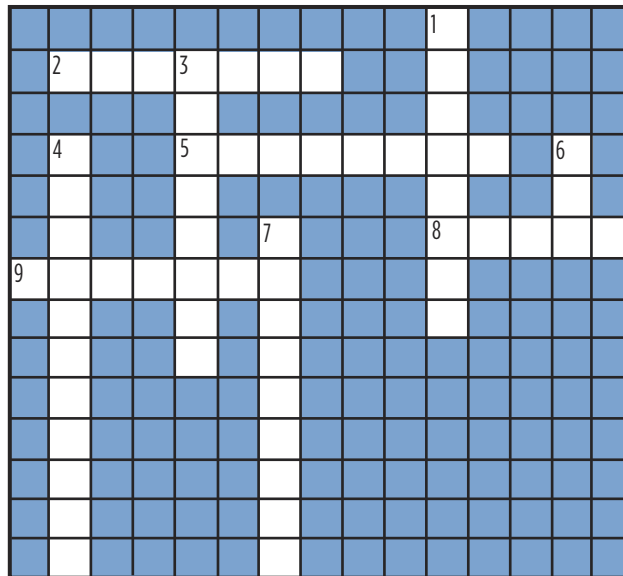
The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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Please recycle.

HealthyConnections:



Across

2. This type of eating can help improve your eating habits.
5. Home medical tests must be _____.
8. Excess amounts in regular soft drinks may contribute to weight gain.
9. Some people use this type of technology to escape responsibilities.

May Crossword Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

Down

1. This hormone is released during emotional tension.
3. Chronic lack of sleep is associated with this disease.
4. These regulated substances can affect your mental health.
6. Only use home medical tests approved by this government agency (*abbrev.*).
7. There isn't enough evidence to support a home test for this condition.



For the crossword puzzle answer key, go to May.HopeHealth.com

Clear your head

Make Time for Mental Health

What's on your mind? Worries? Distractions?

Learn to dismiss the chatter in your head so you're free to think, solve problems and get more done in less time. You might even feel less stressed at the end of the day.

Try these techniques:

- **Move your body.** Take 5 minutes to walk (*preferably outside*), climb stairs or stretch out stiff muscles. Getting your blood pumping and your body moving can help settle your thoughts.
- **Visualize.** Stop what you're doing and see yourself completing what you must today successfully. Visualize the task by mentally reviewing the steps you need to get there.
- **Practice deep breathing.** As you breathe, put your hand on your stomach; your hand should move in and out. Make your exhale long and peaceful. A few slow breaths can clear the cobwebs and silence your inner chatter.
- **Change your location.** Another venue can give you respite from familiar distractions.
- **Book a conference room, hide out in an empty workspace or even take your laptop outside (if possible).**



7 Learn more about [HealthyConnections:](http://HealthyConnections.com) at May.HopeHealth.com

Your Health Matters:

Take a vacation

Many American workers avoid taking vacation, often due to concern for a heavy workload upon returning.

More than half of American workers did not take all of their paid vacation days in 2016, based on a Travel Association survey of 7,331 workers who worked more than 35 hours per week and received paid time off. Fortunately, this trend has started declining.

Taking time off is a win-win for employer and employee. Employers know that stress can affect employee health and health care costs, while vacation can strengthen their mental attitude and enthusiasm for work.

Plan vacation well in advance so you can look forward to it; you're more likely to use it. And it may provide time to prepare coworkers for your absence.

Check out completely. On vacation, don't monitor work email or go where you have easy access to Wi-Fi. If that doesn't seem feasible, rethink your lifestyle. You work hard and earn vacation, so take time to enjoy new experiences and return recharged.

Sources: *Forbes*, *Chicago Tribune*, *U.S. Travel Association*



Stock Your Toolbox:

Your Source for Cool Tools & Resources

Check out May.HopeHealth.com for a ton of useful well-being information. In addition to the links in the newsletter, here's what else you can find online:

Self-test: Depressed?

Depression is a common disorder involving genetic, biological, psychological and environmental factors. Many people suffer short-term or ongoing depression, failing to get help, though it is highly treatable.

Are you having persistent sadness or negative thoughts? Check any symptoms that frequently apply to you:

- I have trouble concentrating, remembering or making decisions.
- I have weight gain or weight loss unrelated to dieting.
- I have lost interest in former enjoyable activities.
- I am tired and rundown.
- I feel a sense of loss or hopelessness.
- I feel restless and irritable.
- I am oversleeping or have insomnia.
- I feel guilty or unworthy.
- I have thoughts or plans of death or suicide.

Consult your health care provider if you checked 5 or more symptoms, especially if they have bothered you nearly every day for at least 2 to 3 weeks.

Source: National Health Association

A print-and-post flyer that lets you assess your possible risks for depression.

Answers to the Crossword Puzzle that covers the topics in this issue of the newsletter.



Go to May.HopeHealth.com to find these resources.

"There are no traffic jams along the extra mile."

— Roger Staubach

"Courage is being scared to death, but saddling up anyway."

— John Wayne

"Health is a state of body. Wellness is a state of being."

— J. Stanford

"There is only one success: To be able to spend your life in your own way."

— Christopher Morley

"It is well to be prepared for life as it is, but it is better to be prepared to make life better than it is."

— Sargent Shriver

"If you want to run, run a mile. If you want to experience a different life, run a marathon."

— Emil Zatopek