

Live Well



March is National Nutrition Month

March is Nutrition Month. Every year, this national campaign focuses on educating Americans on making informed food choices and developing healthy eating habits.

Tips for Eating a Well-Balanced Diet

A balanced diet gives your body the nutrients it needs to work effectively. Without a healthy diet, you're more likely to get sick, feel fatigued and experience lower performance levels.

Here are some tips for maintaining a well-balanced diet:

- Emphasize fruits, vegetables, whole grains and fat-free or low-fat milk products.
- Avoid foods that are high in sugar, sodium, trans fats and cholesterol.
- Eat a variety of protein (e.g., seafood, soy products, nuts and seeds).
- Stay away from highly processed foods, refined grains, red and processed meat, alcohol and trans fats.

Consult a physician before making any significant dietary changes.

Practicing Positive Sleep Habits

Sleep Awareness Week runs March 12-18. This campaign aims to draw attention to the crucial role sleep plays in your overall health.

Chronic lack of sleep can lead to physical and mental problems, loss of productivity, injuries and even death. Consider these practices for improving the quality and duration of your sleep:

- Get at least 7 to 9 hours of sleep every night.
- Keep a consistent sleep schedule and bedtime routine.
- Don't hit the snooze button when your alarm goes off.
- Avoid exercising or eating spicy foods close to bedtime.





What Is Anxiety Screening?

Over 40 million adults in the U.S. have an anxiety disorder, according to the National Alliance on Mental Illness. Anxiety affects 40.4% of women and 26.4% of men, but it often goes undetected. For this reason, the U.S. Preventive Services Task Force now recommends anxiety screening for all adults under the age of 65.

Anxiety screening can help doctors identify early symptoms of anxiety and connect you to care. This recommendation comes as part of the country's increased efforts to focus on mental health in recent years.

Common Red Flags of Anxiety

Here are some of the warning signs of anxiety, according to the National Health Institute of Mental Health:

- Excessive worry about everyday things
- Sleep disturbances
- Physical symptoms (e.g., stomachaches, headaches and muscle aches)
- Restlessness, irritability or feeling wound up

If you show signs or symptoms of anxiety, contact your doctor to be assessed. Anxiety screening tools, such as questionnaires and scales, are available in primary care.

Preparing for Your Appointment

Before your anxiety screening appointment, document the following:

- What causes you stress
- Your anxiety symptoms
- Any other health problems you have
- All the medications you're taking
- Any family history of mental health problems
- Questions for your doctor

Consult your primary care physician for further guidance.



Anxiety Treatments

If you're diagnosed with an anxiety disorder, your primary care physician may recommend a combination of the following treatments:

- Attending psychotherapy
- Trying anti-anxiety medication
- Avoiding alcohol and recreational drugs
- Increasing physical exercise
- Prioritizing sleep and healthy eating
- Using stress management techniques