

HEALTH SERVICES PROTECTION PLAN

October 2017

How to Relieve Stress: A 6-Step Plan to Feeling

Stress may be a part of life, but it doesn't have to get the best of you. Follow these everyday ways to stay calm, happy and healthy, from a Johns Hopkins expert on managing stress.

Identify your triggers.

Once you know where your stress is coming from—a relationship, kids, workload, a health problem—you can sometimes reduce or prevent the stress. After giving the matter some focused thought, you may identify practical steps to improve the situation. Even if changing the trigger isn't possible, a shift in perspective may help mitigate stress.

Stay connected.

Maintaining, improving, and increasing healthy relationships with supportive friends and family powerfully promotes resilience. Many find that connections with faith family, neighbors, and even pets, help them feel positive and energetic, even if children and grandchildren aren't close at hand.

Stay active.

Physical activity releases feel-good endorphins. Taking short walking breaks several times a day is a powerful tool for channeling stress. Exercising or joining a yoga, dance, or tai chi classes with friends also helps achieve step 2—staying connected.

Find your “pause” button.

“After experiencing times of great change, high demand, or significant loss, it's essential to press pause and rest. Often creating time and space for the rest mean saying “no” to invitations and request for help, at least temporarily,” says Callahan. Consider spending quiet time daily: contemplation, reflect, and breathing resilience and calm.

Plan your fun.

To prevent the daily rush from consuming your life, plan your fun for the day, week, month, or year. Callahan recommend “instead of channel surfing, make a date to watch a special program, alone or with a loved one. Plan a monthly game night with friends and ask them to bring goodies to share. Identify fun activities that suit you, and schedule them.”

Reframe your thinking about stress itself.

Stress responses, including faster heart rate and breathing, evolved to improve our performance in stressful situations. Reminding your self of stress's evolutionary value may improve your performance and paradoxically reduce feelings of stress, in that you're not adding “stress about stress” to the original trigger aroused.

http://www.hopkinsmedicine.org/health/healthy_aging/healthy_mind/how-to-relieve-stress-a-6-step-plan-to-feeling-good

WHAT THE EXPERTS DO

“I certainly get stressed, but exercise is part of my de-stressing,” says Johns Hopkins cardiologist Michael Blaha, M.D., M.P.H. “I am big activity tracker. I make sure to get 10,000 steps every day. When the kids go to bed, I go to my elliptical trainer, which faces a flat-screen TV. I decompress, watch whatever I might have watched anyway, and get to my 10,000 steps.”

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Consultant of the Month Loren King



After leaving the Army, Loren knew he needed to help people with a new career. Since the first day with Miracle-Ear, Loren has been extremely happy to be the person to puts a new look on someone's face. After bringing back a quality of life they had once lost and thought they would never get back. “I love my family more than anything. Everything I do is for them, and I treat every patient like family”.

PCC of the Month Julie Hurlbert



Julie began her work at Miracle Ear in August of 2013. Since then, patients have become the highlight of her experience. Julie loves it most when patients decide to share their life stories with her. She has learned much through their experiences. The best part of the job, however, is of course when Julie gets to see the look on a patients face moments after they try the technology for the first time. Her office is always open, and the patients of Kennewick know they can stop in at any time for a chat.

Creamy Chicken Tortellini Soup

Light and **Creamy Chicken Tortellini Soup** Recipe. A cozy blend of chicken, vegetables, spice, cheese, and tortellini in a thin creamy broth. Lightened-up!

Yields: 6 servings

Prep Time: 10 minutes

Cook Time: 32 minutes

Ingredients:

- 1 tablespoon DeLallo Extra Virgin Olive Oil
- 1 large sweet onion, peeled and chopped
- 1 red bell pepper, seeded and chopped
- 2 cups sliced carrots
- 4 garlic cloves, minced
- 1 1/4 pounds boneless skinless chicken
- 8.8 ounce package DeLallo Three Cheese Tortellini
- 1/4-1/3 cup heavy cream
- 2 tablespoons packed frozen spinach (1/2 cup fresh baby leaves)
- 2 tablespoons fresh chopped parsley
- 1/ teaspoon crushed red pepper

Directions:

1. Place a large sauce pot over medium heat. Add the olive oil and chopped onions. Sauté for 3 minutes to soften. Then add the chopped bell pepper, carrots, and garlic. Sauté another 3 minutes.
2. Add whole chicken breast, chicken broth, dried thyme, crushed red pepper, 1 teaspoon salt, and 1/4 teaspoon ground black pepper to the pot. Bring to a simmer. Lower the heat a little and simmer 15 minutes, until the chicken is cooked through. Remove the chicken and place on a cutting board.
3. Turn the heat back to medium. With the broth still simmering, stir in the DeLallo Three Cheese Tortellini. Stir well so it doesn't stick together. Then chop or shred the chicken and place back in the soup.
4. Once the tortellini is cooked through, about 10-14 minutes, turn off the heat. Stir in 1/4 cup heavy cream, spinach, and parsley. Add a little more cream if desired. Taste, then salt and pepper as needed.



<https://www.aspicyperspective.com/creamy-chicken-tortellini-soup/>

Have a recipe or a joke you would like featured in the monthly Newsletter?

Easy, just email or mail your original recipe in to the Health Services Protection Plan. If your recipe is selected it will be featured in an upcoming Newsletter.

Please email: protectionplan@miracle-earnw.com

Mail to: **Health Services Protection Plan LLC**

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Eagle, ID 83616

Riddle of the Month

I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?

Answer: _____

STAY TUNED! Answer will be in our November's

Answer to September's Riddle: Bugs Bunny

A Little Laughter

Natural Bull Enhancement

A week after John bought a bull, he complained to his friend, "All that bull does is eat grass. Won't even look at a cow."

"Take him to the vet," his friend suggested.

The next week, John is much happier.

"The vet gave him some pills, and the bull serviced all of my cows!" he told his pal.

"Then he broke through the fence and bred with all my neighbor's cows! He's like a machine!"

"What kind of pills were they?" asked the friend.

"I don't know, but they've got a peppermint taste."