

The part can never be well unless the whole is well.
-Plato

HEAT Up Mind&Body

MAY 2013

Mind Your Body?

What is the mind-body connection?

This means that our thoughts, feelings, beliefs, and attitudes can positively or negatively affect our biological functioning. In other words, our minds can affect how healthy our bodies are!

On the other hand, what we do with our physical body (what we eat, how much we exercise, even our posture) can impact our mental state (again positively or negatively). This results in a complex interrelationship be-

tween our minds and bodies. Mind-body specialist Dr. James Gordon states that the mind and body are essentially inseparable: "the brain and

the emotional responses we have, share a common chemical language and are constantly communicating with one another."



The mind and body are inseparable and share a common chemical language.

peripheral nervous system, the endocrine and immune systems, and indeed, all the organs of our body and all

Assumptions of the biopsychosocial model

- Psychological and physiological processes are closely interrelated.
- Any imbalance in these processes may lead to ill health.
- Relationships between psychological and biological variables are generally bidirectional.
- Health outcomes may be altered via appropriately designed interventions.



John Tork, Chris Omni, Amber Groeling, Lisa Bassett, Evie Unkefer

Exercise and Depression



Exercise is a potent antidepressant. Elevate your pulse between 120 to 160 beats per minute for 35 minutes three times a week.

Symptoms of Depression

Depression leads to feelings of sadness, worthlessness and guilt. Depression causes irritability, difficulty sleeping, reduced sex drive and loss of interest in pleasurable activities. Changes in appetite are common. People with depression report fatigue and unexplained physical symptoms including back pain and headaches. Depressed people report difficulty concentrating and feeling overwhelmed with small tasks.

Impact of Exercise on Depression

So how exactly does exercise relieve depression? Well, we know that exercise causes your body to release endorphins -- those "good" chemicals that circulate throughout the body. These guys are great -- they do so many good things for us! In addition to improving natural immunity and reducing the perception of pain, they also serve to improve mood. Endorphins trigger positive feelings in the body which can be accompanied by a positive outlook on life. Exercise reduces immune system chemicals that can increase depression. Increased body temperature experienced during physical activity produces calming effects. Exercise increases confidence and provides a distraction from negative thoughts. Exercising may offer more opportunities to socialize and offers people a healthy way to cope with depression and stress. Given this information, just think what a difference exercise would make if done on a regular basis!

MayoClinic.com reports that even 10 minutes of exercise per day can benefit depression. Exercising for 35 minutes at least three days per

week at an aerobic level provides optimum benefits.

Exercise vs. Anti Depressant Medication

While some people find antidepressants very helpful, there tend to be several frustrations that accompany these drug interventions: expense, waiting 4 weeks to 6 months before experiencing the full benefit, changing medications to find the right fit, discovering antidepressants only work for around a quarter of the people who try them, in addition to the various negative side effects.

Researchers have compared aerobic exercise and Zoloft head to head in the treatment of depression. Even at a low "dose" of exercise--thirty minutes of brisk walking three times a week--patients who worked out did just as well as those who took the medication. Strikingly, though, the patients on Zoloft were about three times more likely than exercisers to become depressed again over a ten-month follow-up period. There are now over a hundred published studies documenting the antidepressant effects of exercise. Activities as varied as walking, biking, jogging, and weight lifting have all been found to be effective. It's also becoming clear just how they work. Exercise changes the brain. It increases the activity level of important brain chemicals such as dopamine and serotonin (the same neurochemical targeted by popular drugs like Zoloft, Prozac, and Lexapro). Exercise also increases the brain's production of a key growth hormone called BDNF. Because levels of this hormone plummet in depression, some parts of the brain start to shrink over time, and learning

and memory are impaired. But exercise reverses this trend, protecting the brain in a way nothing else can.

In conjunction with this information, it is understood that each person's needs are unique and it is important to consult with your physician prior to making any changes to your medication plan.

Getting Started with Exercise

Exercise regularly. This can be hard for many to start, especially those who are depressed, and this is why individuals should find a way to be held accountable. Plan "workout dates" with friends, for example. If you know you are expected to be there, you will be more likely to follow through. Also, plan activities that you will enjoy. If you don't like walking on the treadmill, find ways to make it fun, such as listening to a book on CD only when on the treadmill. If that doesn't work, find a different activity. Many people like dancing games such as Just Dance on the Wii. Activities like these help you work out for a longer amount of time before you realize you are actually working out. Finding the right activity and finding a way to hold yourself accountable is key to being successful.

