

# UMass Department of Psychiatry

## Wellness News

VOLUME 3, ISSUE 1

FALL 2013

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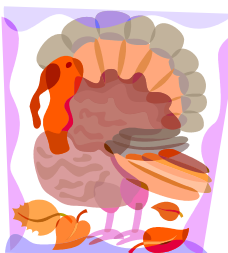
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## The holidays are coming! The holidays are coming!

Healthy holiday eating tips from UMass Memorial Medical Center clinical dieticians



The first bite of food you eat is usually the best, and all subsequent bites are attempts to return to that enjoyment of the first bite. For this

reason, sometimes small tastes of food can provide you with as much enjoyment as large portions.

- Start new holiday traditions each year, such as taking a walk after your meal or playing a game.
- Try to enjoy food in moderation by keeping an eye on your portions. One way to do this is to make sure that half of your plate is filled with vegetables and fruits.
- If vegetables and fruits are generally not well represented at your holiday meal, try a new vegetable/fruit recipe yourself and bring something to dinner that you know is healthy and that you will enjoy.
- Limit your intake of foods that are high in calories and fats, such as fried food, creamy sauces and high sugar desserts.
- Focus on lower-calorie appetizers, such as the vegetable tray or steamed shrimp. Remember, limit your intake of creamy dips and cheeses.
- Alcoholic beverages have a lot of calories. Since liquid calories don't tend to satisfy our appetite, they often lead us to still consume the same number of food calories and subsequently, consume too many calories overall. Sticking with calorie-free beverages is an option. Try sparkling water or flavored seltzer.
- Try not to under-eat early in the day prior to a large meal. In fact, under-eating early in the day will make your body think you are starving, and lower your metabolism, which is the number of calories your body will burn that day. In addition, it makes you more likely to over-eat at the holiday meal later in the day.
- Making small changes, such as substituting a glass of seltzer for a glass of wine, or having a half scoop of mashed potatoes instead of a whole scoop, will actually make a big difference by the end of the day.
- Enjoy every bite of food you eat over the holidays. Eat it slowly, savoring the taste, texture and smell of the food.
- Watch out for the food pushers- these are the people who may try to get you to eat more than you are comfortable eating. A simple "no thanks, but it was great!" is really all you need to say.



**Wise  
Choices**

## Ways to Manage Stress

### The Mindfulness Solution

Download meditation  
practices

<http://www.mindfulness-solution.com/>

### 5 minute desk exercises

[http://www.webmd.com/fitness-exercise/video/office-exercises-in-5-minutes?ecd=wnl\\_fit\\_101813&ctr=wnl\\_fit-101813\\_ld-stry&mb=](http://www.webmd.com/fitness-exercise/video/office-exercises-in-5-minutes?ecd=wnl_fit_101813&ctr=wnl_fit-101813_ld-stry&mb=)

### Progressive Muscle Relaxation exercise

[http://media.dartmouth.edu/~healthied/p\\_muscle\\_relax.mp3](http://media.dartmouth.edu/~healthied/p_muscle_relax.mp3)

### Breathing exercise

[http://media.dartmouth.edu/~healthied/short\\_relaxation.mp3](http://media.dartmouth.edu/~healthied/short_relaxation.mp3)

### Wellness resources

[www.umassmed.edu/Psychiatry/wellness.aspx](http://www.umassmed.edu/Psychiatry/wellness.aspx)

## The Healthy Workaholic

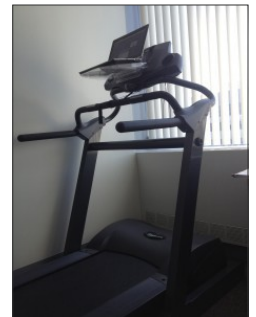
Sherry Pagoto, Ph.D. , Associate Professor of Medicine  
University of Massachusetts Medical School



As a professor, I spend a great deal of time at my desk or in meetings. This lands me in the sitting position almost the entire time I'm at work. If that isn't bad enough, I end up taking my work home which means even more sitting. Then, in my free time I like to blog and read, activities also done in the sitting position! One day I realized that the vast majority of my day is spent sitting. Even though I had a

6 day a week/1 hour a day exercise regimen, I was living a sedentary lifestyle. That realization hit me hard. In the last year I decided to make a change and convert my unhealthy workaholic lifestyle into a healthy one. Am I cutting back my work schedule? Writing fewer grants? Teaching less? Blogging less? No! Instead I decided to change my working environment into a healthy one so that I can do what I love without it incurring health risks that I will pay for later. Here are some of the changes I have made. I challenge you to make a few healthy tweaks to your work life too!

- **Treadmill Desk Part 1.** I bought a Trek Desk (pictured above) for my home treadmill so that I can put in some mileage while working at home, blogging, or even just surfing the net. I have had this for well over a year now and it was worth every penny. My routine is to walk about 1 mile at a time at 2 mph at least two times per day. This adds up to 2 miles or 4,000 steps, all while getting things done! Here is my original post about the advantages of the Trek Desk.
- **Treadmill Desk Part 2.** Unfortunately my work office could not accommodate a Trek Desk but I was able to squeeze in a treadmill. (I recommend Craigslist.org for finding a reasonably priced treadmill.) Once the treadmill was installed, I found a \$40 attachment on Amazon called the SurfShelf that holds my laptop on the treadmill (see picture to the right). I've been using this for a few weeks now and I love it. I don't have the surface area of my Trek Desk to put my mug, papers, and other desk items, but it's the next best thing if space is an issue.
- **Foot wear.** I now keep a pair of comfortable sneakers at the office not only for when I use my treadmill desk but also so I'm not deterred from walking across campus in dress shoes. I never realized how much the wrong shoes could be a deterrent to walking around at work. I find that I'm much more mobile now that I have comfortable walking shoes that I can slip on at any time.



