



Occidental College Wellness Newsletter

April 2020



Why Self-care Isn't Selfish

During this challenging time, with the increasing pressures of life and the workplace, it is even more important for Self-Care. What is Self-Care? While it might sound contradictory, practicing self-care is one of the most selfless things you can do. When you take time out for you, it revitalizes your life so you can be the best version of yourself for others. Self-Care is critical for our physical, emotional and mental wellbeing, and means paying attention to and supporting your own physical and mental health.

Five Ways to Practice Self-Care

1. **Exercise.** Physical activity reduces stress, boosts mood, elevates energy, exercises your heart and improves circulation, among countless other benefits.
2. **Practice self-compassion.** Being kind to yourself is the foundation of self-care. Self-compassion means turning off the critical, inner voice and allowing yourself the time for self-care.
3. **Get enough sleep and eat well.** Nourishing your body with adequate rest and a healthy diet are crucial factors to feeling and functioning at your peak. No one can thrive long-term on minimal sleep nor fast food.
4. **Calm your mind.** Even if it's just for five minutes each day, engaging in meditation, mindfulness, or yoga practices can help de-stress and revitalize both your body and mind.
5. **Have a social support network.** While being too social can become taxing, having supportive, social connections help us feel less isolated and they prevent burnout.

You might not be able to engage in all of these practices every day, but if you make self-care a priority and incorporate it in your daily life, you may feel and function better. The bottom line is the better we feel and function, the more we can do for the people and things we care about, and that is a win-win.

Nutrition

With almost 40% of American adults battling obesity, it is important to know what science says about the foods and how much we consume.

Use Portion Control:

Portion sizes in America are getting bigger and bigger. As portions increase, so do our appetites. Try these easy strategies for limiting portions.

- Plan meals ahead and buy healthy options
- Eat slowly and enjoy every bite
- Use smaller plates to trick your brain into thinking you are eating more
- Split a meal with a companion
- Stop eating when you are full
- Pre-portion snacks to avoid overeating (always read the serving size)

Fruits and Vegetables

Fruits and vegetables are typically low in fat and calories, and they provide healthy nutrients such as vitamins A and C, folate, fiber and potassium. These nutrients can improve everything from heart disease risk and skin health to cholesterol levels and blood pressure.

Healthy Fats

Not all fats are bad. Monounsaturated and polyunsaturated fats reduce your risk for cardiovascular disease, including lowering triglycerides and blood pressure. Monounsaturated and polyunsaturated fats are found in:

- Olive and corn oil
- Nuts
- Fish
- Avocados

Saturated and trans fats; however, have the opposite effect. These fats are found in:

- High fat dairy products
- Butter, tropical oil or lard
- Bacon, fried foods
- Beef, pork, lamb, veal
- Processed or baked goods

MyPlate Icon

For more information about healthy food choices and serving size go to ChooseMyPlate.gov.

The website features practical information and tips to help build healthy diets and messages to help consumers focus on key behaviors. Selected messages include:

- Enjoy your food but eat less
- Make half your plate fruits and vegetables
- Make at least half of your grain's whole grains
- Compare sodium in foods like soup, bread, and frozen meals – choose foods with lower numbers
- Avoid oversized portions
- Switch to low fat (1%) or fat-free milk
- Drink water instead of sugary drinks

Recommended Number of Servings		
Food group	1,600-calorie diet	2,000-calorie diet
Grains (mainly whole grains)	6 a day	6-8 a day
Vegetables	3-4 a day	4-5 a day
Fruits	4 a day	4-5 a day
Low-fat or fat-free milk and milk products	2-3 a day	2-3 a day
Lean meats, poultry and fish	3-4 one-ounce servings or fewer a day	6 one-ounce servings or fewer a day
Nuts, seeds and legumes	3-4 a week	4-5 a week
Fats and oils	2 a day	2-3 a day
Sweets and added sugars	3 or fewer a week	5 or fewer a week

Recipe Feature

Greek Salad

Serving: 5 servings

Prep/ Total Time: 20 minutes

A simple salad loaded with lots of fresh veggies, pitted olives and feta and tossed with a tangy lemon-herb vinaigrette. Brimming with flavor and sure to satisfy those cravings for Greek food!

Salad Ingredients

- 4 medium Roma tomatoes, diced (10 oz)
- 1 medium English cucumber, (optional peeled); sliced into half moons
- 1/2 small red onion, thinly sliced or diced, rinsed and drained
- 3/4 cup kalamata or pitted black olives, drained and sliced
- 4 oz. crumbled feta cheese (about 1 cup)
- Optional: 1 small green or yellow bell pepper, seeds and ribs removed, chopped
- Optional: 1 medium avocado (not too soft), diced

Greek Salad Dressing Ingredients (optional)

- 6 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 1/2 Tbsp finely minced fresh parsley
- 3/4 tsp honey
- 1 1/2 Tbsp fresh lemon juice
- 1 1/2 tsp minced garlic (1 large clove)
- 1 tsp dried oregano
- Salt, to taste

Directions:

- Mix salad dressing ingredients to a small mixing bowl and whisk well to blend, season with salt to taste and store in refrigerator until ready to use

NOTE: For a lighter dressing and less time: drizzle extra virgin olive oil over ingredients in place of Greek Salad Dressing Recipe

- Cut tomatoes, cucumber, onion, pitted olives and feta in bowl. (Optional: add bell pepper and/or avocado)
- Drizzle dressing over top and gently toss to evenly coat. Add dressing within a few minutes of serving for best results.



Nutrition: per serving			
Calories	248	Protein	3 grams
Carbs	4 grams	Salt	570 grams
Fat	24 grams	Saturated Fat	6 grams
Cholesterol	20 grams	Sugars	2 grams