

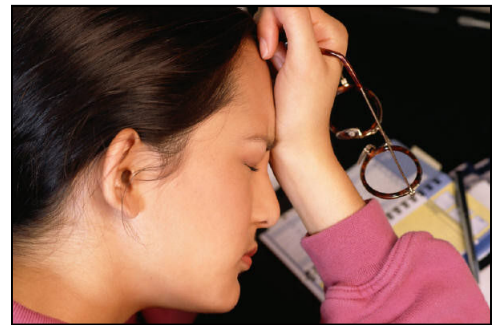
## BHS ASSIST E-NEWS

### You are Not Just Bored, You are Sleepy!

A telephone survey of 1,027 people conducted by the National Sleep Foundation found that 85% failed a simple 12-question quiz on sleep. Not only did they "flunk the exam," but two-thirds of those polled also reported sleeping difficulties.

Today's lifestyle is so busy that people often do not have the time to recognize the symptoms of fatigue unless they are at a task that bores them. This has given rise to the notion that boredom brings on sleepiness. In truth, boredom only brings sleepiness to your attention.

Sleep difficulties can be treated, often by changing our routines and behavior. If you have difficulties falling asleep or staying asleep, see your to your healthcare professional.



### Daily Steps to Health

**Don't Smoke.** If you do smoke, talk to your doctor about quitting. For tips on how to quit, go to: You Can Quit Smoking Now at [www.smokefree.gov](http://www.smokefree.gov). To talk to someone about how to quit, call the National Quitline at 1-800-QUITNOW. For more quit-smoking resources, go to [www.healthfinder.gov](http://www.healthfinder.gov) and search for "smoking."

**Be Physically Active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. A few examples of moderate physical activity include:

- Walking briskly
- Dancing
- Bicycling
- Mowing the lawn
- Swimming

**Eat a Healthy Diet.** Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; include lean meats, poultry, fish, beans, eggs, and nuts; and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.



**Stay at a Healthy Weight.** Balance calories from foods and beverages with calories you burn off by your activities. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

**Drink Alcohol Only in Moderation.** If you drink alcohol, have no more than two drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

<http://www.ahrq.gov/ppip/healthymen.htm>



### MEAL PLANNING

Meal planning is a time saver for even the busiest people. Include family members in the planning and they will be more likely to eat what is prepared and help with meal preparation.

Planning also allows foods to be prepared at one time rather than individually. Cooking two pounds of ground beef can be done in the same time as one and you save the clean up time! Refrigerate half for a meal later in the week.

Planning also reduces the stress of deciding what is for dinner. You will no longer sit at work trying to remember what is in the pantry, stare into the refrigerator waiting for something to jump out or have another meal courtesy of the local drive-thru fast food restaurant because you lack the energy to figure out what you have that can be prepared.

Meal planning tips can be found at:

[www.mealsmatter.org](http://www.mealsmatter.org)

## What Do You Want to Be When You Grow Up?

Young children are often asked, “What do you want to be when you grow up?” The response is often amusing and gives insight into all that the child is absorbing in the world around him.

Somewhere along the line we decide that we are grown up and should stop thinking about what we want to be; even though we are growing and changing throughout our life span. How different our lives might be if we continued to ask ourselves that question throughout life. If each day we wake up and decide that today I want to be:

- Kind
- Responsible
- Helpful
- A good listener
- A good friend (even to myself)
- A great money manager
- Organized



Today is a great day to ask yourself, “What do I want to be when I grow up,” and start growing in that area. Ask yourself, “As I *grow up* over the next six months, what do I hope to learn, to do, to be?” Now that you have a goal to work toward, decide how you will accomplish the goal. An important but often overlooked step in goal setting is to answer the question, “If I am successful in this process, how will I know?”

Circle a date on your calendar to assess the goal that you establish for your “growing up” period. Determine what you will be when you have “grown up” six more months. Growing up should be a lifelong process and thinking about what we want to be when we grow up should not be reserved only for children!



### February is Heart Health Month

In addition to the “Daily Steps to Health” from page one, take care of your heart by making time in your schedule to spend time with or do something special for someone you love.