

The Bariatric Scoop

January 2025
www.sarahbush.org

 Sarah Bush Lincoln



8 New Year's Resolutions You Can Actually Achieve in 2025

The start of a new year often comes with ambitious goals for sweeping changes, which, all too often, fizzle out by February. As you enter 2025, consider taking some of these achievable steps to bring balance to your life.

1. Add five minutes of movement throughout the day

If you're looking to add more activity to your routine, there's no need to run a marathon right off the bat or ever. In fact, all you need is five minutes to boost your health.

2. Meditate for just 10 minutes

Meditation has been shown to lower cortisol levels, reduce anxiety, and improve emotional well-being, according to research published in JAMA Internal Medicine. It doesn't even have to take up a lot of time. Even a ten minute daily practice can help quiet your mind.

3. Dabble in a new creative hobby

Research shows that engaging in creative activities can boost your mental health and can help reduce symptoms of anxiety and depression. Whether you choose to pick up a watercolor set, do a daily crossword or sudoku, or journal for a few minutes each morning, trying something new can reignite your creative spark.

4. Speak kindly to yourself

Be kind to yourself, and try to give yourself credit for the positive things you're already doing. Research shows that when people think more positively about their current behavior, it actually leads to better progress and intentions toward achieving their goals. Try to find at least one positive thought related to your goal and efforts.

5. Spend quality time with friends and family

Social connections are vital for mental health, with studies showing that strong social ties are linked to lower rates of anxiety, depression, and even improved longevity. Whether it's sending a message or scheduling a coffee catch-up, small steps can make a big difference in improving your mood and stress levels.

6. Express gratitude

If there's one mental shift to make this year, consider an "attitude of gratitude." It can be as simple as a genuine compliment to someone at work, or saying "thank you" to someone who's made your life a little easier.

7. Ask one question before reaching for a drink

There are many reasons to limit your alcohol intake, from wanting to be more productive and energetic to avoiding the dangerous health consequences of consuming too much. Before pouring or ordering a drink, take a moment to ask yourself, "Do I actually want or need a drink right now?" If the answer is no, ask yourself, "So why am I considering it?" That answer is often related to anxiety, stress, or social pressure.

8. Just breathe

It's something you do automatically without even thinking about it, but taking a few minutes to focus on your breath throughout your busy day can create positive ripple effects for your mental and physical health.

Read the full article at: <https://ouraring.com/blog/8-new-years-resolutions-that-are-actually-achievable/>





EMOTIONAL EATING: HOW TO COPE

If you raid the fridge when you're stressed or upset, that's called emotional eating. Emotional eating

affects most people from time to time, but regularly letting your feelings guide your food intake can affect your health.

Sadness, boredom, and other negative feelings can drive emotional eating. Emotional eating includes eating a whole container of ice cream after a breakup or devouring a bag of potato chips when you're home alone on a Saturday night. Happy events can lead to it too. Many people overeat at joyous events, such as parties and weddings.

More serious conditions can be linked to emotional eating. One is binge-eating disorder. This is marked by eating very large amounts of food well after you already feel full.

Eating more food than your body needs can have dangerous results. People who eat for emotional reasons often gain too much weight. This puts them at greater risk for type 2 diabetes, heart disease, high blood pressure, stroke, obesity, and cancer. Excessive eating has emotional consequences as well. These include feeling guilty or embarrassed afterward.

Strategies to deal with emotional eating

- *Learn to recognize hunger.* Next time you reach for a snack, ask yourself what's driving it. If you are truly hungry, you'll notice physical symptoms, such as a growling stomach. Other less obvious hunger cues include grouchiness and trouble focusing. If you don't have those signs, you likely don't need to eat right now.
- *Keep a journal.* Take the time to create a mood and food journal. Write down what and when you eat each day. Also include the feelings you were having at the time and if you were truly hungry. You may find that certain feelings, such as anger or sadness, lead to your overeating.

Once you see these triggers, you can learn healthier ways to deal with them. For example, if you have stress, take a walk around the block. Don't try to relieve it with food.

- *Build a support network.* Having friends and family around you who support your efforts to change your eating habits can improve your chances of success. It may also be helpful to join a support group. This will help you meet other people with similar problems and learn better ways of coping. One such group is the 12-step program Overeaters Anonymous.
- *Find other interests.* Finding an activity that you enjoy can increase self-confidence, which is often poor in emotional eaters. Examples might be yoga, playing a musical instrument, volunteering, or painting. You may find that your eating is driven by boredom. If that's the case, then a new interest can fill your hours and make you less likely to look to food for emotional satisfaction.
- *Get help if needed.* If you can't control emotional eating on your own, think about getting professional help to change your behavior. A form of psychotherapy called cognitive behavioral therapy can help. It can teach you to change your eating habits and deal with unpleasant emotions in a better way. Medicines, including antidepressants and appetite suppressants, may also help. Talk with your healthcare provider to learn about more treatment choices.



LOW CARB PIZZA OPTION

4 servings

- 2 cups mozzarella
- 2 cups parmesan
- 2 eggs
- 2 tsp. Italian seasoning

Directions:

Mix all and spread on a parchment lined cookie sheet. Top with pepperoni and add onion, olives, or other veggies. Bake at 350 for 15 to 20 minutes. Dip in pizza sauce



BROWN SUGAR GLAZED SALMON

4 servings

- 1 salmon fillet (1 pound)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons brown sugar
- 4 teaspoons Dijon mustard
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon rice vinegar

Directions:

Preheat oven to 425°. Cut salmon into 4 portions; place in a foil-lined 15x10x1-in. pan. Sprinkle with salt and pepper. Roast 10 minutes. Remove from oven; preheat broiler. In a small saucepan, mix remaining ingredients; bring just to a boil. Brush over salmon. Broil salmon 6 inches from heat until fish just begins to flake easily with a fork, 1 - 2 minutes.



Our private Facebook group has been up and running for just over a month and you are welcome to join! The group is open ONLY to Sarah Bush Lincoln bariatric patients and is a place to share ideas, information and support each other. Group members have shared recipes, advice and encouragement. We would love for you to join us online. Please feel free to contact Danyll at dcox@sblhs.org or at 217-238-4961 for more information.

	7		5	8	3		2	
	5	9	2			3		
3	4				6	5		7
7	9	5				6	3	2
		3	6	9	7	1		
6	8				2	7		
9	1	4	8	3	5		7	6
	3		7		1	4	9	5
5	6	7	4	2	9		1	3