

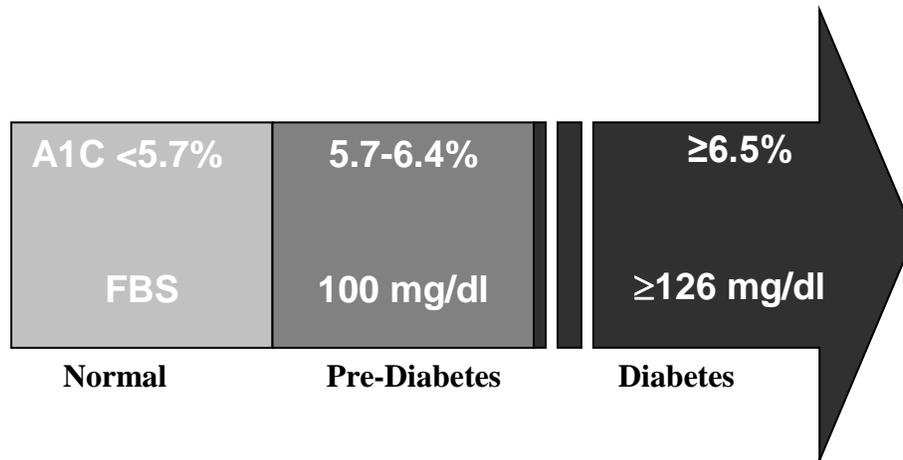


Reducing your risk of Diabetes and Heart Disease

What are my risks?

Factors I can change	Factors I cannot change
<ul style="list-style-type: none"><input type="checkbox"/> Overweight, especially abdominal fat<input type="checkbox"/> Inactivity<input type="checkbox"/> High blood pressure<input type="checkbox"/> High triglycerides<input type="checkbox"/> Low HDL cholesterol<input type="checkbox"/> High LDL cholesterol<input type="checkbox"/> Smoking<input type="checkbox"/> Stress<input type="checkbox"/> Sleeping habits	<ul style="list-style-type: none"><input type="checkbox"/> Age >45<input type="checkbox"/> History of gestational diabetes<input type="checkbox"/> Genetics<input type="checkbox"/> Polycystic Ovarian Syndrome<input type="checkbox"/> Delivered a baby more than 9 pounds<input type="checkbox"/> African American, American Indian, or Hispanic family background

What are my results?



Hemoglobin A1c

A measure of blood sugar over the past 3 months (non-fasting test)

<5.7% normal

5.7-6.4 % increased risk diabetes

≥6.5% diabetes

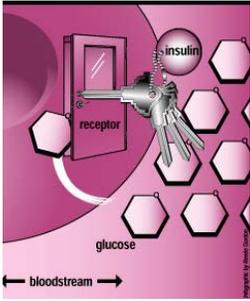
What do my numbers mean?

Cholesterol	Goal:
Total Cholesterol	<200
LDL bad cholesterol	goal is individualized, talk to your provider
HDL good cholesterol	>40 men >50 women
Triglycerides	<200

Blood Pressure

	Systolic	Diastolic
Normal	less than 120	less than 80
Prehypertension	120-139	80-89
Hypertension	140 or higher	90 or higher

What is diabetes and how can I prevent it?



Type 1 Diabetes - pancreas stops making insulin

Type 2 Diabetes – a combination of insulin resistance and less insulin. Genetic and lifestyle factors

Other factors that affect my blood sugar:

- Stress
- Illness, injury, or infection
- Poor sleep quality
- Medications, such as steroid therapy

Lifestyle Approaches

Diabetes Prevention Program: 5-7% weight loss and 30 min physical activity most day = 58% decrease in diabetes risk

Goals:

Weight loss: Aim for 5 -7%

Meals: Timing of Meals, Quality and Balance, Portions

Exercise: Aim for 150 minutes a week

Am I at a Healthy Weight?

