



HEALTHY TODAY

www.communityhealthdayton.org

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CHOOSE #JOMO

Fear of missing out (FOMO) is a normal part of being a social animal. But in a world where you're always connected, missing out can be a joyous experience, too. And it may even benefit your health and well-being to occasionally disconnect from social media and other digital distractions.

Some Negative Effects of #FOMO:

- ⇒ **Envy:** Social media tends to show life's best and brightest moments, like birthday parties, weddings, and vacations. The drudgery of your daily routine can seem pretty bleak in comparison. But you're only viewing the icing of other people's lives, and not the layers of dry cake that lay beneath. Seeing all the celebrations might induce jealousy and decrease your sense of self-worth.
- ⇒ **Anxiety:** You want to be a responsible citizen and stay current on important headlines. That's noble, but do you really need up-to-the-minute news on every celebrity tweet or political scandal? The fact is, news bulletins can cause anxiety. And our brains are wired to focus on the bad stuff, so don't think that kitty video compensates for minute-by-minute updates on the latest disaster.
- ⇒ **Wasted Time:** Checking all those apps and pulling out your phone with each notification adds up to a lot of interruptions and wasted time. Even worse, if you're afraid of missing out on every update, you feel compelled to check all the social apps and sites to stay current. This cycle of craving and action can even begin to resemble an addiction.

But there's hope! FOMO has a companion, and its name is JOMO! Yes, there is a joy of missing out, too. All you have to do is resist the fear, relax, and enjoy not knowing what's going on every second of every day. Read on to the next page to learn more!

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/forget-fomo-choose-jomo>



Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day! To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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POSITIVE EFFECTS OF #JOMO

Did you hear that ding? Did you feel that buzz? Something is happening somewhere, and you've been notified! You excitedly grab your phone and dive in, the latest news right at your fingertips. But beware! Giving in to FOMO may come at a cost. Forget #FOMO, Choose #JOMO!

- ⇒ **Living in the Moment:** The constant stream of messages, emails and pictures of other people's gourmet meals is taxing on your mind. Cut the cord (or turn off the wifi) and focus on where you are and what you're doing. Live in the moment -- your moment.
- ⇒ **A Better You:** Skipping out on social media means you can stop comparing yourself to others, a behavior that can be destructive in many ways. Instead, you can begin an individual journey of self-improvement. Be your own measuring stick as you try to be a better person today than you were the day before. You don't have to constantly worry about how you compare to everyone else.
- ⇒ **Deeper Connections:** Not in the form of snippy posts or grandiose ideas condensed to a few hundred characters, but authentic conversations. The kind where you listen wholeheartedly and communicate ideas, together -- like they did in the "old days." Don't underestimate the connections created from real time interaction, whether on the phone, video chat, or in person.

"Oh the joy of missing out.
When the world begins to shout
And rush towards that shining thing;
The latest bit of mental bling--
Trying to have it, see it, do it,
You simply know you won't go through it.
The anxious clamoring and need
This restless hungry thing to feed.
Instead, you feel the loveliness;
The pleasure of your emptiness.
You spurn the treasure on the shelf
In favor of your peaceful self,
Without regret, without a doubt.
Oh the joy of missing out"
—Michael Leunig

⇒ **Boredom:** Yep, this goes in the "benefit" column. Research shows that boredom leads you to seek out new, stimulating experiences to fill the activity-free void. That can't happen with a screen constantly stimulating and distracting you. Set it aside, let yourself experience boredom, and see how you surprise yourself.

<https://www.psychologytoday.com/us/blog/happiness-is-state-mind/201807/jomo-the-joy-missing-out>

READY TO EXPERIENCE JOMO FOR YOURSELF?

Set a daily time to turn off all your notifications, even if it's only for 30 minutes.

Try using the "do not disturb" feature on your phone. Let yourself be interruption-free.

Consider setting some boundaries about after-hours work email and other communications. Reclaim your relaxation time.

Set a time to check the news and only do it then. The headlines will still be there tomorrow.

Enjoy a social media-free weekend. Be with the real people in your world.

Be intentional with your time: Schedule things that are important to you whether it is working out, meeting a friend for coffee, writing that book or completing a work project. Make your time your priority instead of wasting time worrying about what other individuals are doing or thinking.

Give yourself permission to live in the present: If you are having a bad day, be easy on yourself and treat yourself to a relaxing evening. If you just received good news, then take a moment to embrace it and celebrate.

