

# Words of Wellness



## Stress Management

April 2020

Greetings from The Granite Wellness Center! While we are living in uncertain and unprecedented times, we want you to know that we are here to support you on your health and wellness journey. Now, more than ever, it is important to engage in healthy behaviors and incorporate positive lifestyle practices.

One area of your wellness that we recommend tuning into right now is stress. Stress can be defined as the brain's response to any demand. It is your body's reaction to the pressures of the world, which, at the current moment can be a lot. We all have stress, however, what may be stressful to one person, may not be stressful to someone else.

While not all stress is bad, and in fact can be helpful, long term stress can increase the risk of certain health issues like depression, heart disease and a variety of other problems. Your immunity, excretory and digestive systems may even stop working normally.

Effective Stress Management involves identifying and managing both acute and chronic stress. The Granite Wellness Center offers both behavioral health counseling services and wellness coaching to support you with stress management. Call the center for more details or to schedule an appointment!



# Lifestyle Choices To Boost Immunity



**Manage Your Stress.** Pause. Take a moment to consider your breathing, listen to your favorite song, or watch something funny. Cortisol, the stress hormone, can suppress the immune system. So being mindful, even in small doses, can reduce cortisol levels.



**Eat Healthy.** For strong immunity consume a wide variety of fiber-filled, nutrient-dense and anti-oxidant rich foods. Fruits, vegetables, beans, whole grains, herbs and spices!



**Be Active.** Regular, moderate physical activity is vital to keeping the immune system strong! Five days a week for 30 minutes is recommended but as little as 20 minutes can help suppress inflammation and boost immunity!



**No Smoking.** Avoid smoking, vaping or inhaling any substance, which can be toxic to the lungs.



**Quality Sleep.** Aim for 7-9 hours per night. Avoid screens 90 minutes before bedtime. Practice a bedtime ritual- listen to soft music, write in a journal, or read a book.



**Stay Connected.** Physically distancing is essential when contagious disease risk is high, but it doesn't mean you have to be isolated or lonely. Connect with friends via FaceTime, Zoom, text or a good old fashion phone call. Positive emotions, which can improve immunity, arise even with brief virtual social connections.

## Virtual Visits Now Available!!

Your health is still important! In order to continue to support you during this time, we have made virtual and telephonic visits available to you.

This includes primary care, behavioral health, wellness coaching, and condition management visits. Please call us to schedule an appointment or for any questions!

## \*Reminder\*

While it's not critical to get your biometrics screening completed right now due to the COVID-19 pandemic, we recommend keeping this on your future "to-do" list. In the meantime, if you have questions about your 2019 results and/or would like education or support to improve your health, please feel free call us and schedule a virtual appointment!

## Diabetes Prevention Program Coming May 2020!

The Granite Wellness Center will be launching the Diabetes Prevention Program at the end of May! This will be a 12- week group program centered around lifestyle changes to prevent or delay the onset of type 2 diabetes. Topics will include: Eating Healthier, staying on track when eating out, managing stress, understanding food cues, physical activity, staying motivated and problem solving. Those with pre- diabetes are eligible to participate.

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