

# Healthy Mind Healthy Body

Friday, February 28, 2025

## Strategies to manage and tame stress



## What are the signs of exercise fatigue?



## How routine physical activity affects mental health



## Did You Know Being Kind Can Be Good for Your Health and Well-Being?

When you show a kindness towards someone you benefit as well! There is scientific research that suggests being kind has greater benefits for the giver such as long-term health and well-being. It's a win-win!

When you are kind, your body releases serotonin and dopamine, those warm fuzzy feel-good feelings. These neurotransmitters produce feelings of satisfaction and well-being, and cause the pleasure and reward centers in your brain to light up. Endorphins, your body's "happy hormone" and natural painkiller, also may be released when you show kindness.

"Small acts of kindness are an essential and



often overlooked component of health," says Kelli Harding, MD, MPH, an assistant clinical professor of psychiatry at Columbia University Irving Medical Center in New York City and the author of *The Rabbit Effect: Live Longer, Happier, and Healthier With the Groundbreaking Science of Kindness*.

Acts of kindness can reduce stress, lower blood pressure, help with feelings of anxiety and depression, improves your heart health, and may even increase your longevity.

Kindness is fundamental to the human existence – we're literally wired for it. It's in our genetic makeup to be kind caregivers to our offspring.

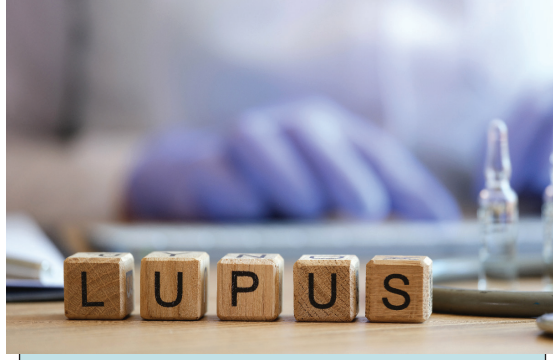
It has a ripple effect too. The power of kindness can rub off on other people you'll help out in the future, so that they, in turn, will be more likely be kind to others! Let kindness be contagious!

Along with your other New Year's resolutions make a daily act of kindness #1!

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## 90% of People Living With Lupus Are Women

- Women ages 15 to 45 are most often affected by lupus.
- Systemic lupus erythematosus (SLE) is the most common form of the disease.
- Approximately half a million women between the ages of 15 and 45 in the United States have lupus.

While Caucasian women are not invulnerable to lupus, the Lupus Research Alliance reports that the disease is more common in women of African American, Hispanic, Asian, and Native American descent.

Sources: Lupus Canada, Lupus Foundation of America



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# Strategies to manage and tame stress



**S**tress is a part of life. In small doses, stress can have a positive effect. But when stress is chronic, it can take its toll on the body and mind.

Stress can make people irritable and cause them to lash out at others. Stress also can contribute to high blood pressure and adversely affect sleep. When confronting chronic stress, individuals may have to take action to find relief. These stress-busting strategies can help.

- Engage in physical activity. The Mayo Clinic says any form of exercise can help relieve stress. Physical activity boosts chemicals in the brain and endorphins that help a person feel good. Exercise also can refocus attention so a person is not preoccupied with a stressful thought or situation.
- Listen to music. Music can be calming and serve as a distraction from stressful feelings. Simply listening to music can be a quick fix for a stressful situation and a bad mood.
- Review your lifestyle. It's easy to take on too much, but doing so can lead to feelings of being overwhelmed, says the Mental Health Foundation. Prioritizing some things over others and delegating when possible can tame stress.