Sources:
Dr. Stephen S. Ilardi's *The Depression Cure*

<http://voices.yahoo.com/how-cure-depression-without-prescription-medication-9170229.html?cat=5>

<http://www.livestrong.com/article/407151-exercise-depression-statistics/>

http://www.huffingtonpost.com/estelle-underwood/suffering-from-depression_b_1077889.html

<http://psychcentral.com/blog/archives/2009/07/09/6-steps-for-beating-depression/>

Take Charge of your Change



Submitted by:
Amber Groeling, RD, LD

Temptations, situations and even friends and family members can influence the success and failure of your efforts to live healthier. Take charge of your change by learning successful strategies that have others succeed.

Tame Temptations with the 4 D's.

The first is to DELAY, most cravings or desires to splurge only last 10 minutes. The next

D is to DO SOMETHING ELSE, get busy and get away from the kitchen to get your mind off of food. DRINK WATER, often our thirst is mistaken for hunger, try drinking a glass of water. Finally, DEEP BREATHING, this is most effective for stress eating, but it can be a good exercise to get the mind focused on health.

Keep Social Eating under Control.

Remember YOU always have control of what and how much you eat! Try eating an apple or raw veggies before going out so you already have something in your tummy. Drink lots of water and put your fork down between bites to prolong the social eating experience while controlling portions at the same time.

Take control of your thoughts, feelings and behaviors.

It is your thoughts that lead to your actions, without controlling your thoughts it will be impossible to make changes. Thoughts like, "I just blew it, what's the use," or "I will never be able to lose weight," are not going to get you where you need to be. It is important to reframe negative thoughts immediately. For example, "I ate more than I should have, what happened that lead to that? How can I plan better next time? I will get right back on track immediately!" Or, "I can make the changes my body needs to be healthy one step at a time."

Come sample great recipes at Amber's Taste and See event on May 16th 6:00-6:30pm

Produce of the Month

Kiwi

Kiwi Nutrition Facts!

- Over 100% of your daily vitamin C for immune health
- Highly effective antioxidant capacity, one of the best fruits at protecting damage to our DNA in cells
- Good source of potassium for lowering blood pressure
- May help prevent blood clotting and keeping the blood vessels healthy
- Choose one that yields slightly to pressure and is free of bruises or shriveling, or one that is too soft.
- Add to salads, yogurt, salsa, smoothies and more!

Asparagus

Asparagus Nutrition Facts!

- Loaded with anti-inflammatory phytochemicals
- A decent source of inulin, a natural prebiotic that may help your digestive system
- Good source of fiber
- Amazing B-vitamin content
- Choose thin, firm asparagus with tight buds
- Wrap the buds in damp paper towel to extend shelf life

Instructor Spotlight: Evie Unkefer

What brought you to Topeka? I was born in Topeka but raised in East Lansing, Michigan where I graduated from high school prior to Title 9 and creation of equality for women's sports. I had only spectator sports as part of my life. I returned to Kansas to become a Jayhawk and graduated from KU. I became a social worker and worked at Menninger from 1974 to 2003. After Menninger left I stayed in Topeka to finish raising my daughter. I love the friendly people of Topeka.

How do you spend your time when you're not at The HEAT? My passion is yoga and I attend as many classes, training and other yoga adventures as I can. I engage in the study and practice of the eight limbs of yoga including the sutras, pranayama and meditation. I also garden, read novels and love to travel and visit my daughter who is now becoming a pharmacist in Oregon. I have a passion for Thai food and love to hang out with friends. But I am now passionate for exercise of most any kind and love to do interval training at Lake Shawnee. I've recently worked at FT Riley with soldiers and have a passion for helping soldiers find recovery for post-traumatic stress disorder through therapy and healthy living. I practice mindfulness and have recently discovered Navy Seal stress management techniques.

Share about your personal wellness journey that has led you to this point of being a fitness instructor? My wellness journey began on 7 January 2006 where I reintroduced myself to yoga. I was very depressed with my daughter at college and I needed to shift my life. I smoked 2 packs of cigarettes a day combined with unhealthy eating and minimal exercise. After my first yoga class I slept so well that I was eager for the next class. By February I was taking 7 yoga classes a week and had memberships to 2 gyms. I met the finest teachers and found a great deal of support for change and developing a healthy life style. I was a clinical social worker at Shawnee County Health Department and Amber Groeling was the health educator and dietician. Amber taught me to read labels and much about healthy eating. I stopped smoking in March and stopped drinking cola. I could breath and I easily lost weight. I then read a book called Younger Next Year for Women by Crowley and Lodge which recommended cardio and strength training. So I obtained a personal trainer who enhanced my journey towards health as he taught me about exercise, and healthy eating. I started with no shoulder strength. I did not even know where my hamstring was.

