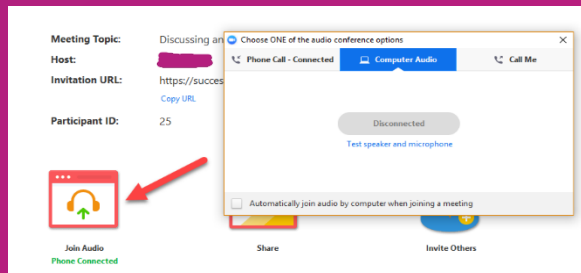




Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

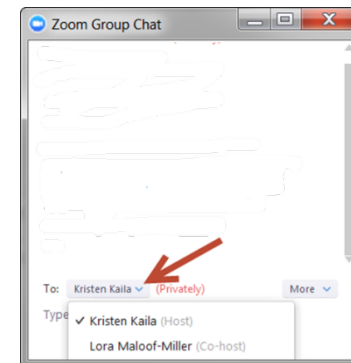
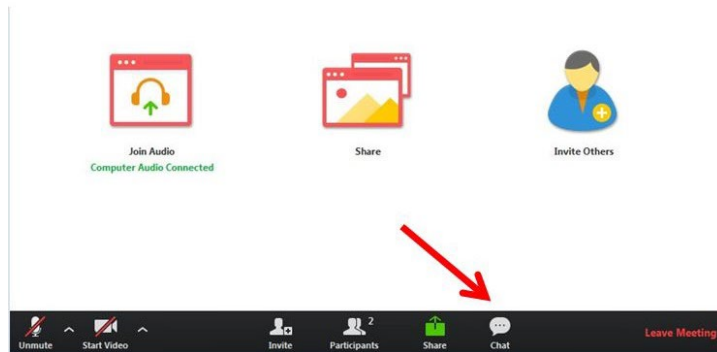
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



Call-in number for audio: 1-669-444-9171

Conference Code: 987 3365 3399

Chat Function





Nutrition Tips to Reduce Stress: Food & Mood

Presented by: Claudia Graetsch-Vasquez

The content in this presentation is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Stress – what is it?

There are three main types of stress that may occur in our everyday lives:

1. **Acute** (a brief event such as a heated argument or getting stuck in a traffic jam)
2. **Acute Episodic** (frequent acute events such as work deadlines)
3. **Chronic Stress** (persistent events like unemployment from a job loss, physical or mental abuse, substance abuse, or family conflict)

Many of us may experience a combination of these three types.