- Practice mindfulness. Breathing and mindfulness exercises can be practiced anywhere. Research has shown that mindfulness can reduce the effects of stress and anxiety. Deep breathing and being in a quiet moment when stress peaks may help to reduce stress.
  - Step away for a few minutes. If possible, step away from a stressful situation, whether it is a difficult project at work or a loud room with a lot of activity going on. Many people find commuting stressful. Changing the route to one that avoids busy roads, even if it takes a bit longer to get from point A to point B, might help.
  - Talk it out. Sometimes connecting with others and sharing experiences can help to relieve stress. Keeping feelings in and fixating on a situation may exacerbate feelings of stress. Social situations that encourage talking and laughing can lighten a person's mental load, says the Mayo Clinic.
  - Don't turn to substances. Alcohol and drugs may temporarily relieve stress, but this approach can lead to addiction and even worsen the physical and mental toll stress takes on the body.
- Stress is a part of life, but finding ways to manage chronic stress is vital to long-term health.



# How routine physical activity affects mental health

**T**he physical changes people experience after committing to routine physical activity are visible to the naked eye. After making such a commitment, particularly if one is accustomed to a sedentary lifestyle, people may shed a noticeable amount of weight, move more quickly and even appear younger, a change that is perhaps related to the positive effects exercise has on sleep.

Less noticeable but no less advantageous are the mental health benefits associated with routine exercise. According to the Mental Health Foundation, physical activity releases chemicals in the brain that positively affect mood, thus making exercise a tool anyone can utilize to improve their mental health. As individuals ponder the benefits of physical activity, they can keep the following ways exercise affects mental health in mind.

- **Exercise and stress reduction:** A 2022 Gallup poll found that 40 percent of adults worldwide experienced a lot of stress. The poll asked adults in 142 countries and areas, which underscores the significance of stress as a legitimate global health concern. The MHF notes that the most common physical signs of stress include difficulty sleeping, sweating and loss of appetite, symptoms that are triggered by a flood of the stress hormones adrenaline and noradrenaline released in the body. Those hormones increase blood pressure and heart rate. Exercise can help to alleviate stress, and the MHF notes that adults who

are highly active have been found to have lower rates of stress than those who live more sedentary lifestyles.

- **Exercise and self-esteem:** A 2022 study published in The Journal of Sports Medicine and Physical Fitness compared 352 participants between the ages of 20 and 40 who regularly exercised at least two days per week for the previous six months with 350 similarly aged sedentary individuals. The study assessed various characteristics of each group and researchers ultimately concluded that those who exercised had higher levels of self-esteem than those who did not. As a result, the authors behind the study recommended exercise as a preferred method to increase self-esteem.

- **Exercise and depression:** A systematic review and network meta-analysis of randomized control trials found that exercise is an effective treatment for depression. That review and analysis, published in the peer-reviewed medical journal The BMJ in 2024, reviewed 218 unique studies involving more than 14,000 participants. Walking, jogging, yoga, and strength training were found to be especially effective at treating depression, which the World Health Organization estimates affects about 280 million people worldwide.

The physical benefits of routine physical activity may be most noticeable. However, regular exercise also has a profound effect on individuals' mental health.



# Celiac Disease Can Lead to Malnutrition

An autoimmune response that attacks the small intestine when gluten is consumed and digested, Celiac disease targets the villi that line the small intestines, which are responsible for absorbing nutrients from food into the blood. Over time, the villi can become so damaged that individuals suffer from malnutrition. Avoiding gluten is the only way to avoid such an outcome. Because Celiac disease can affect people differently, it may be challenging to get a diagnosis at first.

**About 1/3 of adults** in the U.S. and Canada **don't get enough sleep.**

**7 to 9 hours of sleep per night is recommended for most adults**

by public health agencies. Chronic poor sleep may increase the likelihood of health problems such as heart disease, obesity, dementia and cancer.

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# What are the signs of exercise fatigue?

A workout is supposed to make a person feel energized and strong. It's expected that there may be some fatigue or soreness after exercising, but prolonged sluggishness or feeling ill after working out could each be a red flag indicating a person is overdoing it.

The terms "exercise fatigue" and "overtraining" may be used interchangeably. The Hospital for Special Surgery says exercise fatigue occurs when athletes ignore signs of overreaching and continue to engage in workouts. It may cause a viscous cycle where overtraining impacts performance, and then a person perceives this weakness or poor performance as a signal that they need to train even harder, which only compromises the body further.

