



MIND  **BODY**

WELLNESS

Dr. ThanhVi Nguyen | December 2022

The holidays have snuck up on us again this year. We have spent time with family and friends for the Thanksgiving Holiday and are now deep in the throws of the Christmas Season all in one fell swoop. The hustle and bustle of the season are heard throughout every shopping store and even as we shop online, we are receiving “Black Friday” and “Cyber Monday” deals in our emails.

As the weather gets colder and wetter, we find ourselves staying indoors and potentially away from others. The result of the weather change can cause isolation, whether intentional or unintentional. This self-isolation can result in feeling more stressed than usual and/or depression. Taking care of our minds and body is just as important now as it is during the warmer months.

Mind-Body Wellness, believe it or not, has been around for thousands of years and is the relationship between one's thoughts and feelings and their impact on our physical health. Think about how your body reacts to stressors such as your job and financial situations. These stressors can cause not only tense muscles, pain, and headaches, but they can cause health problems such as high blood pressure, anxiety, and other serious health issues.

While achieving mind-body wellness can be difficult, it is possible. The following are areas that will help you attain those goals:

1. **Relaxation Techniques:** Finding the right relaxation techniques for you is what is important. It is okay to try different techniques to find what works for you. Guided meditation works for many but for me, it does not. When someone is talking to me I start thinking about all the things I need to complete that day. Listening to meditation music without someone talking tends to work best. For others, it may be Yoga or some other form of meditation. Finding the right relaxation is important as it helps with relieving anxiety, depression, and sleep problems.
2. **Exercise:** Yes, we have all heard this before that physical activity can help with our mind-body wellness. Working out helps reduce the risk of chronic diseases and improves our quality of life. Exercise, in many instances, also provides us with a way to release some of that daily life tensions from home life and work.
3. **Healthy diet and hydration:** We work hard during the summer months to remain hydrated and seem to forget that hydration is just as important in the winter months. Eating healthy is just as important as the relaxation and exercise. The proper nutrients are extremely important to our health.

4. Include self-care as a daily routine

- Self-awareness – knowing the body and its health (Body scans, annual physicals/screenings).

For women self-breast exams and for men self-prostate exams.

Health literacy – understanding the concept of basic Health

- Physical activity
- Avoid risky or unhealthy habits
- Practice good hygiene
- Visit your doctor when needed, Annual check-ups
- Getting enough sleep
- Healthy Diet

5. Stay Connected

- Video calls with family and friends
- Social media
- Take an online class
- Join an online group or club
- Take a virtual fitness class



Most of us know the importance of the above and want to incorporate these into our daily lives but between family, work, and well life just gets away from us. It is easy to say find twenty minutes each day for yourself and know we need to do it than to actually do it.

As we think of all the achievements we made in 2022, we also look towards our goals for the upcoming year. Maintaining & improving our health is usually at the top of the list.

You can make an impact in your mental and physical health by starting with just 5 minutes a day. There are apps you can download on your phone to get 5 minutes of exercise, meditation, or even quick healthy recipes. Those of you who are teachers and have limited time for getting away from the classroom and then work late hours.

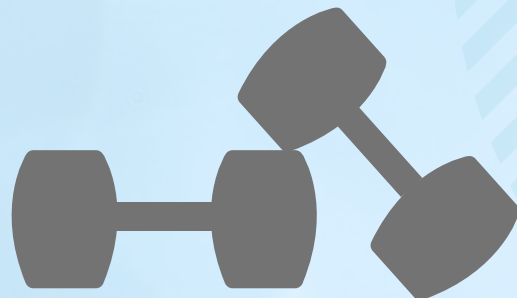
You can find help with these food apps that allow you to quickly plan your meals for the week and even know what you have in the pantry. One app that comes to mind is an app called cooklist. This app helps you identify what is in your pantry, refrigerator and even your freezer. You can use it to help create meals for the week or that day based on what you already have at home. The importance is figuring out the strategy that works best for you and your family.

Move your way to wellbeing

<https://vimeo.com/124588641>

Indoor activities that engage the Mind & Body

1. Start a new mini garden
2. Learn a new recipe every week
3. Learn a dance routine
4. Boost your mood by working out
5. Start a Gratitude Journal
6. Practice Mindfulness



References:

<https://usmc-mccs.org/articles/tips-to-reset-reboot-on-mind-body-wellness-day/>



Monthly Mental Health Sessions via Zoom 5 Minute Activities To Try For 1 Month

Try at least 1 of the below activities per day for one month and see an improvement in focus and productivity:

1. Drink a glass of warm lemon water in the morning
2. Engage in 5 minutes of breathing exercises daily
 1. Headspace on Netflix
 2. YouTube – meditation both guided and non-guided
<https://www.youtube.com/watch?v=H77PL7SII1M>
3. Standing & Stretching throughout the day
<https://www.youtube.com/watch?v=Aj6jylEmZzs>
<https://www.youtube.com/watch?v=RJqQDGlrBKY>
4. Make a cup of herbal tea
5. Self-compassion
<https://www.healthshots.com/mind/emotional-health/5-minute-activities-to-develop-self-compassion/>
6. Increase Mental Strength
<https://explore.mindbodyonline.com/blog/wellness/how-increase-mental-strength>

Article provided by:

ThanhVi D. Nguyen, D.O.
Board Certified Family Medicine
Best Doctors in San Antonio®
Fluent in Vietnamese



HealthTexas – Stone Oak Clinic

20821 U.S. Hwy 281 N, Suite 122
San Antonio, TX 78258

Hours:

M, TH, & F 7:30 am – 5:00 pm

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W 10 am – 5:00 pm

(210) 546.1600

Healthy Snack Recipe

<https://explore.mindbodyonline.com/blog/wellness/hemp-seed-date-balls>

Hemp Seed Date Balls

Ingredients:

1 cup of raw almonds
20 pitted dates
3 tbsp. raw cacao powder
2 tbsp. almond butter
2 tbsp. coconut oil
1 tbsp. chia seeds
1 tbsp. hemp seeds
2 tbsp. Water
Pinch of pink salt
Dash of cinnamon

For Rolling

1/3 cup of shredded coconut
1/3 cup of hemp seeds



Directions:

1. In a food processor, place a cup of raw almonds and blend until it becomes a loose meal.
2. Add the rest of the ingredients into the food processor and blend until it is mixed well.
3. Take 1 tablespoon of the mixture out and roll into a ball with your hands, place shredded coconut in a bowl and hemp seeds in another.
4. Roll the ball to cover the outside in the coconut or the hemp seeds and alternate this process until the mixture is gone.
5. Place balls in an airtight container in the fridge for up to one hour to set.

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