

The Wellbeing Journey

JULY 2020

PORTAGE COUNTY WELLBEING

WELLBEING BUZZ

July is Sun Awareness Month

It's quite easy to be safe when playing outside, with the simplest and most important thing to do being putting on sunscreen. Make sure you put on a hat or cover your skin. It's the easy things like this that save your skin from harmful and painful damage caused by the sun when over-exposed.

Over-exposure to the sun's rays can cause serious damage to your body, with two common types of cancers. One being non-melanoma, and melanoma, which is by far the most dangerous and deadly skin cancer. This simple reason is enough to look after your skin and stay in the shade and be safe in the sun.

So, this year, remember to wear sunscreen, wear a t-shirt, stay in the shade and during Sun Awareness Month and spread the word of sun safety and the dangers of over exposure!

Interesting Facts about Sun Exposure

- Speed up ageing
- Cause blisters, headaches and sunstroke
- Weaken your immune system
- Cause permanent damage to your eyes
- Lead to dehydration and heat exhaustion

5 myths about sun exposure

- People with dark skin don't need to wear sun cream
- Tanning is always safe as long as you don't burn
- You can only burn in summer or when the weather's warm
- You can't burn through glass
- Sunbeds are safer than exposure



Tips for Protecting Your Eyes!

1. Wear Sunglasses

The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.

Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive.

2. Use Safety Eyewear

If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles.

Sports like ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with polycarbonate lenses will shield your eyes.

3. Quit Smoking

It makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration, among many other medical problems. If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed. Ask your doctor for help.

4. Look Away From the Computer Screen

Staring at a computer or phone screen for too long can cause:

- Eyestrain
- Blurry vision
- Trouble focusing at a distance
- Dry eyes
- Headaches
- Neck, back, and shoulder pain

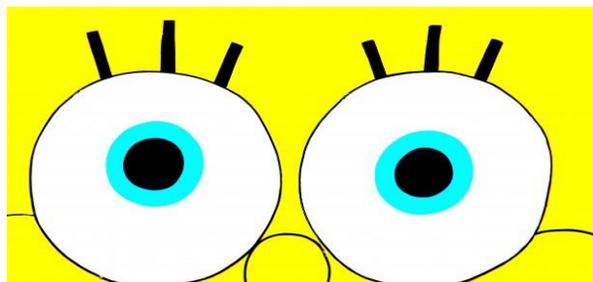
5. Eat Well

Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts. To get them, fill your plate with:

- Green leafy vegetables like spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other nonmeat protein sources
- Oranges and other citrus fruits or juices
- Oysters and pork

MORE TIPS:

- Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
- Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more.
- Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.



CHICKEN DIVAN, LIGHTENEND UP!

INGREDIENTS:

- 1-1/2 lbs broccoli (3 large heads) chopped
- 24 oz boneless skinless chicken breasts (or 18 oz cooked)
- salt and fresh ground pepper
- 1 tbsp butter
- 2 tsp extra virgin olive oil
- 2 cloves garlic, crushed
- 2 tbsp shallots, minced (onions would work too)
- 4 tbsp flour
- 1 cup fat free chicken broth
- 1 cup fat free milk
- 2 oz dry sherry (white wine would work)
- 6 oz shredded reduced-fat swiss
- 1/4 cup grated parmesan cheese
- 1/4 cup seasoned whole wheat breadcrumbs
- cooking spray



Servings: 6 • Serving Size:

Calories: 335.7 • Fat: 12.3 g • Protein: 34.5 g • Carb: 19.8 g • Fiber: 4.1 g

DIRECTIONS:

Bring a large pot of water to a boil. Add the broccoli and blanch 3 minutes. Rinse with cold water to stop the cooking. Drain well and set aside.

Preheat oven to 350°. Grease a 9 x 13 inch baking dish with cooking spray.

Season the chicken with salt and pepper. Using a grill pan or Forman grill, saute chicken on medium-low heat on both sides until browned, and just about cooked through, about 5 minutes on each side. Remove from heat and transfer chicken to a cutting board. When cooled, slice chicken into bite sized pieces.

Heat a medium skillet on medium heat. Add the butter and oil until melted and then add garlic and shallots. Sprinkle the flour and whisk until smooth. Stir in broth, milk and sherry and bring to a boil. Remove from heat and stir in half of the swiss cheese. Season to taste with salt and pepper.

Local Wellness Opportunities

Check out these opportunities in and around Stevens Point

FIVE Wellness Challenge Ideas to Keep You Engaged this Summer

1. Physical Challenge: Fresh Air – Walk Outside 20 Minutes Per Day

Walking is one of the easiest and most beneficial activities you can include in your everyday life. The Fresh Air Challenge invites participants to take a walk outside for 20 minutes each day for 30 days. Whether it's walking the dog, adding some extra walking when checking the mail, or looking for butterflies with the kids, a 20-minute walk is a great—and easy—way to integrate exercise into a daily routine. Plus, the fresh air and sunshine are a wonderful way to rejuvenate the mind after being stuck indoors at a desk all day.

2. Emotional Challenge: Wire Less – Take a Break from Your Phone

Our mobile devices seem essential, but they're also constant sources of stress. Anxiety-provoking news, urgent work requests, and family demands can all be delivered through our phones—sometimes all at once. The Wire Less Challenge says, "Why not take a break from your phone for just an hour each day? Don't worry! You'll survive without it." Disconnecting will give you a chance to reconnect to yourself and the world around you. You may also find yourself more relaxed, looking forward each day to the hour spent away from the constant barrage of texts, emails, social media, and phone calls.

3. Social Challenge: Care Package – Send a Care Package

It's been a long time since we could socialize like we used to. Everyone is starving for personal connection right now. The Care Package challenge encourages participants to make a connection with someone by sending a care package. Who should they send a package to? It could be a friend or family member who lives far across the country or someone social distancing across town. They might choose a member of the military or a healthcare worker on the frontlines of the pandemic.

Like any gift, a care package benefits both the giver and the receiver. The activity will focus the mind away from one's own concerns and on the needs of someone else.

4. Purpose Challenge: Due It – Do Something You've Been Putting Off

If there's been any silver lining to the pandemic, it's that being stuck at home has inspired people throughout the country to take up new hobbies and try activities they've been postponing for years: from baking to learning the guitar. Now it's time for you to try something you've been putting off with the Due It Challenge. The time is now! This is your chance to accomplish something—big or small—you've always thought about but never gotten to. Not only will it make you feel good, it will give you the confidence to try the next thing.

5. Occupational Challenge: Top Priority – Create a Daily To-Do List

Even in the lazy summer months, there's always so much to do and never enough time. The Top Priority challenge helps participants organize their hectic days by requiring them to start each morning by creating a to-do list and (as a bonus) prioritizing each item. To-do lists are simple tools for becoming more productive. They help us focus our energy and provide a sense of accomplishment. You can't beat the feeling of crossing the last item off your list each day!