Yoga Fit was coming to Topeka for teacher training and I signed up just to do yoga. I was trained with younger exercise professionals but did not think I would ever teach yoga. To my surprise I was asked to teach and then had to fulfill the requirements to be certified which involved volunteering to teach yoga to people who did not have access to regular exercise. I have since taken advanced teacher training.

My wellness journey then took a turn towards desperation as I started commuting for 2 hours a day. I developed a bad attitude and was angry at my situation. I still took yoga every chance I got which helped some. At 6am 5 days a week I drove by Washburn where I saw my fellow walkers and began each day with frustration. I did walk at lunch at FT Riley. Then 1 of my medications caused edema and I gained weight. I was disgusted with myself, ashamed and miserable but did begin a more serious study of all the eight limbs of yoga. During this study I recognized how much impact my beliefs shaped my attitude and behavior. I worked hard to begin to believe that I can continue to change and be healthy despite riding in a car for 10 hours a week. During commutes I used deep breathing and strengthen my spiritual practices. Slowly I developed wisdom that reduced my shame and was able to again pursue a healthy life style.

In 2010 my younger brother died of pancreatic cancer. While watching him in pain my sisters and I decided to run a marathon in his memory. My trainer had to teach me to walk on the treadmill as I feared falling off the back. I ran a half marathon in Seattle in 2011 with the time of 2 hours and 59 minutes but I was hooked. I will again start interval training in hopes of running another ½ marathon this year.

I have just started kick boxing with The HEAT and have fallen in love with kick boxing. My trainer put real boxing gloves on me recently and maybe someday I will fight. I appreciate The HEAT for being here at my time of need so I avoid returning to feelings of desperation as I face unemployment.

What is one of your personal wellness weaknesses?

My weakness is peanut butter cups and I work hard to resist the temptation. Another weakness is not walking in the early am because of whatever excuse I can come up with such as it is too cold or rainy

What is your advice to someone starting a wellness journey? Eat 6 small meals a day. Please have protein with breakfast. Enjoy the ride! Engage in exercise you like.

Favorite wellness tip. Concentrate on your breath.

Favorite healthy snack. No bake energy bites made with peanut butter and oats.

Favorite quote, saying, or affirmation:

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Remember no matter where you go, there you are. Confucius

**Experience
the benefits
of Yoga.
Evie teaches
at The HEAT
on Tuesdays
and Sundays.**



Florence Crittenton

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Empowering families through a continuum of behavioral health services to increase hope, relieve distress, and achieve promising futures

Florence Crittenton Services is a non-profit social service agency. Our organization is an outgrowth of one of the greatest philanthropic movements of all time and was quickly established on a national level. The initial gift to the Topeka area, \$100, was made in 1900 by founder Charles Crittenton.

Much has changed in society since the early days of the Crittenton beginnings. As times have changed, so has Florence Crittenton. Today, Florence Crittenton provides a continuum of Behavioral Health services serving youth, women and families. Florence Crittenton serves the community through a psychiatric residential treatment program, outpatient therapy services, respite care, and community based wellness programs. Florence Crittenton staff have expertise in the areas of mental health, trauma therapy, attachment work, and understanding the mind/body connection.

Check Out The HEAT

The Heat is a free community wellness program designed to Heat Up Topeka. Participants of The Heat are offered education, hands on experiences, and access to direct support on their wellness journey.

Fitness, Nutrition, Behavioral Health, and Social Wellness are all components of the program. Join us for a class.

- Located at 4746 Southwest 21st Street Topeka, KS 66604
- Free child care offered at 6:00pm classes
- The HEAT Up Topeka program is supported by a grant from United Way of Greater Topeka

Class Schedule:

Mondays 12:00pm	Zumba	Lisa Bassett
Mondays 5:30pm	Kickboxing	John Tork
Tuesdays 12:00pm	Yoga	Evie Unkefer
Tuesdays 5:30pm	Low Intensity	Chris Omni
Tuesdays 6:15pm	Moderate Intensity	Chris Omni
Wednesday 12:00pm	Kickboxing	John Tork
Thursdays 5:30pm	Low Intensity	Chris Omni
Thursdays 6:15pm	Moderate Intensity	Chris Omni
Fridays 12:00pm	Kickboxing	John Tork
Sundays 4:00pm	Yoga	Evie Unkefer

Florence Crittenton Partners:

