



Established 1915

BROWARD
County Public Schools

Wellness Newsletter

December 2019

Live. Life. Well.

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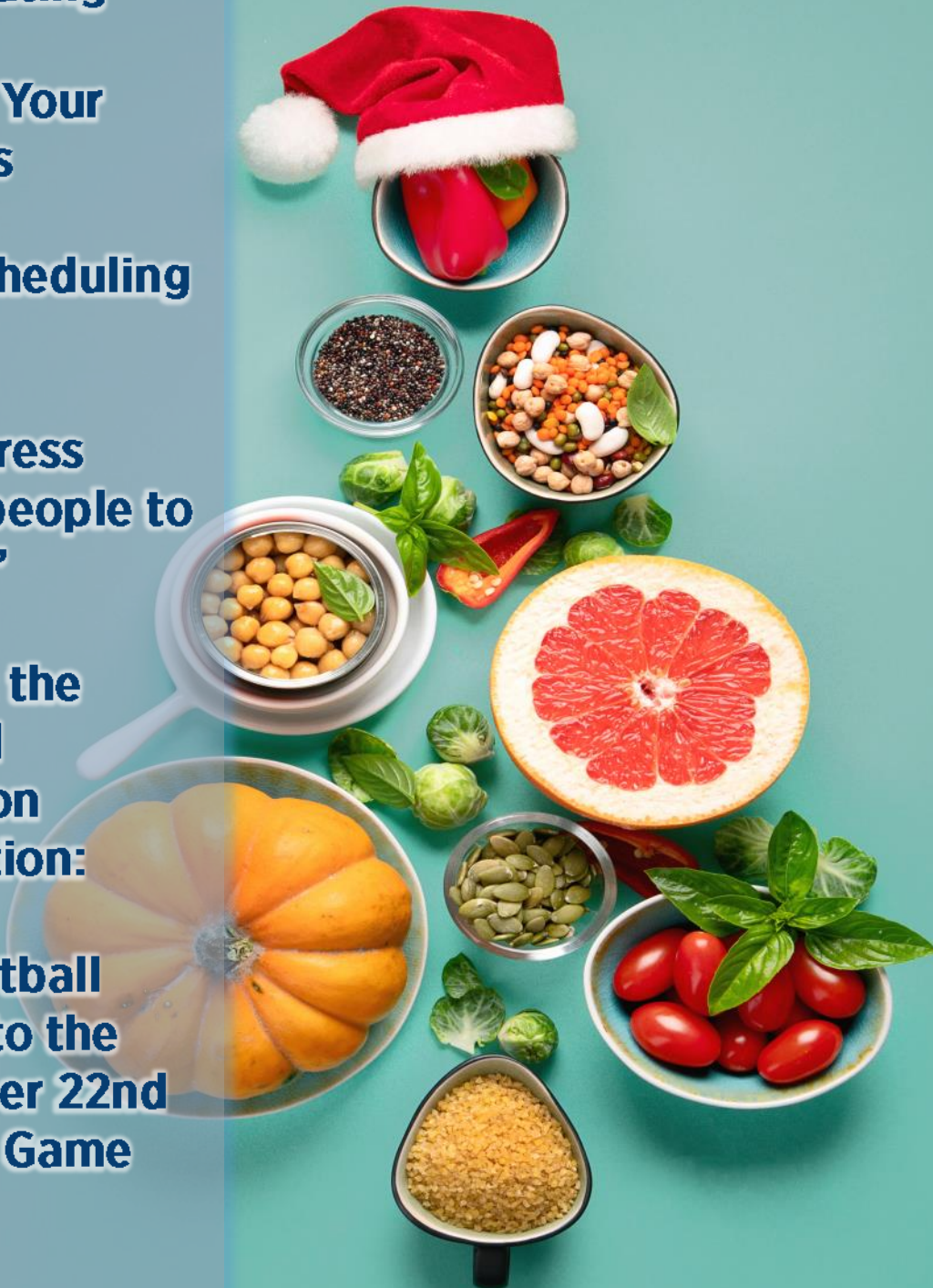
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Stress Eating

Busy schedules often lead to excess calories. It is easy to grab the most convenient option when you are running two (2) hours behind schedule, but a little planning and focus can help you avoid binge eating:

Here Are Five (5) Tips to Reduce Stress Eating

1 Do not skip meals

Eat three meals every day. Between each meal, eat a healthy snack (fruit, cheese, almonds and/or vegetables) to maintain your energy and curb your appetite.

2 Eat until you are satisfied, not stuffed

Do not use stress as an excuse to overeat, instead, use meal time as an opportunity to relax. Sit down, get comfortable, eat slowly and enjoy.

3 Plan your exercise

Moderate to intense daily exercise reduces your stress level and sticking to a schedule helps you feel in control of your day. Even when you are at your busiest, plan ahead and find time for at least 10 to 15 minutes of activity each day.

4 Avoid high-calorie beverages

Alcoholic drinks and sugary sodas, juices and teas are high in calories and low in nutrition. Instead, try sparkling water or distilled water infused with your favorite fruits.

5 Do not revolve everything around food

Whenever you are in charge of planning an event with family and friends, try games and activities that are not all about food.

Monthly Activity

Reduce Your Stress, Monitor Your Weight

Practice daily meditative breathing and weigh yourself each week. Register for a free meditation app. Go to go.headspace.com/broward/ and get started.



Manage Your Finances

Plan Ahead and Avoid Financial Stress

It is easy to let spending get out of hand when you are running from one place to another. Many of those extra costs from eating out, impulse shopping, and comfort purchases, can be reduced by planning ahead.

Plan Meals in Advance

Make sure you always have a quick, affordable homemade meal ready. Use a slow cooker, rely on healthy favorites like eggs, and whole-wheat sandwiches, or freeze meals. Soups and casseroles that are prepared in advance, can save yourself time and money.

Plan Your Daily Spending

Find time to quickly list all of your planned expenses each morning, then check your list against your actual expenses at night. If you are consistently off track, find out why and make a change to your financial routine.

Discover New Ways to Relax and Watch your Entertainment Budget

It does not matter if you are buying clothes, music, a movie ticket or an in-app purchase when you are stressed. Spending money releases endorphins that makes us feel good. Unfortunately, this impulse works against your budget. Instead of buying something new, make a list of "no cost" ways to relax. You could take a walk, or watch or listen to something you already own. Spending time with friends and family or visiting the library is another example of positive ways to engage.

Let a Few Things Go

Reduce your stress by focusing on priorities that save you money. If you only have time to cook a homemade meal or tidy up the house, let the mess slide for a day and avoid the expense of ordering delivery. You can fold blankets and vacuum later when you have more time.



How to Avoid Over-Scheduling

Rest might not be an “active” activity, but it’s just as important for your mental and emotional health. Use these tips to safeguard the downtime in your day.

Keep your calendar in your pocket.

Keep your e-calendar up to date in Gmail, Outlook or another calendar app you prefer to use and avoid accidentally double-booking yourself.

Build in “buffer time.”

Leave a little wiggle room in case things do not go as planned. If you pack your schedule too tight and face heavy traffic in the morning, you may get behind and feel stressed all day long. Build in margins to safe guard your schedule.

Be honest with yourself.

Do you really want to take on an additional task or responsibility, or do you just feel guilty about saying no?

Find a polite way to say no.

Sometimes you want to say no, but you are not quite sure how. Practice a few quick, polite ways to decline an offer so you do not say “yes” when you are caught off guard.

Do a great job on one task instead of a mediocre job on three (3) or four (4).

Avoid a multitasking meltdown.

Make sure you leave yourself enough time to properly focus on each task at hand.



Why stress causes people to overeat

Harvard Health Publishing — Harvard Medical School

Stress eating can ruin your weight loss goals – the key is to find ways to relieve stress without overeating

There is much truth behind the phrase “stress eating.” Stress, the hormones it unleashes, and the effects of high-fat, sugary “comfort foods” push people toward overeating. Researchers have linked weight gain to stress, and according to an American Psychological Association survey, about one-fourth of Americans rate their stress level as 8 or more on a 10-point scale.

In the short term, stress can shut down appetite. The nervous system sends messages to the adrenal glands atop the kidneys to pump out the hormone epinephrine (also known as adrenaline). Epinephrine helps trigger the body’s fight-or-flight response, a revved-up physiological state that temporarily puts eating on hold.

But if stress persists, it’s a different story. The adrenal glands release another hormone called cortisol, and cortisol increases appetite and may also ramp up motivation in general, including the motivation to eat. Once a stressful episode is over, cortisol levels should fall, but if the stress doesn’t go away – or if a person’s stress response gets stuck in the “on” position – cortisol may stay elevated.

Stress eating, hormones and hunger

Stress also seems to affect food preferences. Numerous studies – granted, many of them in animals – have shown that physical or emotional distress increases the intake of food high in fat, sugar, or both. High cortisol levels, in combination with high insulin levels, may be responsible. Other research suggests that ghrelin, a “hunger hormone,” may have a role. Once ingested, fat- and sugar-filled foods seem to have a feedback effect that dampens stress related responses and emotions. These foods really are “comfort” foods in that they seem to counteract stress – and this may contribute to people’s stress-induced craving for those foods.

Of course, overeating isn’t the only stress-related behavior that can add pounds. Stressed people also lose sleep, exercise less, and drink more alcohol, all of which can contribute to excess weight.

Why do people stress eat?

Some research suggests a gender difference in stress-coping behavior, with women being more likely to turn to food and men to alcohol or smoking. A Finnish study that included over 5,000 men and women showed that obesity was associated with stress-related eating in women, but not in men.

Harvard researchers have reported that stress from work and other sorts of problems correlates with weight gain, but only in those who were overweight at the beginning of the study period. One theory is that overweight people have elevated insulin levels, and stress-related weight gain is more likely to occur in the presence of high insulin.

How much cortisol people produce in response to stress may also factor into the stress–weight gain equation. In 2007, British researchers designed an ingenious study that showed that people who responded to stress with high cortisol levels in an experimental setting were more likely to snack in response to daily hassles in their regular lives than low-cortisol responders.

