



Healthy Bites

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Take a Little Time for Yourself!

Coping with stress, feeling overwhelmed? Anxious? Life challenges?

Taking some time out to nurture yourself may be just what you need! Self-nurturing is about doing something nice just for you; it is anything that can help us feel more positive or joyful. Taking time each day for self-nurturing is not only allowing you to look after your emotional self, but also helps you feel better about yourself overall and improves self-esteem.

Dr Alice Domar, author of Self-Nurture, notes, "The art of self-nurturing is not a single technique. Rather, it's an overarching concept for your life. The spark you gain from nurturing your imagination, career, relationships, or spiritual side amplifies the healing effects of other stress-relief techniques."

Here are some ideas for adding self-nurturing into your daily life.

- ◆ Sit in the sunshine & read a good book or magazine.
- ◆ Go for a walk
- ◆ Go to a movie
- ◆ Wake up early & watch the sun rise.
- ◆ Do a jigsaw puzzle
- ◆ Have a bubble bath
- ◆ Practice deep breathing
- ◆ Go to the park & play on the swings.
- ◆ Buy a colouring book & some pencils; do some colouring
- ◆ Frame some of your favourite photos.
- ◆ Join a yoga class.
- ◆ Take an afternoon nap.
- ◆ Lie on the grass & watch the clouds go by
- ◆ Play with an animal
- ◆ Have a meal by candlelight
- ◆ Talk to a friend
- ◆ Listen to your favourite music
- ◆ Do some stretching exercises
- ◆ Draw or paint a picture
- ◆ Play a musical instrument
- ◆ Sit quietly & visualize a peaceful place
- ◆ Ride your bike
- ◆ Go on a picnic
- ◆ Enjoy the beauty of nature
- ◆ Smell the roses

Self-nurturing is a necessary part of caring for your physical & mental health. It is not a luxury, but a necessity!

Active Families

The Canadian Society of Exercise and Physiology released activity guidelines in 2016 for children and youth aged 5-17 years old. The 24-hour day has been broken down into 4 parts:

1. **SWEAT:** moderate to vigorous intensity physical activity
2. **STEP:** light physical activity
3. **SLEEP:** uninterrupted periods of sleep
4. **SIT:** recreational screentime and extended periods of sitting

Most of the time we hear about and focus on SWEAT, SLEEP, and SIT; but what about STEP??? What does "light physical activity" even mean?



Unlike SWEAT, STEP or "light physical activity" does not lead to production of sweat or shortness of breath. Replacing sitting behaviours with SWEAT and STEP activities will provide health benefits.

Examples of STEP activities:

- Slow walking
- Mini golf
- Mild walking
- Playing with animals
- Walking the dog
- Playing pool/billiards
- Building a couch fort
- Personal hygiene (brushing teeth, taking a shower, etc.)
- Light household tasks (groceries, washing dishes, cooking)
- Light gardening or watering the plants

So remember it's fantastic to incorporate 60 minutes of SWEAT activity during the day, but don't forget about the other 23 hours!

For more information checkout <http://csepguidelines.ca/>



Sugar Snap Salad



INGREDIENTS

- ◆ 1 1/2 pounds sugar snap peas, trimmed, stringed, cut in half on diagonal
- ◆ Kosher salt
- ◆ 3 tablespoons extra-virgin olive oil
- ◆ 1 tablespoon (or more) fresh lemon juice
- ◆ 1 teaspoon white wine vinegar
- ◆ 1/2 teaspoon sumac plus more for garnish
- ◆ 1 bunch radishes (about 6 ounces), trimmed, thinly sliced
- ◆ 4 ounces ricotta or feta, crumbled
- ◆ Freshly ground black pepper
- ◆ 2 tablespoons coarsely chopped fresh mint

Tip: No sumac on hand? Substitute with lemon zest

DIRECTIONS

1. Fill a large bowl with ice water; set aside. Cook peas in a large pot of boiling salted water until crisp-tender, about 2 minutes. Drain; transfer to bowl with ice water to cool. Drain peas; transfer to a kitchen towel-lined baking sheet to dry.
2. Whisk oil, 1 tablespoon lemon juice, vinegar, and 1/2 teaspoon sumac in a small bowl. Toss peas, radishes, and cheese in a large bowl. **DO AHEAD** Can be made 1 day ahead. Cover dressing and salad separately and chill.
3. Add dressing to salad and toss to coat. Season salad with salt, pepper, and more lemon juice, if desired. Garnish with mint.

Recipe from: <https://www.bonappetit.com/recipe/sugar-snap-salad>

Powering Down



Screens are all around us and have become an integral tool in our daily lives. However it can be difficult to find the right balance.

Dr. Delaney Ruston, a physician, filmmaker, and parent, went searching for guidance with finding this balance. She created SCREENAGERS, which “takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids’ development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.”

Subscribe to Dr Ruston’s family’s weekly topics—**Tech Talk Tuesdays (TTT)** to help manage and decrease struggles around screen time:

- Receive conversation starters about social media, video game use, tech tips, latest research and more
- Calm, consistent conversations about screen time can improve family and classroom dynamics.
- Get kids more invested in TTTs by starting each conversation with a positive about screen time.

Healthychildren.org also has great resources for using screens and media thoughtfully. As a family create your **Family Media Plan** as a tool for setting limits and expectations.
<https://www.healthychildren.org/English/media/Pages/default.aspx>