



LIVE WELL WORK WELL

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Want to Keep Your New Year's Resolutions? Science Says Get More Sleep.

Sleep is a key component many people neglect when striving to make improvements in just about any part of their lives. "We definitely take sleep as a luxury; it's not," says Cathy Goldstein, M.D., a sleep physician at Michigan Medicine and an assistant professor of neurology in the Sleep Disorders Centers at the University of Michigan.

Whether intentional or a result of external factors, shortchanging on shut-eye influences a host of bodily functions crucial for good health. She explained how poor or low-quality sleep hinders some common resolutions:

"I want to eat healthier": The pitfalls of eating junk food are twofold when sleep is in short supply. Night owls are more likely to snack in the evening (either by raiding the pantry or hitting a drive-thru) and those who eat during the nighttime tend to weigh more.

"I want to exercise more": Who feels like hitting the gym when they're exhausted? Beyond a lack of mental motivation, the physical payoffs of exercise are reduced when your sleep routine is out of whack.

"I want to get a promotion": Good employees are alert, motivated and cheerful. Those qualities, Goldstein says, "all are impaired by sleep loss." They also spur what she dubs "cyber loafing" – that is, mindlessly scrolling social media or entertainment sites while on the clock.

"I want to improve my relationship": Working through any interpersonal issues can be a challenge on its own, but fatigue hinders the healing process. "A person's mood is going to be worse when they don't sleep," Goldstein says.

"I want to quit smoking": Sleep deprivation is tied to higher rates of nicotine dependence, Goldstein says. Researchers aren't exactly sure why, but she suspects much of it relates to nicotine's "activating" properties that help users relax or concentrate, among other things.

To reach your resolutions, and optimal health year-round, try these tips:

- Strive for seven to eight hours of nightly sleep – and not just on weekends.
- Try to go to bed at the same time each evening, even on weekends. Keep your bedroom as dark as possible.
- Cover up any direct glow from electronics or clocks.
- Don't use your smartphone or tablet while in bed.

University of Michigan Health System. "Want to keep your new year's resolutions? Get more sleep." ScienceDaily. www.sciencedaily.com/releases/2017/01/170120100907.htm (accessed December 20, 2018).

Your Guide to Avoiding Winter Illness

The CDC reports that winter is peak cold season. This should come as no surprise when you think about how many people you see sneezing and coughing during the colder months. Fortunately, you can keep these illnesses at bay and stay healthy with a little effort using these tips:

- Avoid close contact with people who are sick and stay away from others when you feel under the weather.
- Wash your hands often using soap and warm water to protect against germs.
- Get plenty of sleep, stay physically active, and drink plenty of water to keep your immune system strong.
- Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables, and fiber.
- Don't touch your eyes, nose, or mouth if your hands aren't clean.

Facts About the Common Cold

- **Adults** usually get 2-4 colds every year, while **children** can get as many as 5-10 annually.
- Over **200 different** viruses can cause the common cold



3 Tips to Beat the Post-Holiday Blues

If you feel worn out after the holidays, you're not alone. After the hustle and bustle of holiday parties, traditions, presents, and meals subsides, many Americans experience the post-holiday blues.

Try these three simple tips to overcome your post-holiday blues:

- 1. Hit the gym:** Exercising causes your body to release endorphins, which can help you feel more positive.
- 2. Be mindful:** Focusing on being in the here and now can help you avoid dwelling on the fact that the holidays are over.
- 3. Give back:** Helping others is proven to improve your mood.

Family and School Support Makes Kids More Likely to Stand Up to Bullying

A recent study from North Carolina State University and the University of South Carolina finds that young people with good family relationships are more likely to intervene when they witness bullying or other aggressive behavior at school and to step in if they see victims planning to retaliate.

"This is important because research has shown that peer interventions are very effective at stopping bullying and preventing future aggressive behaviors. But these interventions are fairly rare," Mulvey says. The researchers conducted a study with 450 sixth-graders and 446 ninth-graders, using a survey to see how they gauged aggressive acts by their peers and how likely they were to intervene.

"We found that family is very important," says Seçil Gönültas, a Ph.D. student at NC State and co-author of the paper. "The stronger a student's reported 'good family management,' or positive family relationships, the more likely a student was to deem aggressive behaviors and retaliation unacceptable, and the more likely they were to intervene in either case."

"We also found that sixth-graders were more likely than ninth-graders to find aggressive behaviors unacceptable and to intervene," Mulvey says. "That suggests it's important to maintain anti-bullying efforts into high school – which many places are already doing."

"The study tells us that both home and school factors are important for recognizing bullying behavior as inappropriate and taking steps to intervene," Mulvey says. "It highlights the value of positive school environments and good teachers, and the importance of family support, when it comes to addressing bullying."

North Carolina State University. "Family, school support makes kids more likely to stand up to bullying." ScienceDaily. www.sciencedaily.com/releases/2018/11/181112131527.htm (accessed December 26, 2018).

JANUARY RECIPE

Savory Balsamic Herb Chicken

- 1 ½ lbs skinless, boneless chicken thighs
- 2 Tbsp. all-purpose flour
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 cup chicken broth or chicken stock
- 2 Tbsp. balsamic vinegar
- 1 tsp. dried thyme leaves, crushed
- 2 cups regular long-grain white rice, cooked according to package directions



Coat the chicken with the flour. Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken in 2 batches and cook until well browned on both sides and remove the chicken from the skillet. Add the onion and garlic to the skillet and cook until they're tender. Stir the broth, vinegar, and thyme in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Serve the chicken and sauce with the rice.

Yield: 4 servings. Each serving provides: Calories- 291, Carbs- 21g, Protein- 20g, Fat-14g, Dietary Fiber 1g, Saturated Fat 3g, Sodium 217mg, Total Sugars 2g

Swanson, and Drea. "Savory Balsamic Herb Chicken Recipe." Allrecipes. October 08, 2012. Accessed December 28, 2018. https://www.allrecipes.com/recipe/220370/savory-balsamic-herb-chicken/?internalSource=hub_recipe&r.h

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