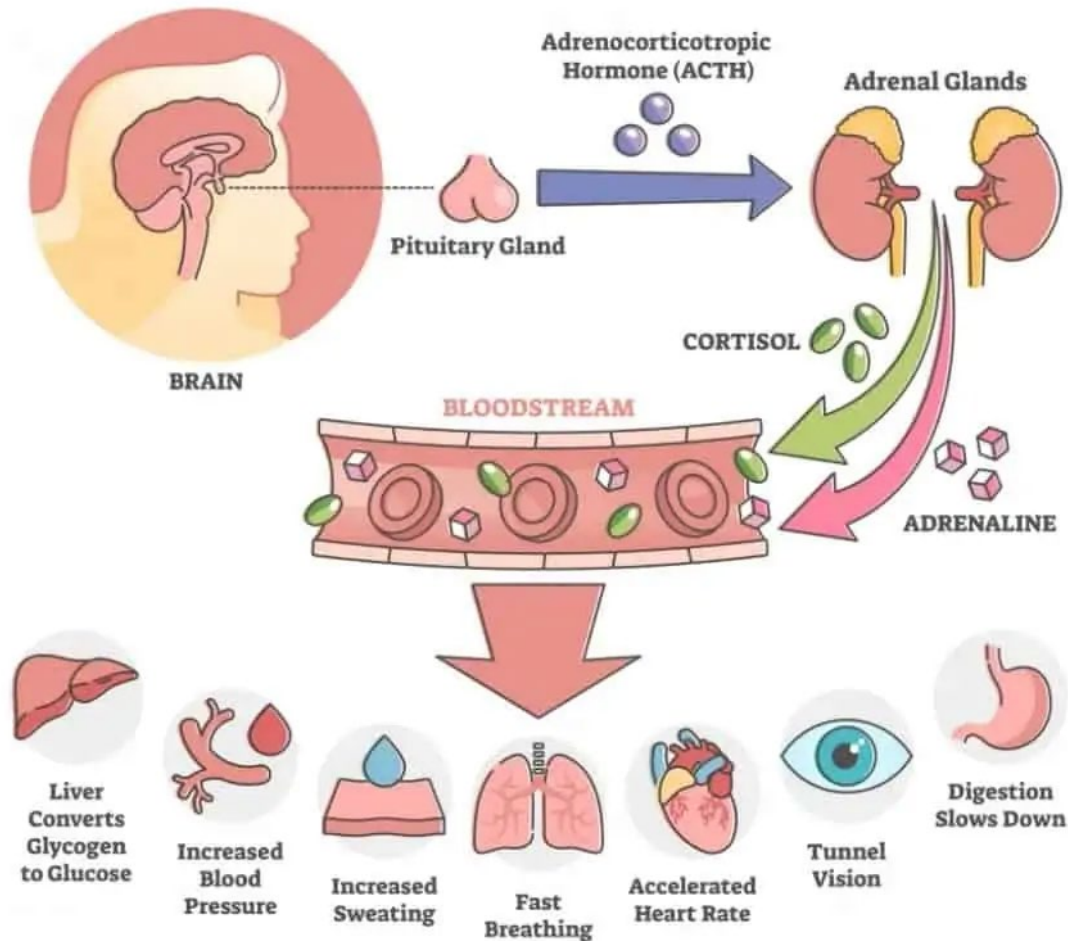
Your body under stress

Body reacts with “a fight or flight” response:

- Adrenal glands (CNS) secrete adrenaline, cortisol, and other *stress hormones*.
- When stress is continuous, these hormones can upset blood vessels and organs.
- *Stress hormones* increase risk of depression, anxiety, insomnia, heart disease, stroke, type 2 diabetes, maybe even cancer.



STRESS RESPONSE



Cortisol – a stress hormone

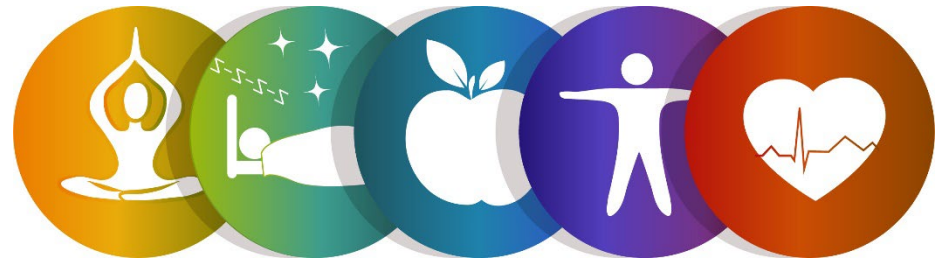
- Cortisol increases visceral fat storage, but the extent to which it causes weight gain is not likely clinically significant.
- Excess body fat may increase cortisol levels in the body, but not significantly.
- Elevated cortisol appears to slow metabolic rate, but only by a small amount.
- Cortisol may increase our desire for 'comfort food' during times of stress.
- We all need cortisol, but prolonged stress and trauma can increase amounts to unhealthy levels
- Chronically elevated cortisol may increase risk for inflammation, weight gain, high blood pressure, and metabolic syndrome.
- Elevated cortisol doesn't mean you can't lose weight. There is no research to support that theory.
- There is no diet to lower cortisol. Cortisol lowering supplements are mostly untested or unremarkable in humans.
- Changing lifestyle to decrease stress, and addressing what's causing high cortisol directly, may help lower levels.

Additional effects of high/chronic stress

- Hippocampus (memory part of the brain) is impaired during chronic stress.
- Digestion can be impaired, which may result in nutritional deficiencies and a weakened immune system.
- Weight gain: stress hormones can cause insulin resistance and increase hunger.
- Accelerated aging may occur.

How can you help your body deal with stress?

- Build a good nutritional foundation
- Be mindful of stress eating
- Move more
- Meditate
- Get enough sleep



Build a good nutritional foundation

- Eat regularly during the day, try not to skip meals
- Balance your plate: each meal should include quality carbs, protein & healthy fats
- Make half your plate fruits and vegetables



Limit Caffeine

Negative affects of excess caffeine:

- Increases heart rate, respiration and escalates the stress response.
- Reduces mineral absorption by as much as 90% (iron, calcium, potassium & magnesium).
 - Calcium and magnesium are especially needed during stressful times.
- Excess caffeine is dehydrating which can impair cognitive function.
- Can disrupt sleep



"What do you eat for anxiety?"

