## **Employee Newsletter & Resources**

## November is American Diabetes Month

Over 34 million U.S. adults are impacted by some form of diabetes, according to the Centers for Disease Control and Prevention. Diabetes comes in two forms: Type 1 and Type 2. While Type 2 diabetes is more common, both can be deadly because they affect the body's insulin production.

November is National Diabetes Month. With 1 in 5 adults not knowing that they are impacted directly by diabetes, it's essential to understand the risk factors and symptoms. Type 1 diabetes is most significantly impacted by family and age, while Type 2 diabetes is most directly impacted by being overweight, not exercising and having a family history of diabetes.



Diabetes is a chronic disease that affects how your body turns food into energy. Your food is broken down into sugar (glucose) and released into your bloodstream.

diabetes, and 1 in 5 don't know they have it.

As your blood sugar goes up, your pancreas releases insulin. This allows the blood sugar to enter your body's cells for use as energy. A person with diabetes doesn't make enough insulin or can't properly use insulin. There are two main types of diabetes:

Type 1 diabetes occurs when the pancreas doesn't produce enough insulin. This type of diabetes is usually diagnosed in children, teens and young adults, but it can

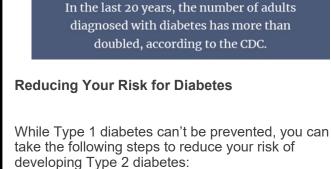
develop at any age.

Type 2 diabetes occurs when the cells don't respond adequately to insulin, known as insulin resistance. Of the millions of Americans with diabetes, about 90%-95% of them have Type 2.

develop in pregnant women who have never had diabetes before. Gestational diabetes usually goes away after the baby is born; however, babies born to a mother with gestational diabetes could be at a higher risk for health problems.

It's also important to note that gestational diabetes can

**Understanding Dietary Supplements** 



intake as well.

Eat a balanced diet. Consume plenty of fiber and whole grains, and understand how your foods affect your blood sugar levels. Limit your alcohol

**Stay active.** Aim for at least 30 minutes of exercise daily. Incorporate both aerobic and resistance training. Maintain a healthy weight. If you're overweight,

Take control of your health now during American Diabetes Month, and have your blood sugar levels tested by your doctor.

weight control can be an essential part of diabetes

The Council for Responsible Nutrition reports that 75% of Americans take dietary supplements. They come in various forms, including gummies, tablets, powders, drinks and energy bars. Supplements can contain vitamins, minerals, herbs, amino acids, enzymes and other ingredients. Some products can be taken to supplement essential nutrients that could be missing if you lack a variety of nutritious foods in your diet. Others may be

Vitamin B

#### consumed to enhance athletic performance, strengthen the immune system, manage pain or improve mental health. While there's evidence that supplements may be beneficial in some circumstances, there are also

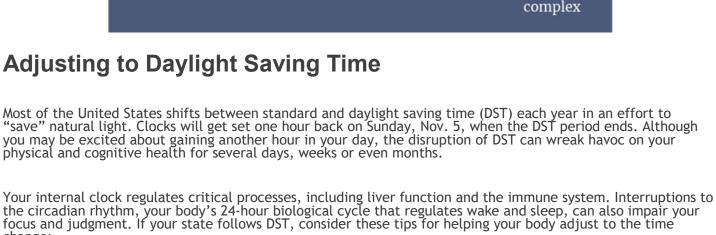
concerns, such as: Dietary supplements may be harmful when taken in certain combinations or with prescription drugs. There is a lack of federal oversight on dietary supplements. High doses of vitamins (e.g., vitamin C) can be problematic. Dietary supplements aren't approved to treat or cure a disease.

- It's important to consult a doctor or pharmacist before taking any supplements. They can determine if supplements are right for you.

  - **Popular Dietary Supplements**

Multivitamins

Vitamin D



## Exercise in the morning.

Fish oil

Prioritize daylight exposure. Keep a regular sleep routine. Remove sleep disturbances.

Take Charge of Your Health

Manage Your Blood Sugar

- According to the U.S. Centers for Disease Control and Prevention, approximately 1 in 10 Americans have diabetes, and 1 in 3 have pre-diabetes—a serious health condition in which blood sugar levels are higher than normal. Sustained high blood sugar levels can cause serious long-term health problems, such as kidney disease
  - Choose foods low in calories, trans fats, Exercise regularly.