If your BMI is 25 or more, you may benefit from 5-7% weight loss

Height	BMI=25
5'0"	128 lbs
5'1"	132
5'2"	137
5'3"	141
5'4"	146
5'5"	150
5'6"	155
5'7"	160
5'8"	164
5'9"	169
5'10"	174
5'11"	179
6'0"	184
6'1"	190
6'2"	195

Your Weight (pounds)	Target Weight Loss (pounds)
130-140	7-10
140-150	7-11
150-160	8-11
160-170	8-12
170-180	9-13
180-190	9-13
190-200	10-14
200-220	10-15
220-240	11-17
240-260	12-20
260-280	14-20
280-300	14-21
300-320	15-22
320-340	16-24
340-360	17-25
360-380	18-27
380-400	19-28

What is my weight goal?

How to Eat: Important Principles

Get in a Routine

- Eat breakfast: within 1-2 hours of waking
- Space meals every 4-5 hours.
- Avoid skipping meals
- Snack only when needed

Slow the Pace

- Take 20-30 minutes to eat a meal
- Take small bites and chew foods well
- Use smaller plates and bowls

Eat Mindfully

- Eat with minimal distractions
- Avoid eating on the run
- Pay attention to taste and texture of food
- Don't worry about cleaning your plate

My Meal Pattern

Breakfast - time: _____

snack- time: _____

Lunch- time: _____

snack- time: _____

Dinner- time _____

snack- time: _____

What to Eat: Focus on High Quality Foods

Focus on high Quality Foods

Less Added Sugar:

- Less than 6 tsp of sugar per day for women.
- Less than 9 tsp of sugar per day for men.

*4 grams of sugar on a food label = 1 tsp of sugar

Reduce Sweetened Beverages:

- Mostly water
- No sugar sweetened drinks
- Limit juice to 4 ounces per serving
- Alcohol in moderation*

*1 drink per day for women

*2 drinks per day for men

Focus on Fats:

- Choose mono and poly-unsaturated fats
- Limit saturated and trans fats

Carbohydrate Choices:

Low-fat Dairy

Fresh fruit

Whole Grains

Legumes/Beans

The Mediterranean Diet

What Is the Mediterranean Diet?

- The diet is mostly plant-based and includes fish, olive oil, and canola oil.
- It is associated with a lower risk of heart disease, low rates of chronic disease, long life expectancy and may lower the amount of cholesterol in the blood.

Key Points of the Diet

- Eat a variety of unprocessed, home-cooked foods.
- Eat **plant-based foods every day**, such as fruits, vegetables, whole grains, beans, peas, lentils, tofu, nuts, and seeds.
- Eat five or more servings of vegetables and two to four servings of fruit every day. One serving is a small piece of fruit, ½ cup of cooked vegetables or 1 cup of raw fruits or vegetables.
- **Extra virgin olive and canola oils are the recommended fats, replacing saturated, trans, and other fats and oils** (including butter and margarine). Trans-fat-free margarine is fine. Liquid margarine is better.
- **Avoid foods high in trans fats** (these foods will have the words “partially hydrogenated oils” on the ingredients list), such as store-bought crackers, cookies, cakes, pies, pastries, flour tortillas, and margarine. Read the label for other foods high in trans fats.
- Avoid foods that have palm kernel oil, vegetable shortening, or fully hydrogenated fat in the ingredients list.
- **Eat at least two fish meals per week**, such as salmon, trout, halibut, or tuna (limit tuna to 6 oz. per week).
- **Replace red meat with fish or poultry.** Red meat, if eaten at all, should be limited to one or two times a month.
- Have one or two servings of fat-free and low-fat dairy products daily. One serving is 1 cup.
- Limit egg yolks to four per week (including those used in cooking and baking).
- Try fresh fruit for dessert instead of other sweets.