Choose quality carbohydrates over ultra processed carbohydrates/foods

Include the following foods more often:

- Fruits/Vegetables
- Choose a fiber-rich, whole-grain breakfast cereal, oatmeal or whole-wheat toast. Check the grams of dietary fiber per serving; more fiber will keep you feeling full longer
- Choose whole grains over refined items when selecting breads, buns, bagels, tortillas, pastas and other grains
- Try different grains such as buckwheat, bulgur, millet, quinoa, sorghum, whole rye or barley
- Enjoy whole grains as a snack. Popcorn is a whole-grain. Try 100% whole-wheat or rye crackers

Protein

Can help maintain blood sugar

Can aid with satiety

•**Breakfast:** 6 ounces Greek yogurt with 1 ounce of granola, small banana, and a skim milk latte

•**Lunch:** 3 ounces of tuna mixed with mayonnaise on 2 slices of whole grain bread with lettuce, tomato, and other veggies

•**Dinner:** Stir fry with ½ cup tofu, carrots, broccoli, edamame and 1 cup of brown rice

Protein

As we age, need more protein to maintain muscle mass.

Aim for 25 – 30 grams of protein at each meal.

Breakfast < dinner.

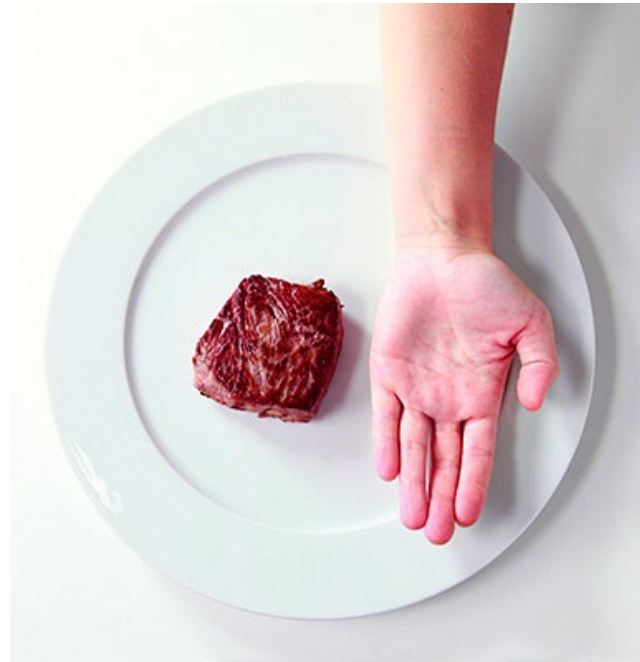
Best benefit is seen when protein is spread out over the day.



Protein

Protein Recommendations:

Adults need 1.2-1.6 gm/kg
~ palm size amount at each meal



Limit saturated and trans fats

Diets high in saturated & trans fat:

- Raise stress hormone levels.
- Interfere with the body's ability to calm itself even when the stressful period is over.
 - Saturated fat is found in animal products-meat, cheese, butter.
 - Trans fat found in processed snack foods, baked goods, fried fast foods.

Choose healthy fats

Unsaturated Fats improve insulin sensitivity-helps glucose's entry into the cell.

Extra virgin olive oil, olives, nuts, avocado, fatty fish, pumpkin seeds, flax meal/oil, chia seeds/meal.

Omega-3s elevate mood, reduce anxiety, protect cell membranes: enhance cell to cell communication.

Fatty fish, walnuts, chia and flax seeds.



Hydrate



Woman = at least 9 cups/day

Men = at least 13 cups/day

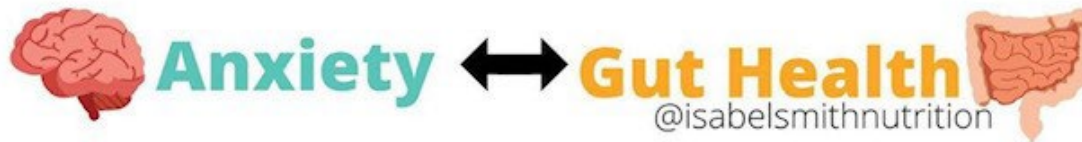
*More if you are active

*All fluid counts except alcohol

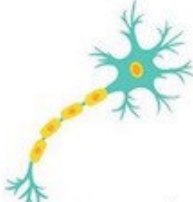





Chronic stress *may* alter gut microbiome

Some preliminary studies suggest gut microbiome may influence mood, while mood may influence our gut microbiome.

