

I FEEL GREAT!

STORIES FOR HEALTHY LIVING



University Hospitals

The Science of Health. The Art of Compassion.



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The Science of Health. *The Art of Compassion.*

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Based on *A Life of Well-Being: A Handbook for Thriving with Healthy Habits*
by Jessica M. Jurcak, MS, MPH, RD, LD

Artwork by The Reimagined Classroom, www.reimaginedclassroom.com

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First edition.



Hi, I'm Dr. Maya! I'm a Primary Care Doctor. I keep patients healthy by seeing them for check-ups and help them when they're sick.

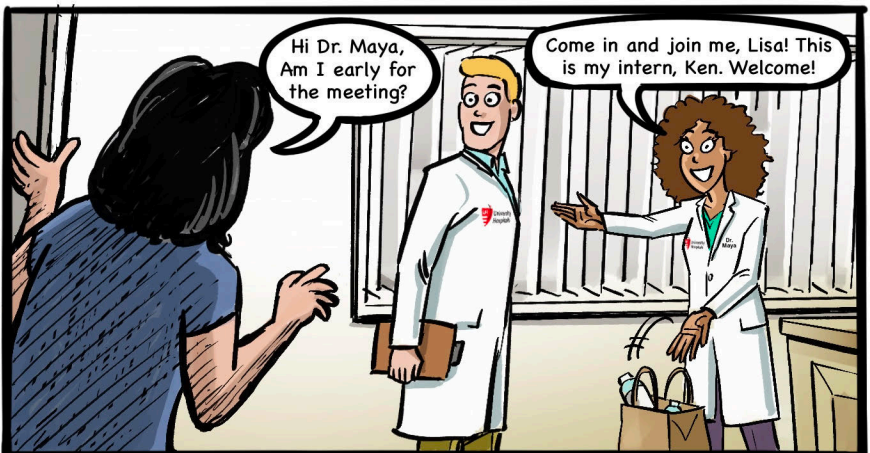
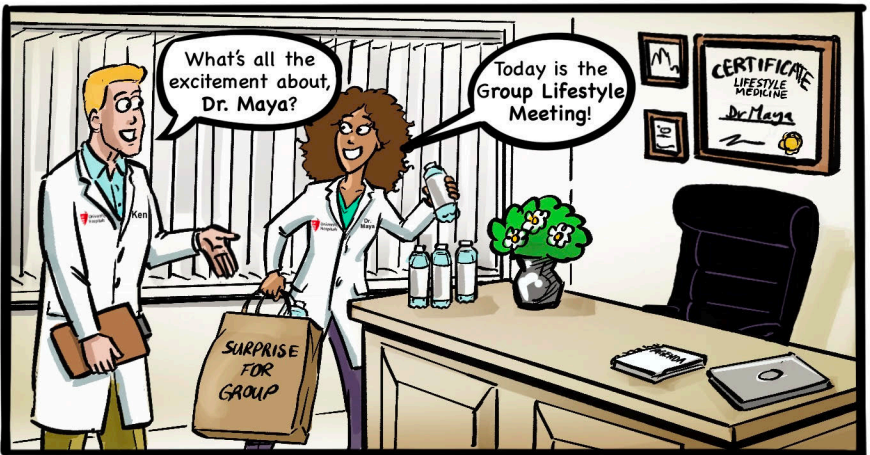
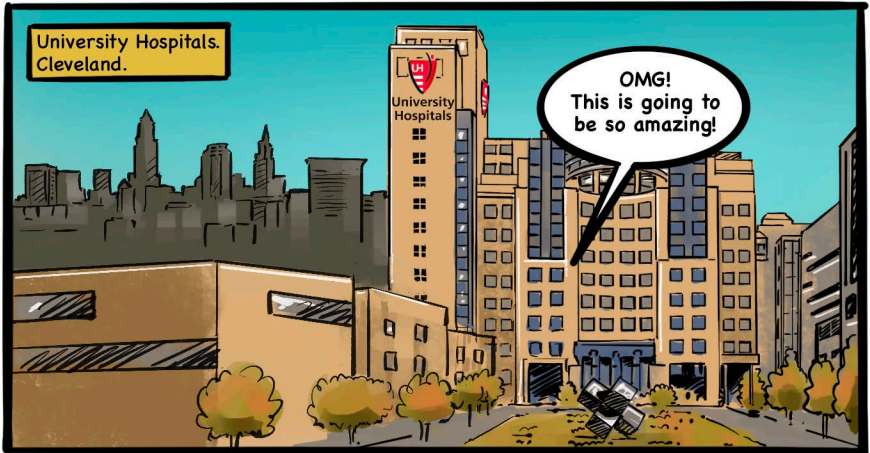
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Dr.
Maya

TO HEAL

Introduction





Chapter 1:
Stress Less, Sleep More



Mom, mom! Wake up!
It's Saturday! You have to
drive me to soccer practice!