SUSTAINABLE EATING

Let's green up our plates, save money, and cut down on food waste.

Make Your Lunch:

Not only can making or packing your own lunch help you cut down on waste (yay, leftovers!), but it is a great way to save money and ensure you have something to fuel your day. Bonus points if you use your own reusable containers and utensil.



Shop the Bulk Bins: If your store offers bulk bins, they are a great way to save money and cut down on waste. Pantry staples like spices, whole grains, and beans can be found for a fraction of the price. Plus, you can buy just what you need.

Use the Entire Vegetable:

There are several vegetables that can be eaten from root to stem, including broccoli, carrots, leeks, and kale. Think kale ribs are too tough to eat? Think again. After a good charring in the skillet or roasting in the oven, kale stems add a tender-crisp bite and touch of smokiness.



<https://www.eatingwell.com/article/291628/30-day-sustainable-eating-challenge/>

LIFE'S SIMPLE 7

Life's Simple 7 is defined by the American Heart Association as the 7 risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health.



- 1) **Manage Blood Pressure:** High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.
- 2) **Control Cholesterol:** High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.
- 3) **Reduce Blood Sugar:** Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.
- 4) **Get Active:** Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.
- 5) **Eat Better:** A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!
- 6) **Lose Weight:** When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.
- 7) **Stop Smoking:** Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take, and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have--to live a long, productive healthy life.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

Delicious & Nutritious

USE-ALL-THE BROCCOLI STIR-FRY

Spiralized broccoli stems transform into tender noodles in this lo mein-inspired vegetarian recipe. Serve on top of brown rice or buckwheat soba noodles. † (Serves 4)

2 ½ pounds large broccoli heads with stems at least 1 inch thick (4-5 heads)

1 medium red onion

½ cup water, divided

2 tablespoons Shaoxing rice wine or dry sherry

2 tablespoons reduced-sodium tamari

1 tablespoon chile-garlic sauce

4 teaspoons toasted sesame oil, divided

2 teaspoons cornstarch

1 teaspoon light brown sugar

2 tablespoons peanut oil, divided

⅛ teaspoon salt

2 small red chiles, sliced (seeded if desired)

1 tablespoon minced fresh ginger

2 tablespoons chopped roasted unsalted peanuts

- ⇒ Remove florets from broccoli stems. Cut the florets into 1-inch pieces and set aside. Trim the stem ends. Using a vegetable spiralizer or vegetable peeler, turn as much of each stem as possible into ribbons. Chop any remaining stem into 1/2-inch pieces. Mince onion.
- ⇒ Whisk 1/4 cup water, rice wine (or sherry), tamari, chile-garlic sauce, 2 teaspoons sesame oil, cornstarch and brown sugar in a small bowl. Set by the stove.
- ⇒ Heat 1 tablespoon peanut oil in a large flat-bottom carbon-steel wok over medium-high heat. Add the broccoli noodles, stem pieces and onion; cook, stirring, until tender, about 5 minutes. Transfer the mixture to a large bowl and toss with the remaining 2 teaspoons sesame oil and salt.
- ⇒ Add the remaining 1 tablespoon peanut oil, chiles and ginger to the pan. Cook, stirring constantly, for 15 seconds. Add the reserved florets and cook, stirring, until starting to brown, about 1 minute. Add the remaining 1/4 cup water, cover and cook until the florets are tender, about 3 minutes more. Uncover and add the reserved sauce. Cook, stirring, until the sauce is thick, about 1 minute.
- ⇒ Arrange the noodle mixture on a platter with the florets on top. Serve sprinkled with peanuts.

<https://www.eatingwell.com/recipe/262126/use-all-the-broccoli-stir-fry/>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

LOCATIONS

ALEX CENTRAL HEALTH CENTER

5 S. Alexandersville Rd. Miamisburg, 45342
937-247-0304

CHAMBERSBURG HEALTH CENTER

6255 Chambersburg Rd. Huber Heights, 45424
937-963-9505

CHARLES DREW HEALTH CENTER

1323 W. Third St. Dayton, 45402
937-461-4336

CORWIN NIXON HEALTH CENTER

2351 Stanley Ave. Dayton, 45404
937-228-0990

EAST DAYTON HEALTH & DENTAL CENTER

2132 E. Third St. Dayton, 45403
937-528-6850 - Health Center
937-528-6830 - Dental Center

PATTERSON PARK HEALTH CENTER

1074 Patterson Rd. Dayton, 45420
937-258-6330

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