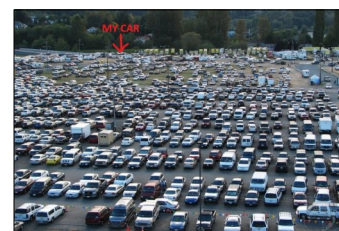
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- **Snacks.** Hunger is the best sauce, as they say, and a diet destroyer. I make it a routine to have plenty of fruit around by bringing at least 2 pieces a day. Fruit nips the munchies in the bud and prevents me from lurking around vending machines later in the day. My other favorite snack is a 100 cal pack of almonds. I only bring single servings. Single servings prevents over snacking.



- **Hydration.** Hydration is key at work and a cup of decaf tea throughout the day is nice to nip cravings and relax me. I keep a nice selection of decaf choices by my Keurig machine (an office must have) and drink several cups throughout the day. This keeps the caffeine consumption down too.

- **Parking Lot Trek.** Finally, I work on a campus with several buildings and parking lots. I used the Runkeeper app to measure the distance from various parking spots, with the very worst parking spot being about ½ mile walk to my office (see simulation to right). I take this spot (usually because it's the best I can find!) a few days a week to add another mile (2000 steps!) to my day.



- **Can you work a lot and still be healthy?** I say YES! I love my work and while it certainly can be a source of stress, I found a career that I'm passionate about and sometimes it really is hard to pull away. I don't want it to kill me though. By adding more activity into my day I have more energy, my productivity has increased, and I feel better knowing that I can pursue my passion without it costing me my health.

Follow Sherry's healthy lifestyle blog at [www.fudiet.com](http://www.fudiet.com)

## The Great American Smokeout is Thursday, November 21, 2013

Quitting smoking can be hard, but there are ways to make it easier. Using quit smoking medicines and counseling support can make you *more than twice as likely* to quit for good!

### Counseling and Support to Quit Smoking:

For UMass employees: 1-508-856-1555

For UMass patients\*:

- Call either 1-508-334-5393 or 1-508-334-3452 to schedule an appointment. \*Most health insurance is accepted.

**Massachusetts Smokers' Helpline** provides free quit smoking information and free phone counseling and support to quit smoking.

Call 1-800-Quit-Now (1-800-784-8669)

TTY: 1-800-833-1477

visit [www.MakeSmokingHistory.org](http://www.MakeSmokingHistory.org)



Spanish: 1-800-833-5256

Quit Tips Line: 1-800-943-8284

## Healthy Recipes courtesy of the UMMS Center for Applied Nutrition

### Low Fat Turkey Gravy

- 3 Carrots, diced
- 2 Onions, diced
- 3 Celery, diced
- 1T Olive oil
- ¼ cup Cornstarch
- ¼ cup Water
- 4 cups Turkey broth
- Salt and pepper

1. In a large saucepan, over medium heat sauté carrots, onions and celery until softened.
2. Add turkey broth and bring to a boil. Simmer for 10 minutes.
3. Meanwhile, blend until smooth the cornstarch and water.
4. Strain vegetables out of broth.
5. Whisking constantly, slowly add the cornstarch mixture and continue stirring until the gravy is thickened.
6. Season to taste with salt and pepper.

### Wild Rice Stuffing with Cranberries & Toasted Pecans

- 2 cups Chicken stock, low sodium, low fat
- 1 cup Wild rice blend
- 2 T Olive oil
- 1 small Onion, chopped fine (1/2 cup)
- ½ small Celery Stalk, diced fine (1/4 cup)
- ¼ cup Toasted pecans, coarsely chopped
- ¼ cup Dried cranberries
- 2 T Parsley, minced, fresh
- 2 tsp. Thyme, minced, fresh

1. Bring chicken stock to boil in medium saucepan.
  2. Add rice blend to saucepan and return to boil.
  3. Reduce heat to low, cover and simmer until rice is fully cooked, 40-45 minutes.
  4. Turn rice into medium microwave safe bowl and fluff with fork.
  5. Meanwhile, heat olive oil in medium skillet over medium heat. Add onions and celery, sauté until softened, 3 to 4 minutes.
  6. Add this mixture, as well as pecans, cranberries, parsley and thyme to rice and toss.
- Makes about 3 cups

### Sleepy Hollow Pumpkin Pie

- 1 15 oz. can pumpkin
- 2 Eggs beaten
- 1 14-oz can fat-free sweetened condensed milk
- 3 tsp. Pumpkin pie spice
- ½ tsp. Salt
- 1 9" low-fat graham cracker crust

1. Blend all ingredients together, mixing thoroughly (use electric mixer or food processor if you desire).
2. Pour into pie shell.
3. Bake at 425°F for 15 minutes, then reduce heat to 350°F for an additional 40-50 minutes, or until knife comes out clean when inserted into center of pie.
4. Cool on rack.

Serves 6-8



For more information about the UMass Department of Psychiatry Wellness Initiative contact:  
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