Mom! You never
commented
about my A+!

WAAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA
AAAAAA!!!

RING
RING

10:55

DMV

STRESS LESS SLEEP MORE

Starring Lisa the Single Mom



Yes, boss! I know it's late. I'm
taking the paperwork with me and
working the weekend!



Mom! He's
touching me!

No, I'm
not!

Please,
guys!
I have a
headache!



Here! I wrote down these tips for you. Try making a few small changes to your daily habits. Your whole life will improve!

Stress Less

- Take deep breaths
- Be grateful each day
- Spend time outside



Sleep More

- Phone screens off before bed
- Make bedroom cooler and darker
- Stretch before bedtime



continued... ↪

Find what works for you!
See the back of the book
for more ideas.

Lisa's Old Habits Versus New Habits



Before:

Her phone kept her up all night.



Now:

She stretches and takes deep breaths before bed.



Before:

The bedroom was bright and hot.



Now:

She shuts the lights off and keeps the room cool.



Before:

A midnight snack was a regular thing.



Now:

Warm herbal tea does the trick.

Picture Perfect #STRESSBUSTERS



OLD ME: Caffeine anxiety



NEW ME: Deep breathing
& gratitude



OLD ME: Eating lunch
alone at her desk



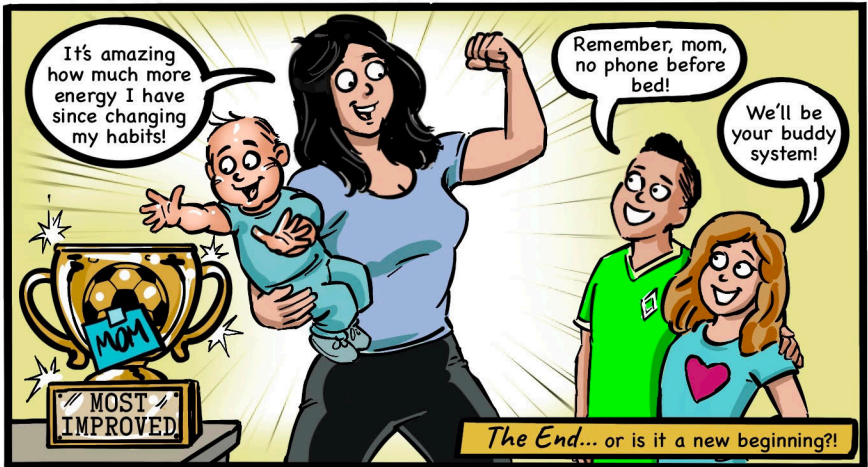
NEW ME: Eating lunch
with a friend outside



OLD ME: Too much social
media and TV



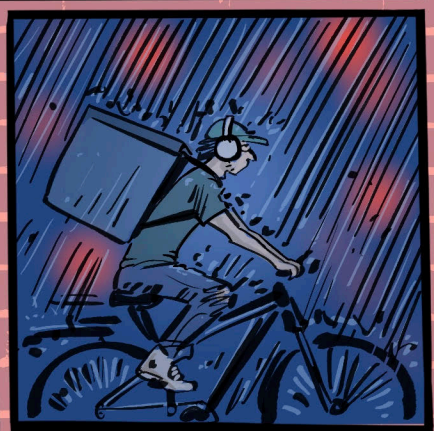
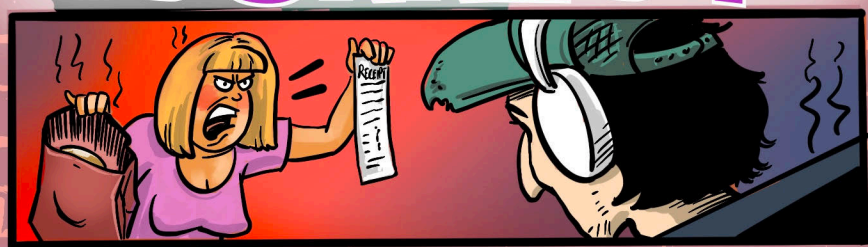
NEW ME: Outdoor activities

