

Health and Wellness: Be Healthy and Stay Well



1 Patient in Action: Meet Lorraine

Lorraine has been a patient at Santa Clara Valley Medical Center for almost 30 years. She's been smoking for over 50 years with one pack of cigarettes per day. Struggling with several health issues and quitting smoking in the past, she decided to sign up for the Tobacco Free class of Ambulatory Health Education Department (AHED) in October, 2017.

After attending the class, Lorraine quit smoking. With the help and support from her primary care provider and Tobacco Free Program team, she's been smoke free since November, 2017.



2 May is Mental Health Month

WHOLE BODY MENTAL HEALTH

Are you in crisis and need immediate help?

Call the Crisis Hotline at:
1-855-278-4204

Mental Health Services:
1-800-704-0900

Substance Use Services:
1-800-488-9919

The call center is here to help 24 hours, 7 days a week including holidays.



**FRIEND
YOURSELF**

You need a healthy relationship with yourself.

If you're depressed, drugs and alcohol might make it worse.

Talk to us.
We can help.
855-278-4204

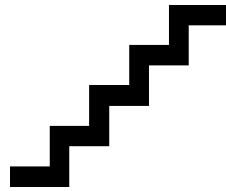
DO YOU KNOW? Stress is how the brain and body respond to life's demand. It can affect your well-being. Please pay attention to how you deal with stressful events, so that you know when to seek help. Here are some tips for self-care:

- 1) **Avoid drugs and alcohol.** Drugs and alcohol use can create more problems.
- 2) **Find support and connect socially.** Seek help and spend time with loved ones.
- 3) **Take care of yourself.** Eat healthier, exercise regularly, and get plenty of sleep.

3 Workplace Wellness: Staying Active at Work



Bike, walk, or take public transportation to work



Take the stairs instead of the elevator



Park farther away and walk to your work building



Take stretch, walk, or physical activity breaks



Breathe In/Out



Schedule walking meetings with your team



Sign up for an exercise or wellness class



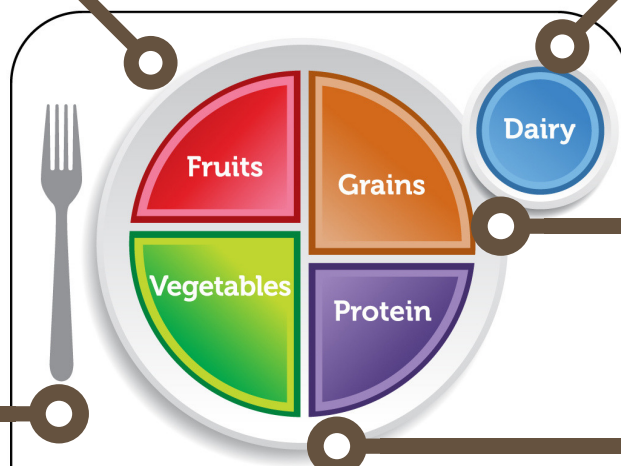
Change your routine by taking a longer walk route

4 What is Healthy Eating Style?

Try to eat a variety of foods and don't skip meals. Focus on making healthy food and beverage choices from all five food groups to get the nutrients you need. Eat the right amount of calories for you based on your age, sex, height, weight, and physical activity level.

Fruits and vegetables provide minerals and vitamins. Eating fruits and vegetables also provide vital nutrients such as dietary fiber, potassium, and Vitamin C, and other health benefits. Try having at least **4-5 servings of each per day**.

Healthy fats can keep you full. Include avocado, olive oil, nuts, or seeds at every meal.



Low fat dairy provides calcium for strong bones. Have a serving of cheese, milk, pudding, or yogurt 3 times per day.

Grains provide energy for muscles and brain. Include bread, cereal, rice, and pasta. **Choose whole grain options if possible.**

Protein foods provide energy and maintain muscle. Include eggs, fish, meat, or tofu at 2 meals/day.

Choose **MyPlate.gov**

For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Stay Tobacco & Smoke Free, Gentle Yoga for Patients with Cancer and Chronic Conditions, and Healthier Living with Chronic Conditions, please call our department on **Monday-Friday from 8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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