Routine physical activity can help you portion sizes, limit your intake of alcohol and manage your blood sugar levels. However, sugary beverages, and eat plenty of fruits and certain health conditions may render vegetables. exercising unsafe, and it's important to consult a medical health care professional Maintain a healthy weight.

Autumn anxiety refers to an annual increase in anxiety that some people begin to feel during the fall

According to the Mayo Clinic, reduced sunlight can cause your body to experience a drop in serotonin. This important hormone affects your mood. The change in season can also lead your body to encounter an increase in the hormone melatonin, which can impact your sleep patterns. In addition to hormone shifts, behavior changes are at play. As the weather gets cooler and darker, you are less likely to spend time outdoors and exercise. You may also be adjusting to new routines (e.g., going back to school) and a busier schedule (e.g., attending holiday

It's important to know how autumn anxiety can present itself, so consider these common symptoms:

First, it's crucial to recognize any seasonal dips in your mood. Once you've identified these changes, consider

months. Both seasonal and personal changes may trigger higher stress levels and low moods, making this a

Stay within a healthy weight range by eating healthy, getting plenty of sleep and

Consider the following practices to manage your blood sugar:

saturated fats, sugar and salt. Control your

Extra weight may allow fat to build around your organs and create insulin resistance.



change:

#### exercising regularly. Take medication as directed.

heart disease, vision loss and diabetes.

Eat a healthy diet.

type of insulin you use to get your blood sugar levels into a target range. Think Well,

Be Well

Why Does Autumn Anxiety Happen?

Fighting Back Against Autumn Anxiety

implementing the following mood-boosting strategies:

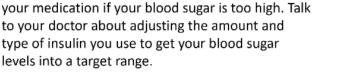
gatherings) during this time of year.

Depression or low mood

**Excessive worry** 

Irritability

Your doctor may change the dose and frequency of



low blood sugar.

before starting a new exercise routine. .

Check your blood sugar levels.

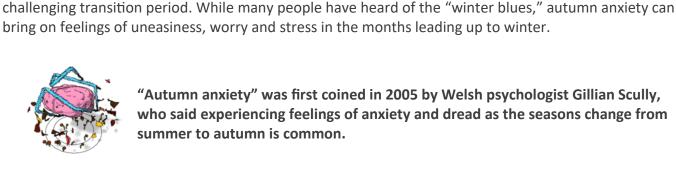
Monitor your blood sugar levels as

recommended by your physician. You

should check your levels more often if you

feel unwell or are concerned about high or





Sleepiness and fatigue Loss of interest in everyday activities

This article explores the concept of autumn anxiety and offers tips for combatting it.

- If you're feeling down or anxious during autumn, treat yourself with kindness and work on ways to improve your mood and embrace the season. While natural mood boosters are a good first step in taking care of your body
- These Benefits of Meditation for Anxiety Daylight Saving Time's Impact on the According to the Anxiety and Depression Association of America, anxiety affects 19% of American adults every Most of the United States alternates between standard

#### your sleep time a few days before the clocks change. If vou're new to meditation, one of the best places to For example, you can adjust your wake-up time by fifteen begin is by focusing on being present in the moment. minutes each day or postpone morning tasks for fifteen You can start by focusing on your body or breathing for minutes to prepare your body for the adjustment. 15 minutes at a time. Try this while walking, eating or relaxing on the couch. After the time change, you can help recover lost sleep with extra naps during the afternoon. Additionally, you can You can also try mantra meditation, which involves use the change to evaluate your sleep hygiene. focusing on a specific thought or phrase. To do this, find Remember that using technology (e.g., phones and TV) a comfortable place to sit where you'll repeat your right before bed can cause difficulty falling asleep and mantra to yourself, redirecting your thoughts if they begin reduce rapid eye movement (REM) cycles. Try reading a to wander. book, relaxing or meditating before bed to help yourself

## **Smoky Mustard-Maple Salmon** November 2023 Recipe

Conclusion its impact on your sleep, mood and fatigue levels. Use the suffer from anxiety or anxious thoughts, meditation may help. Try one of the practices listed here or consult a your sleep schedule. medical health care professional for further information.