Exercise fatigue can occur when participating in any type of sports or fitness program. The 2022 edition of the National Academy of Sports Medicine's "NASM Essentials of Personal Fitness Training" defines overtraining syndrome as "a con-

dition in which an athlete or fitness client experiences fatigue, declining performance and burnout." Some people do not realize they have overtrained, but the following signs suggest exercise fatigue is setting in.

- Unusual muscle soreness after workouts that persists with continued training.
- A plateau or decline in fitness performance.
- Excessive sweating or overheating while working out.
- Unusual feelings of heaviness or stiffness in muscles.
- Delays in recovery from training.
- Thoughts of skipping workout sessions, or at the least cutting them short.
- Persistent exhaustion or low energy throughout the day.
- A drop in self-confidence.
- A lack of enjoyment of previous hobbies or interests.
- New problems with sleeping, including poor sleep quality.
- Unplanned or undesired weight loss or weight gain.

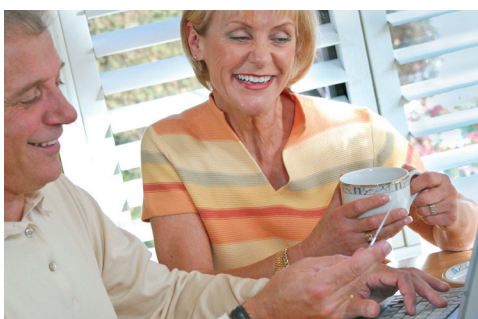


- Digestive issues, including loss of appetite, constipation or diarrhea.
- Repeated bouts of illness, such as colds and upper respiratory infections.
- Increased blood pressure and at-rest heart rate.

The National Academy of Sports Medicine says individuals can log their workouts and be mindful of body changes to determine if they are experiencing exercise fatigue. However, there is no test to diagnose overtraining. Taking time off from workouts, fueling the body with healthy foods, and getting sufficient sleep is often advised for people confronting exercise fatigue.

# What Is Your Medicare I.Q.?

- If you are turning 65 or going on Medicare this year, it is a good idea to brush up on your Medicare knowledge before it is time to enroll. For example, do you know . . .
- The difference between Original Medicare, a Medicare Supplement, and a Medicare Advantage Plan?
  - How much you will pay each month for Medicare?
  - What out-of-pocket costs you are responsible for?
  - The long-term penalty for missing your sign-up deadline?
  - How to find the plan with the best prescription coverage for YOU?
- You can get clear-cut, straight forward information about Medi-



care at an upcoming Getting Started with Medicare Seminar. Registration is going on now for the following class:  
**Wednesday, March 26, 6pm -7:30 pm**  
**Mentor Library**  
**8215 Mentor Ave., Mentor**  
**Registration:**  
**440-255-8811, ext 214**

Check for additional class dates and times by visiting [www.mutskoinsurance.com/seminars](http://www.mutskoinsurance.com/seminars). You can also call Mutsko Insurance Services at 440-255-5700 or email Laura Mutsko at [Lmutsko@mutskoinsurance.com](mailto:Lmutsko@mutskoinsurance.com) for help with your insurance needs. We do not offer every plan available in your area. Currently, we represent 7 organizations which offer 84 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all of your options.



## Only 3 in 10 Adults Over Age 70 With Hearing Loss Have Ever Used Hearing Aids

It's not only the aging population that is reluctant to use hearing aids...just 16 percent of adults between the ages of 20 and 69 who could benefit from wearing hearing aids have ever used them.

Source: National Institute on Deafness and Other Communication Disorders

# Get the FACTS on Insurance



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## A healthy approach to weight loss

Though people attempting to lose weight may love a quick fix or magic pill that could shed excess pounds, successful efforts that produce long-term weight loss generally take considerable time and effort. The Centers for Disease Control and Prevention says people who lose weight at a gradual, steady pace tend to keep the weight off. The CDC advises individuals to aspire to lose one to two pounds each week.

