



MD WEIGHT MANAGEMENT

AUGUST 2018 NEWSLETTER



There's no doubt life can get chaotic, but it can feel even more chaotic when our environment is physically in disarray. Take some time to think about what could use some much needed organization in your space. Consider dedicating 15 minutes a day to tidying up an area you've been meaning to get to since last week. The goal is to create an environment that is favorable for calm and clear thinking, a necessity for several aspects of weight control and stress reduction.

Save the Date: Local Events to Get You Out of the House

Free Museum Day

8/7/18 (Tue)

Enjoy free admission to the following local museums:
Conservatory of Flowers,
Contemporary Jewish Museum, de Young, Legion of Honor, Museum of Craft and Design, and Yerba Buena Center for the Arts.

Festival of the Sea

8/18/18 (Sat) @
10AM-5PM

This free event at the Hyde St. Pier entails maritime-themed activities, music, and demonstrations. Explore boats of every size and learn about ropemaking, caulking a deck, and more!

Bridge to Bridge 5K Run

8/26/18 (Sun) @
8AM

Starting at the Bay Bridge, you'll pass Fisherman's Wharf and Ghirardelli Square, ending at Marina Green getting a great waterfront view. Go to bridgetobridge.com to register and for more info.

Simple & Tasty Recipe of the Month

Berry Limeade

Ingredients:

1 pkt MDWM Wildberry Shake
8 fl oz Cold water
¼ - ½ cup 100% lime juice, or juice from ½ a lime
3-4 Ice cubes
Mint or lime zest (optional)

Instructions:

- 1) Combine shake packet, water, and lime juice and add ice cubes.
- 2) Add mint or lime zest as an optional garnish.



Keeping Stress at Bay

A little bit of stress can be beneficial and motivating but chronic daily stress can take its toll on the body – not to mention, make it even harder for weight control. Physical activity would be our top recommendation particularly since it's often underutilized for stress – a little fresh air and some movement can go a long way. Read on for some additional tips to consider for stress relief.

Reevaluate Your Language

Ever catch yourself saying negative statements with strong words like *always*, *never*, *hate*, *should*, etc.? Our language can have a large impact on our perspectives on stress. Statements like “I *always* do this,” “I’ll *never* be able to do that,” or “I *should* be doing this,” give little room for forgiveness, which can be a setup for stress and disappointment. Try disputing these strong, negative statements by using less intense language like *sometimes*, *dislike*, *helpful* or *unhelpful*, etc.



Take 5 Minutes For Yourself

Easier said than done. This takes practice, but once the habit is formed it can be a savior. It's common to be so busy taking care of everyone else, we forget about our own well-being. Set a specific time everyday to take 5 minutes for yourself. Consider the 5 minutes before you walk into work or into your house. Close your eyes and focus on your breathing instead of your to-do lists. If at a desk, try going to 5minutemeditation.com, which uses a 5 minute simple guided breathing exercise that can be used on the computer.

Set a Hard Deadline for Bedtime

Inadequate sleep can heavily influence our mood and levels of stress. And with our busy lives along with screen technology, it can be easy to stay up later than planned. Most adults need a consistent 7-9 hours of sleep per night. Set an alarm as a reminder to start getting ready for bed, and another alarm as a hard deadline to be physically in bed by. Try good sleep hygiene techniques like reducing caffeine intake after noon and screen time before sleep or reading a book (instead of your phone or tablet) in bed.