- When your mood is down or you feel stressed your GI system is impacted and vice versa when the gut microbiome is unbalanced – it may affect your mood.
- Add more fiber and fermented foods (yogurt, kefir, kimchi) to support the good bacteria.



Did You Know

 <p>The brain and gut are connected via the vagus nerve</p>	 <p>Many neurotransmitters are made in the gut</p>	 <p>90% of serotonin is made in the gut</p>
 <p>Chronic stress and depression can affect gut permeability</p>	 <p>Anxiety can increase diarrhea by speeding up motility</p>	 <p>Improving gut health can improve anxiety</p>

Food that feeds the gut & brain



spinach, broccoli, kale, squash, berries, chia seeds, avocado

Anxiety-Reducing Foods

Magnesium



almonds



avocado



buckwheat



black beans

Zinc



legumes



oysters



cashews



hemp seeds

Antioxidants



berries



artichokes



green apple



turmeric

Omega-3's



walnuts



sardines



cod liver oil



chia seeds

B complex, vitamin C, magnesium & zinc

These nutrients may become depleted with chronic stress

- Foods rich in *B-vitamins*: bananas, chicken, fish, dark green leafy vegetables, avocados.
- *Magnesium*-containing foods such as: nuts, seeds, & whole-grains.
- *Vitamin C* & *bioflavonoids* are in fresh colorful produce.
- *Zinc* is found in oysters, pumpkin & sunflower seeds.

Stress-busting foods

Research linking certain nutrients to stress management is limited.

Mushrooms

Calm the CNS by prompting the brain to produce relaxing neurotransmitters. Have ½ cup few times/ wk.

Cinnamon

Soothes the brain's anxiety center. Breathing in the scent cuts anxiety by 25% in 2 minutes. Have 1-2 tsps/day

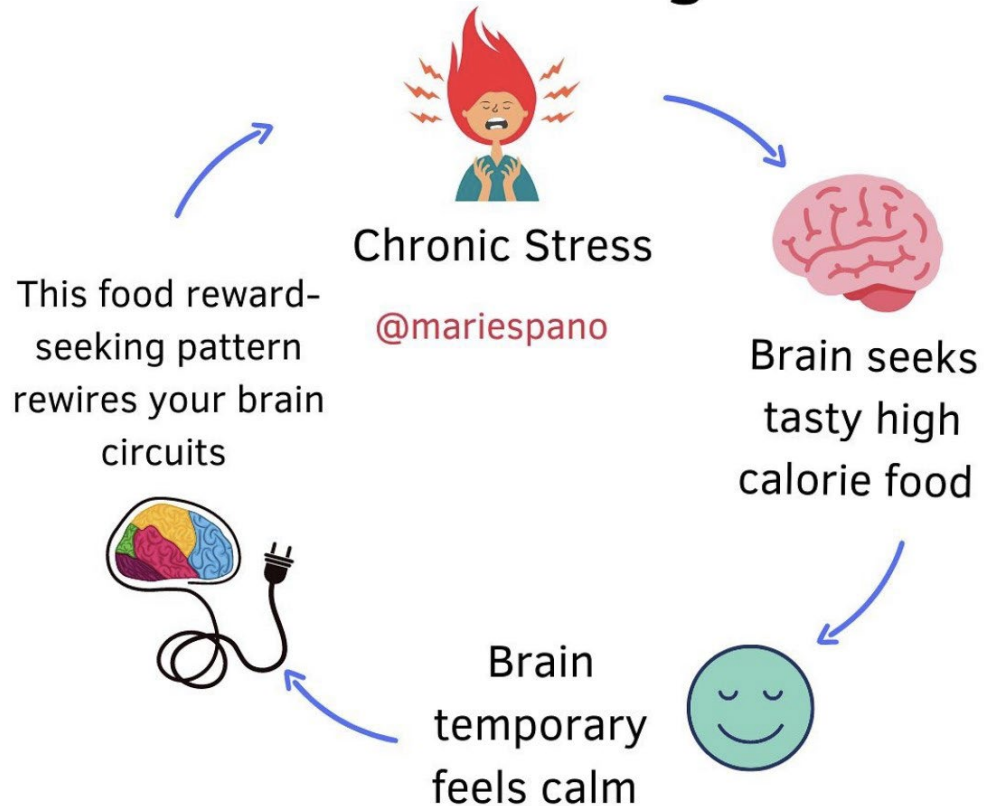
All colorful fruits (berries)

Dial down cortisol levels in 48 hrs, as they are rich in flavonoids. Have 2 cups/day.

Nuts

Alleviate muscle tension due to their magnesium and selenium content. Have ¼ to ½ cups/day.