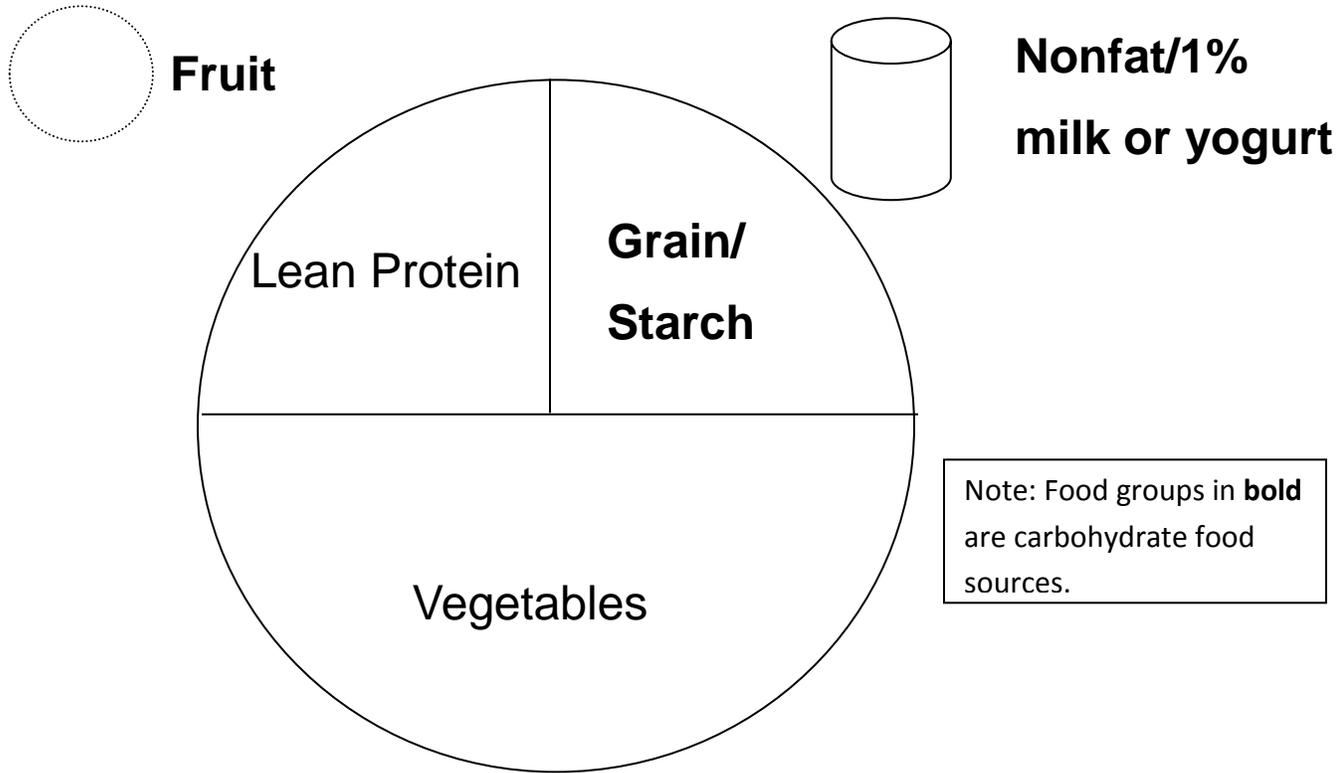
Other Lifestyle Habits of the Mediterranean Population

- Regular physical activity. Aim for 30 minutes or more 5 days a week.
- Moderate amounts of red wine are consumed with meals (check with your health care professional before drinking).
- Fast food and convenience foods are not a part of the Mediterranean lifestyle.

Balanced Plate

My Plate: Lunch/Dinner Plate

www.platemethod.com



Is there a difference between a serving and a portion?

- A serving is the recommended amount of food from each group.
- A portion is the amount of food you plan to eat.