Guided imagery meditation is another good practice for people who have anxiety. It involves visualizing a place, sound or object you find relaxing and focusing on it while your body unwinds. You may consider using a guided imagery video or app to help you begin. Anxiety is extremely common in the United States. If you

Meditating for Beginners

1. Preheat oven to 450 F. 2. Line a baking sheet with foil and coat it with cooking spray.

**Directions** 

#### year, making anxiety disorders the most common mental and daylight saving time (DST) every year so people can illness in the United States. enjoy the daylight more. Clocks will be set back an hour on Sunday, Nov. 5, when DST ends, giving you an extra hour in your day. Although you may be excited about gaining an hour, DST can negatively impact your mental Meditation has been proven to help improve mental health conditions, such as anxiety and depression. health and cognitive function. A recent study published by JAMA Psychiatry found that meditation may be as effective as medication for managing long-term anxiety symptoms for some people. The time change of DST can disrupt your body's circadian rhythm—the 24-hour biological cycle that regulates sleep, mood and appetite. As a result, many people struggle to How Does Meditation Help with adapt their sleeping schedule to the new time. It can take Anxietv? Meditation involves focusing your attention on the present and reducing the flow of thoughts in your mind. As a result, it can help you reduce negative feelings and social anxiety symptoms, as well as help you accept your anxious thoughts and feelings. Studies have shown that meditation can also reduce chronic stress, emotional exhaustion and insomnia.

- chipotle pepper ¼ tsp. freshly ground black pepper 3. Combine mustard, maple syrup, paprika 1/4 tsp. salt (or chipotle), black pepper and salt in a 4, 4-oz skinless wild-caught salmon fillets small bowl. 4. Place salmon fillets on the prepared baking sheet. Nutritional information for 1 serving 5. Spread the mustard mixture evenly on Calories Total fat 4 g 6. Roast until just cooked through for Saturated fat 1 g approximately 8-12 minutes. 53 mg 276 mg 4 g 0 g 3 g

### **Exercise regularly.** While daily movement is ideal, strive for 150 minutes of moderate-intensity physical activity each week. Not only is it good for your physical health, but experts also recommend exercise since it can help elevate your mood. The fall season may force you to start moving your workouts indoors, so consider fun ways to incorporate movement. If at home, you could walk or run on a treadmill, ride a stationary bike or cue up a virtual workout. Fitness clubs, studios and gyms are also popular choices. Spend time in nature. As the days get shorter and the temperatures become colder, prioritize spending some time outside on a regular basis, even if it's only for 5-10 minutes. Activities such as hiking, sports and yardwork can also allow you to spend some time outdoors. Get more light. It's paramount to make the most of the available sunlight, so try to wake up early to enjoy the morning sunshine. Additionally, take breaks throughout the day to get outside and enjoy the daylight. Shift your mindset. Fall can bring negative experiences if you focus on losing sunlight or dropping temperatures. Instead of focusing on how you will be indoors more often, think of it as getting to be cozy inside. Warm blankets and soothing candles can help set a positive mood, as can seasonal cooking and baking. Further, starting a new hobby or routine in the fall can help you realize that change isn't necessarily bad. Summary and mind, it's also best to seek help from a licensed mental health professional. Overwhelming feelings may be more than autumn anxiety and require additional support. Contact a doctor or mental health professional for more information on improving your mindfulness. If you're concerned about your mental health, contact the Substance Abuse and Mental Health Services Administration's National Helpline by calling 800-662-HELP (4357). MENTAL HEALTH

MINUTE

# Brain

Adjusting to DST

fall asleep.

**NOVEMBER 2023** 

days or even a week to adjust to your new schedule, which can cause sleep deprivation. Disrupted sleep can cause you to feel groggy, irritable and unfocused. It can also exacerbate existing mental health conditions, such as anxiety, depression, seasonal affective disorder, substance abuse and suicidal thoughts.

Conclusion Helping your body prepare for the end of DST can reduce healthy tips in this article to reduce the impact of DST on

You can also improve your sleep quality by exercising

during the day. This will tire your body and help you

adjust to an altered sleep schedule.

You can prepare your mind and body for DST by altering

Makes: 4 servings

**Ingredients** 

1 Tbsp. pure maple syrup

3 Tbsp. whole-grain or Dijon mustard

¼ tsp. smoked paprika or ground

Cholesterol Sodium Carbohydrate Dietary fiber Total sugars 3 g Added sugars included Protein 23 g

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Source: MyPlate

**EMPOWERING EMPLOYERS** STRENGTHENING EMPLOYEES