Here's How Stress Can Lead to Food Cravings



Acute vs Chronic Stress

Acute stress:  appetite

Chronic stress:  appetite

 sedentary behavior

 poor sleep

Recognize what's happening

Stressful events can trigger what feels like hunger but is just a habitual response.

Rate your hunger on a scale from 1 to 10.

Ask yourself when was your last meal:

- If more than 4 hours, could be hunger.
- If less than 3 hours could be stress, boredom, or grazing.

Practice mindfulness:

Five S's of Mindful Eating

- 1) **Sit Down** – don't eat on the go, don't eat in front of the refrigerator or on the way to something else, or while doing something else. Sit down and focus your attention on what you are doing.
- 2) **Slowly Chew** – If we slow down, we will really notice our food and enjoy it more.
- 3) **Savor** – notice the color of your food, the smell, the temperature, the texture, the flavors, etc. Also, the first bite is the most flavorful, according to research. So, really notice that first bite!
- 4) **Simplify** – Out of sight, out of mind.....so put healthy foods front and center in your life. Put colorful, beautiful foods where you can see them in the fridge or on the counter, and you will be more likely to reach for those when you are hungry.
- 5) **Smile** – Between each bite, smile. This gives you a chance to pause and savor but smiling releases positive chemicals in our brain that reduce stress and make us less likely to eat to soothe our stress.

I would add a sixth “**S**” – **Self-compassion**. Take notice when we have eaten in a mindless way, and extend love and forgiveness to ourselves, rather than judgment and condemnation - this can go a long way in helping us stay focused on our long-term health goals.

STRESSED OUT?

6 Ways to Practice Self Care



Drink a tall glass of water



Stretch for 5 minutes



Take 10 deep breaths



Stretch your legs and take a walk



Take a hot shower



Spend 2 minutes thinking of something you're grateful for

Exercise

Exercise reduces anxiety symptoms in sedentary patients. Reduces heart rate & palpitations.

Exercise outside.
Change the environment and breathe in the fresh air and see the larger world.

As little as five minutes of exercise a day can be beneficial.

ACSM and CDC Recommendations



**150
minutes**

of moderate-
intensity aerobic
activity every
week

2X per week

Muscle-strengthening activities
on 2 or more days a week that
work all major muscle groups



Exercise = Instant Gratification!

A single "serving" of exercise can:



Reduce anxiety symptoms

@menopausedietplan



Boost brain power



Help you to sleep better



Get Enough Rest

- Both quality and quantity are important (7 to 8 hours).
- Adequate sleep aids with hunger management.
- Reduced sleep (<6-8 hrs/night) alters the hormones that help regulate hunger and satiety and may increase your intake of high calorie, low nutrient foods.
- Best sleep quality is around 10pm to 6am which mirrors circadian rhythm of cortisol & melatonin.

Poor Sleep and Body Weight

What's the connection?

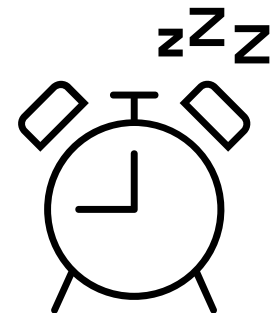
- Disturbs hormones that regulate hunger
- Can cause you to consume more high-calorie foods during the day
- May lead to overeating late at night

@menopausedietplan



Sleep Strategies:

- Follow a regular sleep schedule
- Avoid late afternoon or evening naps
- Keep the bedroom cool and as comfortable and quiet as possible
- Keep all screens out of the bedroom
- Stay physically active
- Avoid going to bed on an full stomach, and don't drink too much fluid before bed – this includes alcohol. Alcohol may be relaxing at first but it disrupts sleep later in the night.
- Limit caffeine, especially later in day (after 2 pm).
- Avoid nicotine – nicotine is a stimulant.

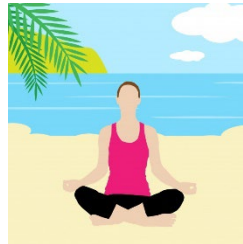




Meditate

3 minutes of meditation can change your thinking and mood:

- Get comfy and take a normal breath.
- Next take a deep breath slowly through your nose, filling up your chest and stomach. Let your belly really puff out!
- Now breathe out slowly through your mouth (or nose, whichever) and repeat.