Here are some examples to help with portions

Item	Portion
Deck of Cards	3 ounces of meat, chicken or seafood
Baseball	1 cup of cooked pasta or rice
Music CD	1 serving of bread
Tennis ball	1 cup of vegetables or 1 medium fruit
Four regular sized dice	1 ounce of cheese or meat

Serving Sizes

Food Group/ Nutrients provided	Serving Size Examples	Best Choices	Use Less Often and Limit Portions	Changes I can make:
Grains/Starches (carbohydrate) <i>B vitamins and fiber</i>	<ul style="list-style-type: none"> • 1 slice bread • 1/3 cup pasta or rice • ½ cup potato or corn, peas • ½ cup cooked cereal • ¾ cup dry cereal 	Whole grains such as whole wheat bread & pasta, corn tortillas, oatmeal, sweet potato, barley, quinoa, beans, peas	Baked goods made with white flour, white rice, French fries, chips, biscuits, croissants	
Fruit (carbohydrate) <i>Vitamins C and A, potassium, folate and fiber</i>	<ul style="list-style-type: none"> • 1 small piece of fruit • 1 cup berries • ¼ c dried fruit 	Whole fruit-fresh, frozen or canned (rinse off syrup)	Fruit juice: limit to 4-6 ounces per day	
Milk/Yogurt (carbohydrate) <i>Calcium, protein, vitamin D</i>	<ul style="list-style-type: none"> • 1 cup milk • 6oz yogurt 	Fat free or 1% milk, lactose-free milk, soy milk	2% or whole milk. Yogurt with added sugars	
Non Starchy Vegetables <i>Vitamins A and C, folate and fiber</i>	<ul style="list-style-type: none"> • 1 cup raw • ½ cup cooked • 6 oz vegetable juice 	All are good choices! Focus on a variety of colorful vegetables	High sodium canned vegetables	
Meat/Protein <i>Protein, iron, zinc and B vitamins</i>	<ul style="list-style-type: none"> • 1 oz meat, poultry or fish • 1 egg • ¼ cup tuna or cottage cheese • 1 oz cheese • ½ cup tofu 	Chicken, fish, lean cuts of meat prepared with little fat/oil, low fat cheese, nut butters, tofu	High fat meats/proteins such as regular cheese, sausage, bologna, hot dogs, fried fish	
Fats/oils <i>Essential fatty acids, vitamin E</i> *See Appendix for more about fats	<ul style="list-style-type: none"> • 1 tsp oil • 1 Tbsp salad dressing/mayo • 1/8th avocado • 10 peanuts • 6 almonds 	Plant-based fats and oils such as: olive oil, canola oil, avocado, nuts/seeds	Solid fats such as shortening, butter, stick margarine, regular cream cheese and sour cream, bacon	
Sweets, added sugars and sweetened beverages (carbohydrate) <ul style="list-style-type: none"> • Keep portions small, limit to occasional use. • Provide little nutrition value • Raise blood sugar as do all carbohydrates 				

Foods to Include

Super Foods for your health:

These foods have a lower glycemic index and contain important nutrients such as calcium, potassium magnesium, fiber, and Vitamins A, C, E

- Spinach and other leafy greens
- Beans , such as pinto, black, chickpeas, lentils
- Citrus Fruit
- Sweet Potato
- Berries
- Tomatoes
- Fatty Fish
- Whole grains
- Nuts
- Low-fat Dairy

Super Foods to add to my grocery list:

Fiber

- May reduce weight, blood sugar, blood cholesterol
- Aim for at least 25 grams of dietary fiber daily
- Choose foods with at least 3 grams of fiber per serving
- Found in whole grains, bran, fruits, vegetables and beans

Foods I can add to increase fiber: _____

Sodium

- Limit sodium to less than 2000 mg/day for blood pressure control
- Sodium is often high in convenience foods and restaurant foods
- Eat more fresh, less processed foods
- Limit table salt
- 1 teaspoon salt contains 2300 mg sodium