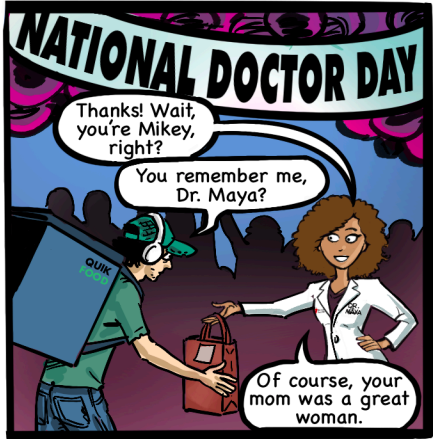


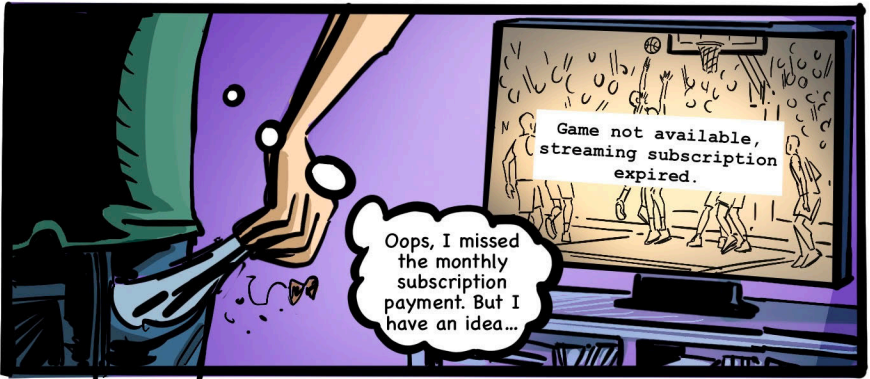
Chapter 2: connect!



Sad Mikey Reaches Out to **CONNECT**









Hey, I like your vintage jersey. They don't make them like that anymore.

Thanks. My father gave it to me when we used to come to the games... with mom.



Come sit with me. It's more fun than watching the game alone.

Sure! Thanks! It feels impossible to make new friends as an adult.

I used to think like that...



I struggled with loneliness. It can be bad for your health. I was sick for a while.

What did you do?

I took the steps to socialize and connect with people.

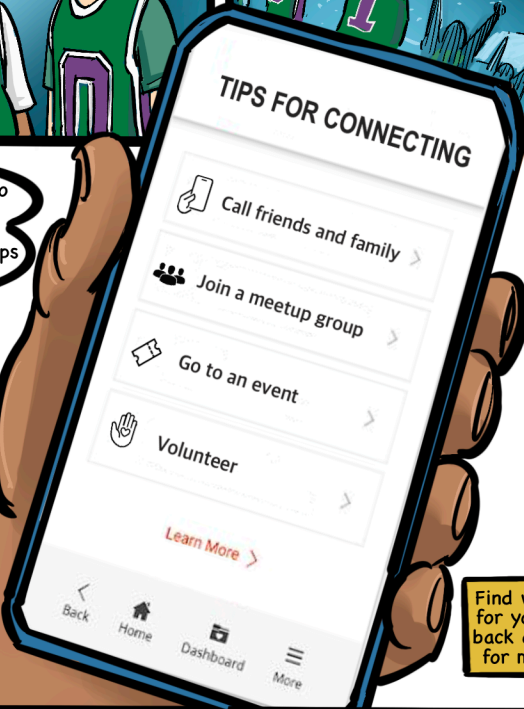


Wow! We are way up here!