Working in concert with a doctor or a registered dietician is one of the ways to ensure that the weight loss experience is successful and healthy. In addition to following the advice of a professional, these tips can help.

- **Think of it as a lifestyle change.** Managing weight is a lifelong commitment. That means that following a short-term diet may not prove a successful way to lose weight and keep it off in the long run. It's important to put strategies

in place that will help change habits that may be contributing to weight gain.

- **Set short-term goals.** Certainly the overall goal may be to lose a set number of pounds. But having that goal in the distance may make it seem less achievable. Rather, set small goals throughout a weight loss journey. This can be something like a plan to replace sugary drinks with water, or to exercise three days a week instead of being sedentary most of the time.

- **Be sure the time is right.** Some people jump in at the start of the new



year, even if they are not mentally ready to commit or lack the time to make the overhaul necessary to affect change. Begin a weight-loss journey when you have a strong desire to change habits and are not distracted by other pressures.

- **Tame stress as much as possible.** High levels of stress can derail weight-loss plans. Many people turn to foods, beverages and other unhealthy habits as a means to coping with stress. The Cleveland Clinic says stress raises cortisol levels, which increases insulin production. The resulting low blood sugar makes people crave sugary, fatty foods. The Mayo Clinic

suggests speaking with a health care professional if you need help taking charge of stress.

- **Change your perceptions.** Focus on what you can eat rather than what you can't eat. Healthy weight loss means finding balance and enjoying the foods you love, but not going overboard. Restricting any one food or food group could lead you on a path to feeling resentful or even binging on unhealthy items.

- **Don't skip meals.** Seriously restricting food intake is not healthy at all and could lead to fluctuations in weight. An eating pattern that includes a cycle of weight loss and weight gain can contribute to an increased risk of coronary heart disease, says Better Health, a resource of the Australian Department of Health. Plan meals to meet your daily calorie count, being sure to avoid skipping any during the day.

Healthy weight loss takes time and requires changing habits over the long haul.

## Wild Blueberries

The two most widely consumed types of blueberries are the highbush and lowbush, also known as "wild" blueberries. Highbush are the most commonly cultivated blueberries and are generally larger than their lowbush cousins. Although all blueberries are rich in nutrients and good for your overall health, lowbush blueberries may be slightly more nutritious. A 2004 study published in the Journal of Agriculture and Food Chemistry found one cup of cultivated blueberries (highbush) has 9,019 antioxidants while lowbush blueberries have 13,427 total antioxidants per cup.



**13,427** Antioxidants per cup

**For better sleep,**  
experts recommend

Limiting alcohol and caffeine intake

Establishing a consistent sleep schedule

Turning off electronics at least 1 hour before bedtime



## Welcome to the Rec!

The Mentor Community Recreation Center features a variety of programs and activities for all ages and skill levels. Memberships and day passes are available for residents and non-residents. A number of programs and activities are available to keep you fit all year round.

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[mentorrec.com](http://mentorrec.com)

The Mentor Community Recreation Center is located at 6000 Heisley Road.

For questions or additional information call (440) 205-3608 or email [RecCenter@cityofmentor.com](mailto:RecCenter@cityofmentor.com).



## CRANE FAMILY DENTAL CARE

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After we graduated from Case Western Reserve University School of Dental Medicine in 2013, Brandon served in the U.S. Air Force where he completed an Advance Education in General Dentistry residency at Wright-Patterson AFB in Dayton, OH and then was stationed at Holloman AFB in Alamogordo, NM. During that time, Julia gained valuable experience caring for patients in those communities. When it came time to put down roots, we knew we had strong family ties in Geauga County and we are happy to call Chardon our home since 2019. Outside of the office, we enjoy exploring our local parks with our young children, traveling to visit extended family, gardening, and spending time with our golden retriever, Leona.

The team at Crane Family Dental Care looks forward to seeing you soon!

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