Understanding a Food Label

1. Start with the serving information at the top of the label
2. Next, check total calories per serving
3. Limit these nutrients
 - Saturated fat: <14 g/1800 calories
 - Trans fat: as little as possible (ideally zero grams)*
 - Sodium: <2000 mg
4. Get enough fiber
 - Fiber: 25 – 30 g
5. Quick guide to % Daily value
 - If you want to eat less of a nutrient look for 5% or less % daily value
 - If you want to eat more of a nutrient look for 20% or more % daily value

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Physical Activity

Benefits of physical activity:

- Weight loss and maintenance
- Lower blood pressure
- Raise HDL cholesterol
- Lower triglycerides
- Lower blood sugar

Goal: 150 minutes of physical activity each week

- Pick activities you enjoy
- Work toward the goal of 150 minutes slowly
- Break up your activity sessions to as little as 10 minutes each time, but do several sessions during the day. For instance, take a 10-minute walk three times a day
- Do moderate intensity
- Join a class or find a partner to help you stay accountable
- Use a pedometer to track steps. Aim for 10,000 per day

Ways I can increase my daily activity: _____

What are the benefits for me?

What are my barriers?

Activities I enjoy: _____

My Plan Moving Forward and Staying Successful

What do the “successful losers” tell us?

National Weight Control Registry

- Combining diet AND fitness changes
- Eating a low-fat diet
- Consistent meal patterns
- Fewer meals eaten out at restaurants
- Equivalent of 1-hr walking/day
- Self-monitoring (food and exercise diary)

What success factors can I add to my plan? _____

1. My health goal is to: _____

Ex: “Lose weight,” or “Improve my cholesterol,” or “Eat healthier foods,” or “Be more active.”

2. How important is this goal to me?

Not Important	0	1	2	3	4	5	6	7	8	9	10	Very Important
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3. My plan:

What I will do : _____

Ex: “Walk 20 minutes,” or “Switch to low-fat dairy,” or “Avoid fast food restaurants.”

How I will get ready: _____

Ex: “Find a walking buddy,” or “Borrow a treadmill,” or “Join Weight Watchers.”

When I will start: _____

How often I will do it: _____

4. How confident am I that I can follow my plan?

Not Confident	0	1	2	3	4	5	6	7	8	9	10	Very Confident
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Appendix: Resources

Is weight loss a goal?

Healthy Connections Class. This group-based class gives participant's the tools needed for long term weight management success. It covers proven concepts on activity, nutrition, and behavior that helps people set up an individualized weight loss plan that fits their lifestyle. Cost: Free

Weigh & Win Free online weight management program. Daily coaching, tracking and cash rewards for success. Go to **www.weighandwin.com** to learn more and find your nearest kiosk or call **303-694-8007**.

Kaiser Permanente Webinars. Get support to live healthy by attending classes from home with our "live" online classes, view the class through your Web browser and listen through your phone. Topics include: Preventing Diabetes and Heart disease, Mediterranean Diet for Heart Health, Weight Loss, Weighing the Options, Diabetes: Learn to take Charge, Gluten free, Taking Care of your Kidneys when you have Chronic Kidney Disease, Family Connections, and more. Go to **www.kpwebinar.org** for current offerings. Cost: Free

HealthMedia Balance® Online Program. Internet savvy? Like working on your own? Check out the HealthMedia Balance® programs to complete an online assessment to develop a tailored plan for your needs.

Go to **www.kp.org/Healthylifestyles**

Is healthy eating a goal?

Go to www.kphealthyme.com: watch or listen to the following options on Healthy Eating:

-In the Kitchen with Carole: A Kaiser Permanente Registered Dietitian takes you on an audio tour of your kitchen to help you identify unhealthy foods and their healthy alternatives.

-watch the Healthy Eating Videos on shopping, cooking and snacking Cost: Free

Classes with a Registered Dietitian at Kaiser Permanente Medical Offices

Call 303-338-4545 to register

Diabetes Learn to Take Charge, 2 sessions. For members with diabetes learn about daily self-care, controlling your blood sugar, & making wise food choices from a Registered Dietitian. Cost: \$10

Appendix: Resources

Is Physical Activity a Goal?

