



WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

NOVEMBER
2023



November is...

National Diabetes Month

A time to bring attention to diabetes. This year's national focus is on taking action to prevent diabetes health problems. So, what is diabetes? "Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer." (www.niddk.nih.gov) But there's also good news: If you've been diagnosed with prediabetes or diabetes taking charge of your health may help you prevent diabetes health problems. In this month's newsletter, we will discuss tips for Taking Charge of Your Diabetes.

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WELLNESS TIPS

Follow the link for more tips: [Harvard Health](#)

Mindfulness and Diabetes

Medical experts have encouraged those with prediabetes and diabetes to make lifestyle changes, such as eating a healthy diet, regular exercise, and getting sufficient sleep for years. But what about mindfulness practices? A recent Harvard Health Blog discussed the results of Mind-body practices in managing diabetes from the *Journal of Integrative and Complementary Medicine*. Researchers analyzed several mind-body practices used by those with uncomplicated type 2 diabetes who were not on insulin. Those who participated in the study saw drops in the A1C, suggesting there may be a link between various mind-body practices and lower A1C levels. We have listed some tips to start mind-body practices and a link to the article.

[Harvard Health Link](#)

Trying mind-body practices

- Do a daily 10-minute or longer meditation using an app like Insight Timer, Calm, or Headspace.
- Attend a gentle yoga, qigong, or tai chi class
- Try [videos and exercises](#) to help reduce stress and initiate relaxation responses
- Practice [slow controlled breathing](#). Lie on your back with one or both of your hands on your abdomen. Inhale slowly and deeply, drawing air into the lowest part of your lungs so your hand rises. Your belly should expand and rise as you inhale, then contract and lower as you exhale. Repeat for several minutes.
- Visit our website for more [Wellness Resources](#)

Excerpt from Harvard Health Publishing February 2023 Issue

HEALTHY TIPS

When it comes to eating out for breakfast lunch or dinner it can be tricky to eat healthy. Most restaurants give us way more food than we need, which can lead to us overeating. So what can you do to make healthier decisions while out eating?

- Plan Ahead:
 - Decide what you are going to order before going out, this eliminates the rushing feeling, as well as being tempted to make less healthy choices.
 - If you are planning to eat later than normal, have a healthy snack with protein and fiber. This keeps you from being too hungry.
- Start Mart:
 - Drinking a large glass of water, as soon as you are seated, has been shown to help you eat less.
 - Skip the chips and salsa or bread, it's easier to ask the waiter not to bring them.
- Order Wisely:
 - Choose baked, steamed, grilled, or broiled instead of fried, breaded, crispy, or creamy to reduce fat and calories.
 - Ask for veggies instead of fries or other high-calorie side dishes.
 - Avoid items that seem healthy but aren't, such as salads loaded with dressing, cheese, croutons, and bacon.
 - Avoid added sugar—don't order dishes that have BBQ, glazed, sticky, honey, or teriyaki in their name.
 - Order sauces, salad dressing, and spreads on the side and use sparingly. Try dipping your fork in the dressing before taking each bite to enjoy the flavor for fewer calories.
- Share:
 - Share your main dish or eat half and save the rest for later
 - Share the dessert, and cut back on carbs during your main dish to enjoy a guilt-free dessert.

[Link: CDC Eating Out Tips](#)

HEALTHY RECIPE



Serves
4 Adults

Preparation Time
10 minutes

Cooking Time
15 minutes

Nutrition Facts (per serving)

- 351 Calories
- 11g Fat
- 43g Carbs
- 20g Protein

From: [Eatingwell.com](#)

Cheeseburger Stuffed Baked Potatoes

Ingredients :

- 4 medium russet potatoes (about 8 ounces each)
- ½ cup low-fat mayonnaise
- 8 ounces cooked ground beef, warmed
- ½ cup shredded iceberg lettuce
- ½ cup diced tomato
- ¼ cup sliced red onion
- 4 teaspoons shredded Colby Jack cheese

How to Make Cheeseburger Stuffed Baked Potatoes

- 1 Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425 degrees F until tender, 45 minutes to 1 hour.) Transfer to a clean cutting board and let cool slightly.
- 2 Holding them with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh.
- 3 Top each potato with some mayonnaise, beef, lettuce, tomato, red onion and cheese. Serve warm.





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FOCUSING ON YOU

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Tips to Take Charge of Your Diabetes



Manage your blood glucose, blood pressure, and cholesterol levels.

Research shows that **managing your diabetes** as soon as possible after diagnosis may help **prevent diabetes health problems**. You can start by managing your diabetes ABCs.

- A is for the **A1c test** that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use **devices to track their blood glucose** throughout the day and night.
- B is for blood pressure.
- C is for cholesterol.

Ask your health care team what your ABCs goals should be.



Take small steps toward healthy habits.

Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don't have to do it all at once. Start slow and build healthier habits from there.



Take your medicines on time.

Remember to take your **medicines** even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.



Reach or maintain a healthy weight.

If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you **manage your weight**.



Take care of your mental health.

Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about **healthy ways to cope with stress**. Consider talking to a mental health counselor or joining a support group.



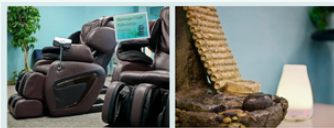
Work with your health care team.

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resource or **financial help for diabetes care**.

BE TIGER WELL

Have you heard the news!! The RZ is coming to the UC! permanently! That's right we heard your concerns! So we've added a 2nd location. Dec. 1 @10am 2nd floor involvement zone



If you want us to continue to bring in things that interest you, then make sure you take the Healthy Minds survey!! randomly selected students will get the survey so check your emails!



Visit our website for more info: Memphis.edu/shcs

UPCOMING EVENTS

Collegiate Recovery Academy | Wednesday, November 1st | 5:30-8:30 | UC Memphis Room B (340B) | [RSVP](#)

Free HIV Testing | [Tiger Zone Link](#) | 11/8 | 10:00-2:00 | UC Conference Room 208

Safe Zone 1 Students | Thursday, November 9th | 3:30-5:00 | UC Iris | [RSVP](#)

No stress success: Conflict and Convos | 11/15 | 3:00-4:00 | Library commons | [RSVP](#)

Safe Zone 2 Students | Thursday, November 16th | 3:30-5:00 | UC Shelby | [RSVP](#)

QPR Suicide Prevention Training for Faculty/Staff | [Registration](#) | 11/16 | 4:00-5:00 | UC Shelby

Free HIV Testing | [Tiger Zone Link](#) | 11/29 | 10:00-2:00 | UC Conference Room 208

[Click here to learn more](#) or go to memphis.edu/counseling/outreach



memphis.edu/shcs/