How to relieve stress without overeating

When stress affects someone’s appetite and waistline, the individual can forestall further weight gain by ridding the refrigerator and cupboards of high-fat, sugary foods. Keeping those “comfort foods” handy is just inviting trouble.

Here are some other suggestions for countering stress:

Meditation. Countless studies show that meditation reduces stress, although much of the research has focused on high blood pressure and heart disease. Meditation may also help people become more mindful of food choices. With practice, a person may be able to pay better attention to the impulse to grab a fat- and sugar-loaded comfort food and inhibit the impulse.

Exercise. While cortisol levels vary depending on the intensity and duration of exercise, overall exercise can blunt some of the negative effects of stress. Some activities, such as yoga and tai chi, have elements of both exercise and meditation.

Social support. Friends, family, and other sources of social support seem to have a buffering effect on the stress that people experience. For example, research suggests that people working in stressful situations, like hospital emergency departments, have better mental health if they have adequate social support. But even people who live and work in situations where the stakes aren’t as high need help from time to time from friends and family.



BROWARD COUNTY PUBLIC SCHOOLS APPRECIATION DAY



SUNDAY, DEC 22 - 1 PM

The Miami Dolphins would like to invite all students, families, faculty and staff to join us for our District Appreciation Day on Sunday, December 22nd at the game against the Cincinnati Bengals.

TICKET PRICES:

- Upper Level: \$45
- Lower Level: \$60

BENEFITING BROWARD EDUCATION FOUNDATION



FOR MORE INFORMATION REGARDING TICKETS, PLEASE CONTACT
AMANDA STANDLEY // 305.943.1603 // ASTANDLEY@DOLPHINS.COM

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I AGREE TO THE FOLLOWING TERMS AND CONDITIONS: PAYMENT APPLICABLE TO FULL LICENSE FEE FOR THE ABOVE-DESCRIBED MIAMI DOLPHINS TICKETS. THE RIGHT TO LICENSE TICKETS, IS NOT GUARANTEED AND PAYMENT (OR ANY APPLICABLE UNAVAILABLE PORTION THEREOF) WILL BE REFUNDED IF FULL TICKET ORDER IS NOT AVAILABLE, AS DETERMINED BY MIAMI DOLPHINS, LTD. ("MDL") IN ITS SOLE DISCRETION. OTHERWISE, ALL PAYMENTS ARE NON-REFUNDABLE. CREDIT CARD PAYMENTS WILL BE CHARGED WITHIN 48 HOURS. BY SIGNING IN THE SPACE PROVIDED ABOVE, SIGNATORY REPRESENTS AUTHORITY TO AUTHORIZE CHARGES, COMMITS TO PAY AMOUNTS SET FORTH ABOVE, AND WAIVES ALL RIGHTS TO DISPUTE ANY CHARGES. TICKETS ARE SUBJECT TO ADDITIONAL TERMS AND CONDITIONS, INCLUDING REVOCATION AND TERMS GOVERNING USE OF TICKETS, AS ESTABLISHED BY MDL FROM TIME-TO-TIME.

Recipe

Walnut Blueberry Energy Bites

Get a boost when you're on the go.

INGREDIENTS

- 1 cup lightly-toasted walnuts, chopped
- 1 cup whole-wheat pastry flour
- 1 cup uncooked oatmeal, regular or quick-cooking (not instant)
- ½ cup unsweetened shredded coconut
- 1/3 cup maple sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground cardamom
- ¼ teaspoon salt
- ½ cup dried blueberries
- ¼ cup maple syrup
- 3 tablespoons olive oil
- 2 tablespoons butter
- 1 teaspoon baking soda
- 2 teaspoons boiling water

NUTRITION INFO

(per serving)

294 calories

12 g fat

107 mg cholesterol

539 mg sodium

8 g carbohydrates

3 g fiber

41 g protein



Total Time (Cook & Prep):

35 minutes

Servings: 24

INSTRUCTIONS

1. In a large mixing bowl, combine the walnuts, flour, oatmeal, coconut, maple sugar, cinnamon, cardamom and salt. Stir with a fork or whisk until completely mixed. Add the blueberries and stir to combine. Set aside.
2. Heat two tablespoons of water to boiling in a pan. As the water boils, combine the maple syrup, olive oil and butter in a small saucepan. Place over medium heat and stir until the butter melts.
3. While the butter is melting, combine the baking soda and boiling water in a small bowl. Once dissolved, pour the contents of the bowl into the syrup mixture and stir to blend; it will become very bubbly.
4. Pour the mixture into the dry ingredients and stir vigorously to combine.
5. Using a tablespoon and your hands, scoop up pieces of dough and press them into walnut-sized balls. Place about 2 inches apart on cookie sheets lined with parchment paper. With your fingers or the palm of your hand, flatten each ball slightly into a puck shape.
6. Bake 10-12 minutes at 350 degrees F., until the cookies have spread slightly and are golden brown around the edges. Cool five minutes on the pan; then transfer the cookies to a rack to cool completely. Store in an airtight container.



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