-Silver Sneakers

Members can participate in fitness programs at designated recreational centers for free if they are a Kaiser Permanente Senior Advantage Core, Silver, Gold or Medicare or PERA pre-65 member. Call **1-800-476-2167** for more information or go to silversneakers.com.

Healthwaysfit.com is a website for SilverSneakers® Members. Contains exercise videos and motivational support.

-Get Outside

- Locate parks and recreational centers www.letsmove.gov/lets-move-outside
- Outdoor activities in Colorado: www.getoutdoorscolorado.org/
- Plug in your zip code for parks near you www.nwf.org/naturefind

-Live Well Colorado

- <http://livewellcolorado.org/>

Additional Resources:

Metabolic Surgical Weight Management

To learn more about other weight management options with Kaiser Permanente including Weight Loss Medication, and Weight Loss Surgery, Call **303-861-3400**.

Pediatric Wellness

Are you concerned with your child or family's eating and activity habits? Our Pediatric Dietitians can help you develop an action plan. Services are bilingual, and include physical activity counseling and linkage to community resources. To access our services, please call **303 614-1070** or visit www.kphealthyme.com.

Servicios en español, El comer saludablemente puede ayudarle a verse y sentirse lo mejor que pueda. Sea para mantener su salud, o controlar una condición médica continua, estamos aquí para ayudarle! Para pedir una cita individual, o para inscribirse en nuestras clases de diabetes o colesterol en español, llame al **303-338-4545**. También se ofrecen citas gratuitas por teléfono.

For a complete listing of classes and services offered by Kaiser Permanente, please visit: www.kphealthyme.com

Appendix

Websites

- Kaiser Permanente Colorado Nutrition Services website www.kphealthyme.com
- Academy of Nutrition and Dietetics www.eatright.org 1-800-366-1655
- American Diabetes Association www.diabetes.org 1-800-DIABETES
- American Heart Association www.heart.org 1-800-AHA-USA-1
- America on the Move www.americanonthemove.org
- National Diabetes Information Clearinghouse www.diabetes.niddk.nih.gov 1-800-860-8747
- National Weight Control Registry www.nwcr.ws 1-800-606-NWCR
- National Heart Lung and Blood Institute www.nhlbi.nih.gov 1-301-592-8573

Smart Phone Apps and Websites

- The Calorie King Calorie, Fat & Carbohydrate Counter (also at www.calorieking.com)
- <http://www.MyFitnessPal.com>- tracks fitness goals & nutrition analysis features
- <http://www.livestrong.com>- food and fitness diary
- www.sparkpeople.com- food and fitness tracker –weight loss support, meal plans and food tracker
- www.fitday.com - online food and activity tracker
- Vree for Diabetes - includes blood glucose tracking, nutrition and activity tracking
- Diabetes Companion - complete nutrition facts, recipes, videos related to diabetes

Cookbooks/Recipes

- Eating Well Magazine (recipes also available at www.eatingwell.com)
- Lickety-Split Meals Zonya Foco
- Month of Meals American Diabetes Association
- Quick and Healthy Recipes and Ideas Brenda Ponichtera
- The Best of Simply Colorado Colorado Dietetic Association
- 400 Calorie Fix: Slim is Simple: 400 Ways to Eat 400 Calorie Meals L Vaccariello & M Hermann

Healthy Eating and Weight Management Books

- *The Complete Book of Food Counts* by Corine T. Netzer
- *Eat, Drink and Be Healthy; Eat, Drink and Weigh Less* by Walter Willett
- *Thin for Life* by Ann Fletcher
- *Intuitive Eating* by Evelyn Tribole
- *The 90/10 Diet Plan* by Joy Bauer
- *The Ultimate Volumetrics Diet* by Barbara Rolls

Appendix

What is Type 2 Diabetes?

