



Occidental College Wellness Newsletter

July 2020



Managing Stress

If you are like most people, COVID-19 and other news may have you and your family stressed out and anxious. A great way to alleviate some of these feelings is through practicing mindfulness.

Being mindful means slowing down and taking time to focus on the present. It sounds simple, but when you are stressed out and anxious about the future, it can be very challenging. To get started, listed below are a few activities you can do alone, with your family, or friends.

1. Yoga. Find a good yoga app, website, or podcast.
2. Mindful walking. Walk at an even pace and notice all the sounds and smells around you. Describe what you smell, see, how your feet feel when they touch the ground, what the air feels like and how the walk makes you feel.
3. Mindful eating. Before you eat your meal, notice how it smells, how it looks, anticipate how it will taste. Think about what it took to bring this food to you, how it was prepared and how it is presented on your plate. Take a bite, but before you chew notice how it feels on your tongue. Chew slowly and pay attention to how it tastes.
4. Mindful breathing. Sit and focus on your breath. Take deep breaths in your nose; hold for 3-5 seconds and breathe out of your mouth. Try this often during the day for 1-2 minutes.
5. Focus on Sounds. Close your eyes and focus on the sounds you hear. Try to identify the sounds.
6. Gratitude Activity: Amid all the stress, it is important to focus on the positive. Stop and think about what is good in your life. Everyday name three good things in your life that you are grateful for and why.

In addition to mindfulness, self-care is important too. Don't forget to eat healthy, exercise, get enough sleep and make time for yourself every day.

Dental Hygiene

Dental hygiene refers to the practice of keeping the mouth, teeth, and gums clean and healthy to prevent disease. Dental hygiene and oral health are often taken for granted but are essential parts of our every lives.

Tooth Decay is the destruction of the tooth structure and can affect both the enamel, the outer coating of the tooth, and the dentin layer of the tooth.

Tooth decay occurs when foods containing carbohydrates (sugars and starches) such as breads, cereals, milk, soda, fruits, cakes or candy are left on the teeth. Bacteria that live in the mouth digest these foods, turning them into acids. The bacteria, acid, food debris and saliva combine to form plaque, which clings to the teeth. The acids in plaque dissolve the enamel surface of the teeth, creating holes in the teeth called cavities.

To prevent tooth decay:

- Brush your teeth at least twice a day with a fluoride-containing toothpaste. Preferably, brush after each meal and especially before going to bed.
- Clean between your teeth daily with dental floss or interdental cleaners.
- Rinse daily with a fluoride containing mouthwash. Some rinses also have antiseptic ingredients to help kill bacteria that cause plaque.
- Eat nutritious and balanced meals and limit snacks. Avoid sugary foods and foods that remain on the tooth surface.
- Visit your dentist regularly for professional cleanings and oral exam.

Recipe Feature

Broccoli and Beef

Makes 4 servings

Prep: 15 minutes

Cooking Time: 15 minutes

Total Time: 30 minutes

Ingredients:

- ¼ cup all-purpose flour
- 1 (10.5 ounce) can beef broth
- 2 tbsp. sugar
- 2 tbsp. soy sauce
- ¼ tsp. chopped fresh ginger root
- 1 clove garlic, minced
- 4 cups chopped fresh broccoli
- 1 lb. boneless round steak, cut into bite size pieces

1. In a small bowl, combine flour, broth, sugar and soy sauce. Stir until sugar and flour are dissolved.
2. In a large skillet or wok over high heat, cook and stir beef 2-4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil then reduce heat. Simmer 5-10 minutes, or until sauce thickens

Nutritional Facts:

- Calories: 178.4
- Protein: 19.2 grams
- Carbohydrates: 19 grams
- Cholesterol: 38.6 mg
- Sugars: 7.9 grams
- Fat: 3.2 grams