What do you expect? You get what you pay for!
HA HA HA HA

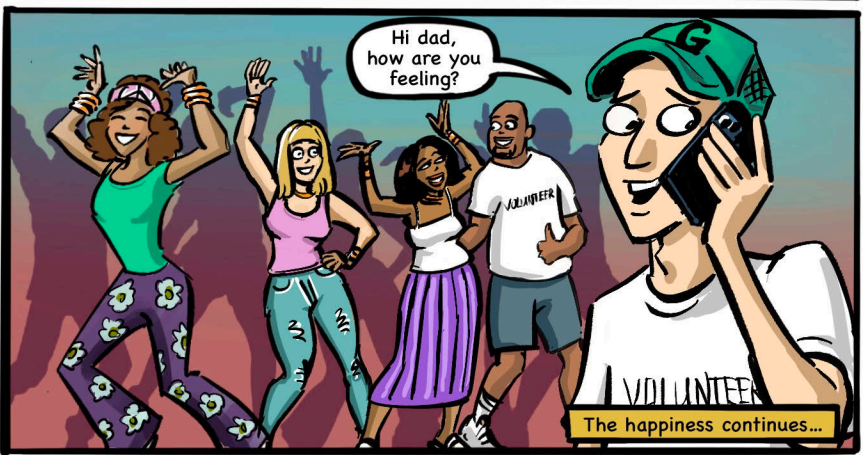


In fact, I'm happy to be your mentor if you want! Here are some fun tips I've learned.



Find what works for you! See the back of the book for more ideas.





Chapter 3:
Sit Less, Move More

Sit Less Move More

Starring Hank
the Daydreamer





This is easy!
I'll make it up the
hill in no time!

Come on,
Uncle Hank!
Race you!

Hurry up,
little brother!
This nice lady is
waiting for us to
take a picture.



Okay, I'll
be there...

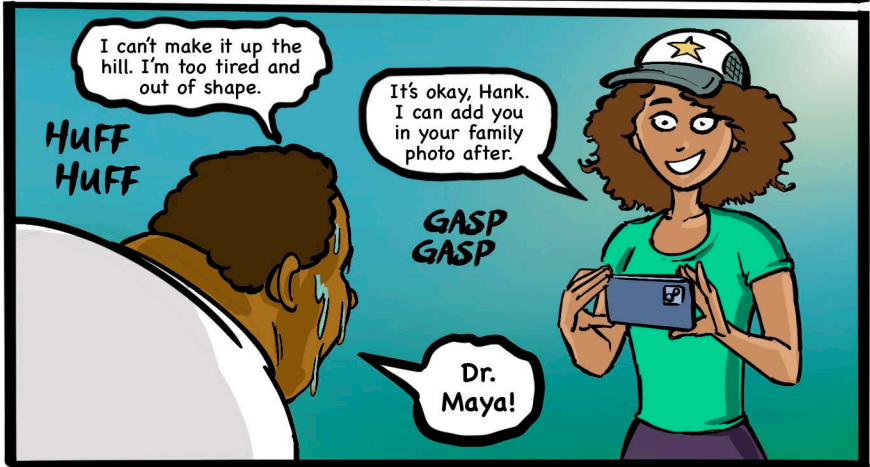
HUFF
HUFF



You still coming,
little brother?

GASP
GASP

Just take the
family picture
without me,
big brother!



I can't make it up the
hill. I'm too tired and
out of shape.

HUFF
HUFF

It's okay, Hank.
I can add you
in your family
photo after.

GASP
GASP

Dr.
Maya!





On your mark: **Take small steps**



Get set: **Build a routine**

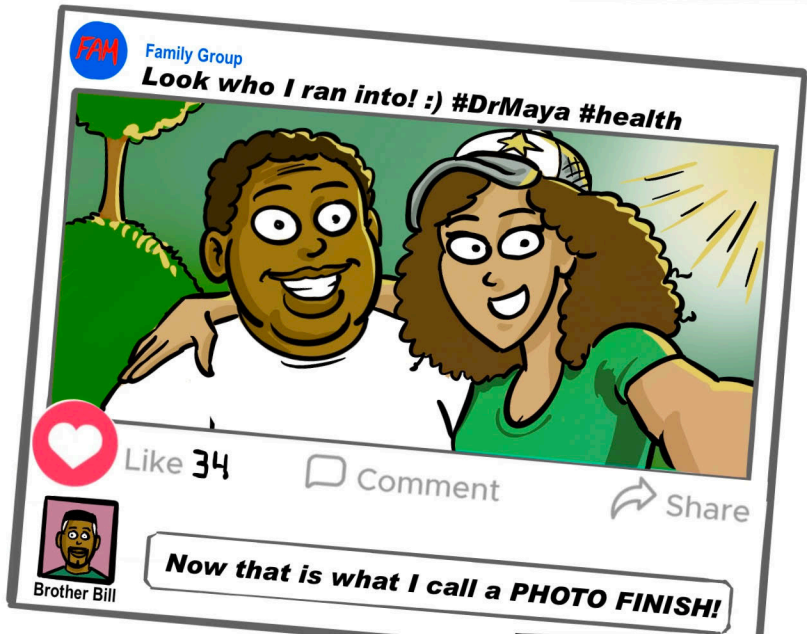


Go: **Try something new!**



Find what works for you! See the back of the book for more ideas.