Type 2 diabetes is the most common type of diabetes. People can develop Type 2 diabetes at any age, even during childhood. People develop Type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. Eventually, the pancreas cannot make enough insulin for the body's needs. As a result, the amount of glucose in the blood increases while the cells are starved of energy. Being overweight and inactive increases the chances of developing Type 2 diabetes. Type 2 diabetes requires ongoing medical monitoring including home glucose checks and is treated with diet, exercise, and diabetes medications. Complications of uncontrolled diabetes can include heart disease, kidney problems, eye problems and nerve damage. Medical expenses for people with diabetes are more than 2 times higher than for people without diabetes.

What is Type 1 Diabetes?

Type 1 diabetes, formerly called juvenile diabetes or insulin-dependent diabetes, is usually first diagnosed in children, teenagers, or young adults. In this form of diabetes, the pancreas cells no longer make insulin because the body's immune system has attacked and destroyed them. People with Type 1 diabetes must take insulin shots or use an insulin pump.

What is Gestational Diabetes?

This is a form of diabetes some women develop during the late stages of pregnancy. Although this form of diabetes usually goes away after the baby is born, a woman who has had it is more likely to develop Type 2 diabetes later in life. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin.

What are the signs and symptoms of Type 2 diabetes?

Many people have no signs or symptoms. Symptoms can also be so mild that you might not even notice them. More than five million people in the United States have Type 2 diabetes and do not know it.

Here is what to look for:

- increased thirst
- increased hunger
- fatigue
- increased urination, especially at night
- weight loss
- blurred vision
- sores that do not heal

Appendix

What are carbohydrates? Is a low carbohydrate diet right for me? Do I need to eliminate sugars?

Carbohydrate foods are our energy or fuel source and provide many important nutrients. Both starches and sugar contain carbohydrates. Starchy foods such as pasta, bread, cereal, and starchy vegetables like potatoes and beans may contain fiber and are nutrient packed. Foods with sugar include fruit, milk, yogurt and sweet foods like desserts, cookies, and ice cream. Eating too much carbohydrate overall or too much at one time may raise your blood sugar. It is best to spread your carbohydrates throughout the day and eat less sugary or sweet foods and beverages which are higher in calories and lacking in nutrients.

What are “good carbohydrates” to eat?

“Good carbohydrates” usually contain more fiber and nutrients. Healthy choices would include whole grains, such as brown rice, whole wheat pasta, old fashioned oatmeal, or beans and legumes. Look for a minimum of 3 grams of fiber or more on the food label. Aim for 20–35 grams of dietary fiber per day.

What if I want to carbohydrate count, how many carbohydrates should I eat?

As a general guideline, most women should aim for 30-45 grams of carbohydrate at each meal. Men generally need 45-60 grams of carbohydrate per meal. If you eat snacks, 15 grams of carbohydrate is reasonable. Again, try to select high fiber and/or whole grain carbohydrates.

What about using the glycemic index?

The glycemic index (GI) is a measure of how individual foods impacted the blood sugar of study participants over 1–2 hours. Many factors influence the GI value of a food, including fiber/fat content, processing and cooking method. The lower the GI number, the better. Choosing every food based on its GI value may be impractical and challenging. However, choosing one or two low glycemic index foods each day, or balancing low GI foods with higher GI foods might be one way to use this system. Some good low GI foods are beans, fresh fruits, such as apple, cherries, peaches or plums, sweet potatoes, whole-wheat pasta, and soybeans.

What about sugar substitutes?

Sugar substitutes like aspartame (Equal®), sucralose (Splenda®), saccharin (Sweet N Low®) and stevia-based sweeteners (Truvia®) are options for those who are trying to cut down on added sugar. Sugar alcohols, like sorbitol, xylitol and mannitol do not raise our blood sugar as much as table sugar. However, they may cause digestive side-effects like gas and diarrhea. These products are considered safe by the Food and Drug Administration. Foods made with these products, however, are not always lower in calories.

