

High 5...Healthy Habits at Home Q&A



Q: I want to be more active, but it's so hard to find the time! What do you suggest?

A: It can be difficult to find 150 minutes in your week! Break your exercise down into smaller increments throughout the day, such as two to three ten minute sessions or two 15 minute sessions. Use a calendar to schedule your physical activity into your week! Even if you can't get the full recommended amount of exercise a week keep in mind that some is better than none — it isn't "all or nothing". You could also try, making everyday chores and tasks more challenging! Take the stairs rather than the elevator, park your car further away at work or the grocery store, or walk in place during TV commercials.

Q: The presentation mentioned finding activities to lower stress. Could you provide some ideas?

A: Mindfulness is the practice of bringing your mind to the present. It can help us to manage our stress levels by helping our minds concentrate on the present through focusing on your breath and what is going on around you. For example, noticing the smells, textures, tastes, sounds, etc. Making time to do things you enjoy is also a way to manage stress. An unbalanced lifestyle can lead to stress, so remember to take time to do activities you enjoy and spending time with people who make you feel good! Get plenty of rest!! When we are overtired situations appear more inflated than they actually are which drives up our stress levels.

Q: What is a simple way to meditate? I really don't have much time. My day is already pretty full.

A: Try paying attention to your breathing. When you start, try to meditate for 10 minutes at a time. If your mind wanders, don't worry or feel bad about yourself. Try to notice your thoughts, such as "I wonder what I will need to do at my 10 a.m. work meeting." Then, let the thought go. Bring your focus back to the present moment and your breathing. You may do this over and over again during a meditation session.