TAKING CARE OF YOUR MENTAL HEALTH:

- Try meditating, stretching, deep breathing or yoga
- Find people and things that make you laugh
- Find your own special space to relax
- Find an online support group

Managing Stress and reducing risks

Develop good coping mechanisms:

- Increase mindful exercises like Tai Chi and Yoga and/or use mediation and deep breathing exercises.
- Get outside into the sunlight and fresh air.
- Get away from technology and social media.
- Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress.

In conclusion

- Get enough nutrition – think color and variety.
- Change your response to stress eating.
- Get moving.
- Improve your sleep
- Breathe deeper.
- Try a little mindfulness.

Resources

<https://www.eatright.org/>

<https://www.heart.org/>

(healthy living and stress management)

<https://www.myplate.gov/>

<https://ods.od.nih.gov/factsheets/list-all/>

References

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Science Based Medicine
Nutrition Action/CSPI
New England Journal of Medicine
US World and News Reports
NIH Office of Dietary Supplements
The American Journal of Clinical Nutrition

Thank You!



"It turns out it wasn't the giant asteroid that killed the dinosaurs. It was stress about the giant asteroid that killed the dinosaurs."

Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management

<https://healthnet.sharecare.com>



Telephonic Support/Lifestyle Management Health Coaching



Personalized support

Work one on one with a health coach:

Learn what to expect when trying to make a healthy change.

Understand what motivates you.

Decide exactly what you want to focus on.

Set specific health goals.

Track your progress – Your coach will help you stay with it!



Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

Healthy Discounts

With Decision Power® Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



Weight management

- Weight Watchers
- Jenny Craig



Chiropractic/ acupuncture services and more

ChooseHealthy



Eye care

EyeMed



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- Connect Hearing
- Beltone



Fitness club discounts

ChooseHealthy

myStrength



Proven tools for your mind, body and spirit

Help you learn to reduce stress, anxiety, depression, or substance use.



Free and convenient

With web and mobile apps, you'll have support at home and on the go.



Personal and private

Your home page is made for you. myStrength is secure and private.



Engaging and inspirational

Activities help you learn new ideas while keeping you motivated!



Findhelp.com

<https://healthnet.findhelp.com/>

The screenshot displays the healthnet.findhelp.com website. At the top, a navigation bar includes the 'healthnet' logo, a 'Support' link, and 'Sign Up' and 'Log In' buttons. A 'Social Needs Self-Assessment' button is highlighted with a purple arrow. Below this, a search area prompts users to 'Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here:' with a purple arrow pointing to a search bar containing the ZIP code '94536' and a 'Search' button. To the right, a 'Note from Health Net Community Connect' box provides information about the social needs self-assessment. The bottom section features a search bar with the placeholder 'ZIP or keyword or program name' and a 'Search' button. Below the search bar is a 'Select Language' dropdown menu. A horizontal menu at the bottom contains icons and labels for various services: FOOD (apple icon), HOUSING (house icon), GOODS (lamp icon), TRANSIT (bus icon), HEALTH (heart with pulse icon), MONEY (dollar bill icon), CARE (person icon), EDUCATION (book icon), WORK (briefcase icon), and LEGAL (scales icon).

healthnet

Support Sign Up Log In

Social Needs Self-Assessment

Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here:

ZIP 94536 Search

health net

ZIP or keyword or program name Search

Select Language

FOOD HOUSING GOODS TRANSIT HEALTH MONEY CARE EDUCATION WORK LEGAL

Online Health Challenges

October monthly challenges



HN members register or log on : healthnet.sharecare.com

Non-HN members register or log on: sharecare.com

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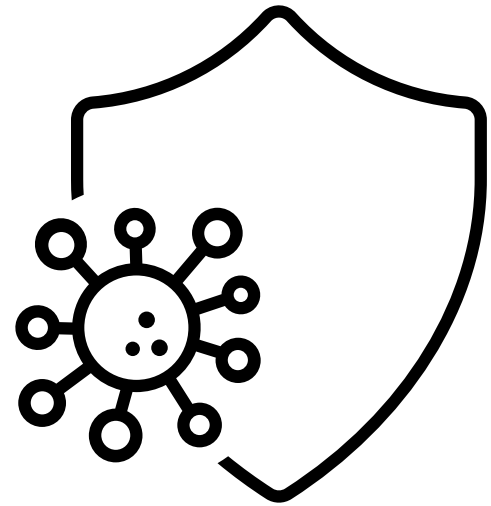
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Upcoming Wellness Webinar

Give Your Immune
System A Boost

Wednesday Oct. 19,
2022

12:00pm-12:45pm Pacific
time



**THANK YOU FOR YOUR TIME
TODAY!**