What about alcohol?

Moderate alcohol consumption does not seem to be a risk for diabetes. Moderate alcohol consumption is defined as no more than 1–2 drinks/day for men, 1 for women. A drink is considered 5 oz wine, 12 oz beer, or 1 ½ oz spirits. You may be asked to limit your alcohol consumption if you have high triglycerides or high blood pressure.

Appendix

Fat is a necessary part of a healthy eating plan. Some fats are healthier than others. Below is a guide to choosing fats that are healthier for your heart.

Choose in moderation		
High in monounsaturated fats	High in polyunsaturated fats	High in omega-3 fat*
<ul style="list-style-type: none"> olive oil canola oil peanut oil and peanut butter olives avocados almonds pecans macadamia nuts cashews hazelnuts pistachio nuts peanuts 	<ul style="list-style-type: none"> safflower oil corn oil walnuts soybeans sunflower oil & seeds oils made from seeds brazil nuts (has about equal amounts of mono- & polyunsaturated fats) soft tub margarine with "0 g" trans fat 	<ul style="list-style-type: none"> salmon sardines mackerel (pacific or jack) herring tuna (canned light) pollock trout soybean oil walnuts walnut oil ground flaxseeds flaxseed oil canola oil

Less healthy	
High in saturated fats -limit	High in trans fats -avoid
<ul style="list-style-type: none"> pastries, pies, and bakery items palm oil, palm kernel oil, and coconut oil marbled meats and meats such as sausage, cold cuts, hot dogs, bacon chicken fat/skin butter and dairy products with whole milk, such as cheese, cream, whole milk, and ice cream milk chocolate 	<p>Processed foods made with partially hydrogenated oils:</p> <ul style="list-style-type: none"> snack foods cookies, pastries cake mixes/frosting fried foods fast food crackers stick margarine

Appendix

Stress Management

Are you feeling overscheduled and overstressed? Below are some tips to help you breathe a little easier.

1. Be aware of stress and its causes. Try to reduce stressful situations. If you cannot make changes at work, then look for other areas of your life that you can change.
2. Evaluate your most common stressors. Pick one area or stressor at a time and analyze how you can manage the circumstances differently.
3. Make sure you are spending a part of your day doing things you enjoy. Set your priorities and do only those things you have to do and like to do. Keep others to a minimum.
4. Organize your time. Identify your most productive time in your day and allow for rest periods. Be aware of how too many appointments, and deadlines can wear your energy down.
5. Do not take on more jobs that you can adequately handle. Learn to say “no” to those situations that are not in your best interest to accept. Be assertive with your own needs!
6. Get rid of the words “should”, “could”, “ought to”, “must” and “have to”. These words represent demands that others have placed on you. Don’t fall for the judgments of others.
7. Set goals that are realistic. Organize them, prioritize them and then act on these goals.
8. Allow time between stressful events when possible. Learn to relax. Relaxing does not mean boredom or dullness-it means having time with minimal stresses.
9. Slow down. Begin to walk slower, eat slower, drive slower, talk slower.
10. Talk to those you trust about your fears, thoughts, concerns, and views¹¹. Learn to recognize and accept the situations you cannot change without fretting.
12. Balance your life with work and play, seriousness and laughter.

Resources:

365 Ways to Reduce Stress by Eve Adamson.

Telephone Based Health Coaching. Take advantage of our healthier living telephone coaching program, free service designed to support you in achieving your goals.

Call **1-866-402-4320**

Centers for Complimentary Medicine: The Kaiser Permanente Centers for Complementary Medicine offer complementary and alternative medicine services to be used in partnership with the Western medical care provided by Kaiser Permanente. These services include: chiropractic, acupuncture, massage, Integrative Medicine, and a Mindfulness-Based Stress Reduction program.