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Live Well, Work Well



The Art of Waking Up Refreshed

Some people wake up ready to take on the day, while others may need more time or a cup of coffee to get going. Regardless of which camp you're in, there's an art and a science to waking up refreshed in the morning.



So, what's the trick to waking up refreshed? First and foremost, getting quality sleep each night is critical. Unfortunately, many fall short when it comes to sleeping enough.

Sleep experts recommend that adults get at least seven to nine hours of sleep nightly. Additionally, consider these tips to improve the quality of your shuteye and better your chances of waking up energized:

- **Keep a consistent sleep schedule and routine.** Try your best to have the same wake-up and bedtimes, regardless if it's a weekday or weekend.
- **Set one alarm, and make it a happy tone.** Wake up when your first alarm goes off and resist hitting the snooze button. While you're at it, select an alarm tone that is cheerful or upbeat to kickstart a good mood.

- **Practice gratitude.** Grateful thinking and moods can help you sleep better and longer, so focus on having a positive outlook. Consider keeping a gratitude journal to reflect on daily entries of what you're grateful for. Alternatively, you can focus on positive thoughts and what you're excited to do or achieve the following day. An attitude of gratitude can help keep pessimism or worrisome thoughts at bay.
- **Practice good sleep hygiene.** Sleep experts recommend avoiding exercising or eating spicy foods close to bedtime; they also suggest sleeping in a cool, dark room.

It takes more than one night to see a change in your sleep habits, so stick with it and try it out for at least a week. Talk to your doctor if you continue to have concerns about your sleep quality.

Minimizing Risk of Anxiety Disorders

It's estimated that 1 in 10 Canadians is affected by anxiety disorders, according to government statistics. Everyone feels anxious from time to time, but anxiety disorders produce fear or distress that's out of proportion to the situation. While it's essential to contact a doctor if you think you might have an anxiety disorder, these tips may help you cope with anxious thoughts:

- **Set aside time to deal with worries.** Rather than fretting all day, try to set a specific time daily to think about your fears and worries. You could even make a list of the actions you intend to take to make things better.
- **Focus on health.** Avoid alcohol, recreational drugs and caffeine—all of which can increase anxiety levels. Instead, eat well, exercise regularly and get plenty of sleep. When you're well-rested, it may be easier to put things into perspective.
- **Engage in relaxing activities.** Yoga, progressive muscle relaxation and deep breathing can help to lessen anxious feelings.

Common Red Flags of Anxiety

Anxiety is a feeling of unease, worry or fear. Occasional anxiety is a part of everyday life, but anxiety disorders involve more than temporary worry or fear. Here are some possible warning signs of anxiety:



Restlessness, irritability or feeling wound up



Excessive worry about everyday things



Physical symptoms (e.g., headaches, muscle aches and stomachaches)



Sleep disturbances

Boost Your Immunity With Nutrition

This winter, cases of the common cold, the flu, RSV and COVID-19 are prevalent. Since a healthy diet can help boost your immune system, it's crucial more than ever to take care of your body so it can fight off infectious diseases. Consider the following immune-boosting diet tips:

- Focus on putting nutritious foods into your body. Your body absorbs nutrients from whole fruits, vegetables, nuts, grains and proteins more efficiently than processed foods or supplements.
- Limit inflammatory foods such as those with refined carbohydrates, trans fats, high-fructose corn syrup, refined oils and high sodium content. This means limiting or avoiding processed and fast food when possible.
- Choose fruits, vegetables (especially leafy greens), nuts, fatty fish and olive oil. Focus on fueling your body with healthy foods that include dietary fibre, nutrients or probiotics.
- Stay hydrated and drink enough water for your body to operate at its best.

Makes: 6 servings

Ingredients

450 g (approximately) can salmon
1 tbsp lemon juice
Cold water
½ celery stalk (minced)
1 tbsp green pepper (minced)
½ a medium onion (minced)
2 large eggs
30 g breadcrumbs
2 tbsp all-purpose flour
⅛ teaspoon ground black pepper
1 tbsp vegetable oil

Preparations

1. Open the can of salmon, and drain the liquid into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make 120 ml liquid total, and set aside.
2. Put the salmon in a separate mixing bowl. Mix in the celery, green pepper and onion.
3. In another small bowl, beat the eggs. Then, add them to the salmon mixture.
4. Add the breadcrumbs, flour, black pepper and the salmon liquid mixture to the salmon mixture, and stir until all ingredients are mixed.
5. Shape into six patties—approximately ½-inch thick each—and place on a plate.
6. Heat the oil in a skillet over medium heat, then add patties. Cook in batches if needed.
7. Cook for 2 to 3 minutes (or until golden brown) on each side.
8. Remove patties from the skillet, and place them on a clean paper towel-lined plate to drain.

Nutritional Information (per serving)

Total calories	138
Total fat	1 g
Protein	4 g
Sodium	177 mg
Carbohydrate	29 g
Dietary fibre	5 g
Saturated fat	0 g
Total sugars	4 g

Source: MyPlate