

Do It Well

Easy ways to achieve health and wellness

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Safe Toys and Celebrations

It's good practice to consider the age of whomever you give a gift. For instance, you should avoid toys with small parts when buying for a toddler and ensure the gift is age appropriate. However, some toys may still be harmful despite being marketed as appropriate and safe for the recipient's age.

The American Academy of Ophthalmology stresses that projectile toys, especially, have the potential for scraping eyes and even causing cataracts, despite typically being sold as gifts for children 15 and younger. The organization acknowledges other dangers inherent with seasonal gift-giving and recommends the following:

- Avoid toys with sharp or protruding parts.
- Keep toys for older children away from younger siblings.
- Check toy labels for age and play recommendations.
- Make sure children are supervised when playing.

Source: [Zywave](#)



Five Ways to Cope with Pandemic Re-Entry Anxiety

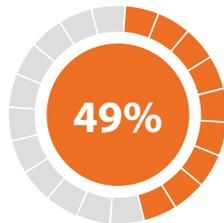
With the COVID-19 vaccine becoming much more widely available across the country, the topic of returning to in-person work, school and other activities is under active discussion. However, the country's reopening coincides with the spread of the Delta variant of the coronavirus, which accounts for more than half of all COVID-19 cases in recent weeks. With that said, returning to pre-COVID life can understandably cause feelings of uncertainty or re-entry anxiety.

What Is Re-Entry Anxiety?

Re-entry anxiety is an overall uneasiness or uncertainty about returning to the way things were before the pandemic. This feeling may be triggered when meeting socially with friends and family, returning to the workplace or pursuing other key aspects of social interaction. It might be difficult to get re-acclimated, but it's important to remember that you're not alone.



49% of American adults are uneasy about resuming in-person interactions, according to the American Psychological Association.



Do what makes you happy, even if only for a few minutes each day.

Managing Your Re-entry Anxiety

Different people have different coping strategies, but there are some common ways everyone can cope with re-entry anxiety. If you're feeling anxious as you transition back to your pre-COVID-19 life, consider the following five coping tips:

1. Start small and gradually build up to more significant social interactions. Don't rush into anything.
2. Set boundaries by letting other people know what you're comfortable with doing. There's no need to apologize for not wanting to do something, so clearly explain how you feel while respecting others.
3. Make a post-pandemic bucket list to shift your thinking from anxious to positive. A lot has changed due to the pandemic, but you can focus on the new possibilities.
4. Do what makes you happy, even if only for a few minutes each day. It's important to engage in something fulfilling for yourself regularly.
5. Take care of yourself and set aside time every day to relax and reset your mind.

Re-entry anxiety can be alleviated when it's managed healthily. If you're worried about your mental well-being, reach out to a doctor or mental health professional to ensure you're getting the help you need as you make a return to everyday life.

Source: [Zywave](#)



Breathing Exercises for Anxiety

When anxious, you tend to take rapid, shallow breaths from the chest. Chest breathing can result in increased heart rate, dizziness and muscle tension. During abdominal or diaphragmatic breathing, you instead take even, deep breaths, which reduces the amount of work your body needs to do to breathe.

If you're feeling breathless because of anxiety, try the following techniques to alleviate symptoms:

- **Equal breathing** — From a sitting or lying-down position, inhale for the same amount of time as you're exhaling. Try using a four-second count.
- **Mindful breathing** — Focus on your breathing and bringing your mind's attention to the present. Don't let your mind drift to any concerns.
- **Slow breathing** — People normally take 10 to 20 breaths per minute, so strive to take four to 10 breaths per minute.
- **Resonant breathing** — Lie down and close your eyes. Then, gently breathe in through your nose for six seconds and exhale for six seconds.

If this type of breathing feel challenging, try again in a day or so, or gradually build up the time. If your anxiety persists or gets worse, contact your doctor.

Source: [Zywave](#).



Mindful breathing — Focus on your breathing and bringing your mind's attention to the present. Don't let your mind drift to any concerns.



Diabetes affects over 30 million Americans

American Diabetes Month

Diabetes affects over 30 million Americans, and that number grows every day. While you can't prevent Type 1 diabetes, you can take steps to prevent Type 2 diabetes — the most common type

- **Eat healthy. Get plenty of fiber and whole grains and understand how foods affect your blood glucose.**
- **Be more active. Aim for at least 30 minutes of exercise daily and incorporate both aerobic exercise and resistance training.**
- **Lose extra weight and keep it off. If you're overweight or have obesity, weight control can be a pivotal part of diabetes prevention.**

One in three American adults are at risk for Type 2 diabetes, yet nearly 85% don't know they have prediabetes. So, take control now during American Diabetes Month, and have your doctor test your blood sugar levels.

Source: [Zywave](#).

Conscientious Cuisine: Cinnamon Baked Pumpkin

Baked pumpkin is a fun twist on tradition. A sprinkle of cinnamon is a delicious nod to the usual pie and transforms the squash into an enchanting side dish recipe.

Test Kitchen Tip: The sugar pumpkin can be replaced with butternut or acorn squash.

Ingredients

- 1/2 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 pounds baking pumpkin or winter squash (butternut or acorn), peeled, seeded
- 2 tablespoons roasted peanut oil, peanut oil, cooking oil or melted butter

Directions

1. Preheat oven to 325 degrees F. Line a 3-quart rectangular baking dish with foil. In a small bowl, stir together brown sugar, cinnamon, and salt; set aside. In a prepared 3-quart rectangular baking dish, toss pumpkin with oil. Sprinkle brown sugar mixture evenly over pumpkin.
2. Bake, covered with foil, for 40 minutes. Uncover and stir pumpkin. Bake, uncovered, about 15 minutes more or until pumpkin is tender. Makes 10 (3/4-cup) servings.

Makes: 10 servings.

Nutrition: 106 calories, 2.8 g total fat, 19.5 g carbohydrate, 0.9 g protein, 0.4 g dietary fiber, 168.9 mg sodium, and 9.5 mg cholesterol

Source: [eatingwell.com](https://www.eatingwell.com) and [Diabetic Living Magazine](https://www.diabeticlivingmagazine.com)



Get Going: Carioca (Running Drill)

1. Stand sideways to the direction you will be moving in, with your legs parallel to your shoulders, and keep your upper body straight.
2. Cross your right foot in front of your left and shift your weight to the ball of your right foot.
3. Move your left foot to the side until you have returned to your starting position.
4. Cross your right foot behind your left and shift your weight to the ball of your right foot.
5. Move your left foot to the side.
6. Maintain balance with your hands and the arms should follow the leg movements. Repeat the motion, move to your left until you cross the goal distance and then move to the opposite side.

Sources: [olyrun.com](https://www.olyrun.com)



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