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Injury Prevention: Tips to Avoid Slips, Trips & Falls This Winter

Accidents can happen anywhere and often occur as you may be walking to and from your car to work. Extra care needs to be given during times of freezing temps and icy conditions. This season, take precautions when walking or exercising outdoors by following these tips for winter safety:



Slip, Trip and Fall Prevention

- Wear shoes that provide traction, such as rubber and neoprene composite. (Avoid plastic or leather soles.)
- Take smaller steps.
- Walk slowly; do not run.
- Keep hands free for balance (not in your pockets.)
- Use handrails.
- Avoid carrying loads.
- Select clear walkways free from debris, water, ice or other slippery materials
- Test potentially slick areas by tapping your foot on them.
- Step – do not jump – from vehicles or equipment.
- Keep your eyes on where you're going.

Safe Walking

- Plan your route ahead and give yourself time to get there.
- Walk in designated walkways as much as possible.
- If a sidewalk is covered in ice, walk in a grassy area for traction.

If you fall:

- Do so with sequential contact at your thigh, hip and shoulder. Avoid using your arms to protect against sprains and breaks.
- Roll with the fall; try to twist and roll backward, rather than falling forward.
- Relax as much as possible.
- Bend your back and head forward so they don't slam on the pavement as your feet shoot out from under you.
- Toss any load you're carrying. Protect yourself, rather than your objects.

Learn to Manage Emotional Eating

Eating can be an emotional experience. Let's face it, most of life's celebrations and rituals involve food or a meal of some kind. For many of us, eating can be a way to soothe the negative emotions brought on by major life events or daily stressors. And, the colder winter months can add to our desire to eat.



Hungry Eating versus Emotional Eating

When we eat because we are hungry, it is a biological response to a period of fasting. Hunger usually occurs slowly, and we eat in response to the hunger pangs we feel. When we eat because we are emotional, we do so to cope with strong feelings, such as sadness or boredom.

Tips to Manage Emotional Eating

- **Cope with cravings.**

Emotional eating is actually a three-step process: we experience an initial feeling that then creates a craving and, in turn, causes compulsive eating. With most cravings, we unconsciously move from feeling to action. It helps to develop a "crisis intervention plan" with steps to deal with the immediate cravings, such as distracting yourself, taking a walk or enjoying a low-calorie, healthy snack.

- **Examine your triggers.**

The important thing is to gain awareness of the times you emotionally eat. You can recognize the "triggers" that lead to eating and be realistic about your goals.

- **Address your feelings.**

Often, emotional eating can mean ongoing emotional distress. The emotions are leading your decisions about eating. It may help to speak with someone. Many employers offer the benefit of an employee assistance program, such as CONCERN Services, that provide counseling or make referrals to others who can assist you.

- **Be mindful when eating.**

When we eat mindfully, we are fully aware of the act of eating. We slowly savor the taste, scents and textures of our meal and appreciate the nourishment it provides. Try to be aware of what and how much you eat and make a conscious effort to enjoy the experience.

Recipe: Chicken Noodle Soup with Poblano Pepper

Who says you need to sacrifice taste in the name of nutrition? This recipe for chicken noodle soup is rich in antioxidants and vitamins, but doesn't slack on flavor.

Ingredients:

- 2 ½ cups water (boiling)
- 2 ½ ounces egg noodles
- ¾ teaspoon extra virgin olive oil
- ¾ cup celery, diced
- ¾ cup carrots, diced
- ¾ cup yellow onions, diced
- ¾ cup poblano peppers, diced
- 4 ounces white chicken, diced
- 1 Bay Leaf
- 1 ounce base chicken

Directions:

1. Heat oil and add carrots, celery, onion and peppers
2. Cook until vegetables are tender
3. Add water and bring to a boil
4. Add bay leaf, chicken and base chicken
5. Reduce heat and simmer for 30 minutes, stirring often
6. You can thicken with a slurry