Work Your Way Back Up!



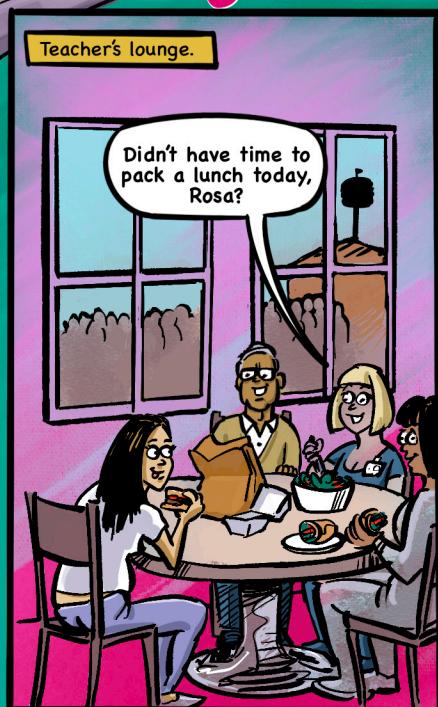
Hank's journey will continue...

Chapter 4:
Food for The Body and Soul

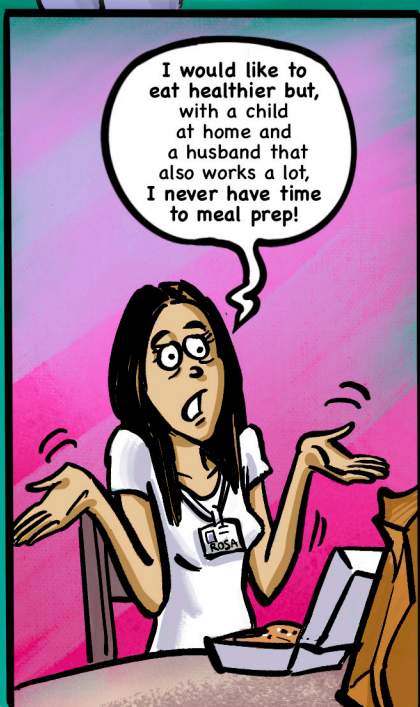
FOOD FOR THE BODY & SOUL



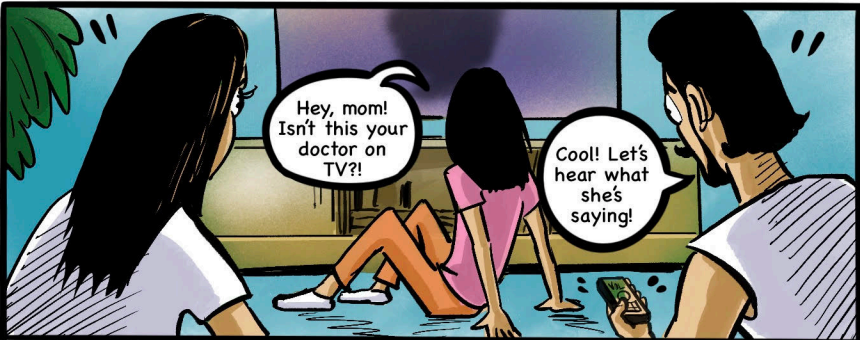
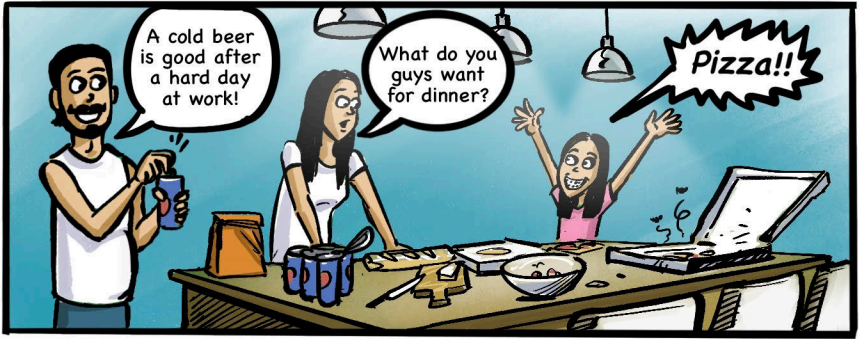
Learning with Rosa the Teacher



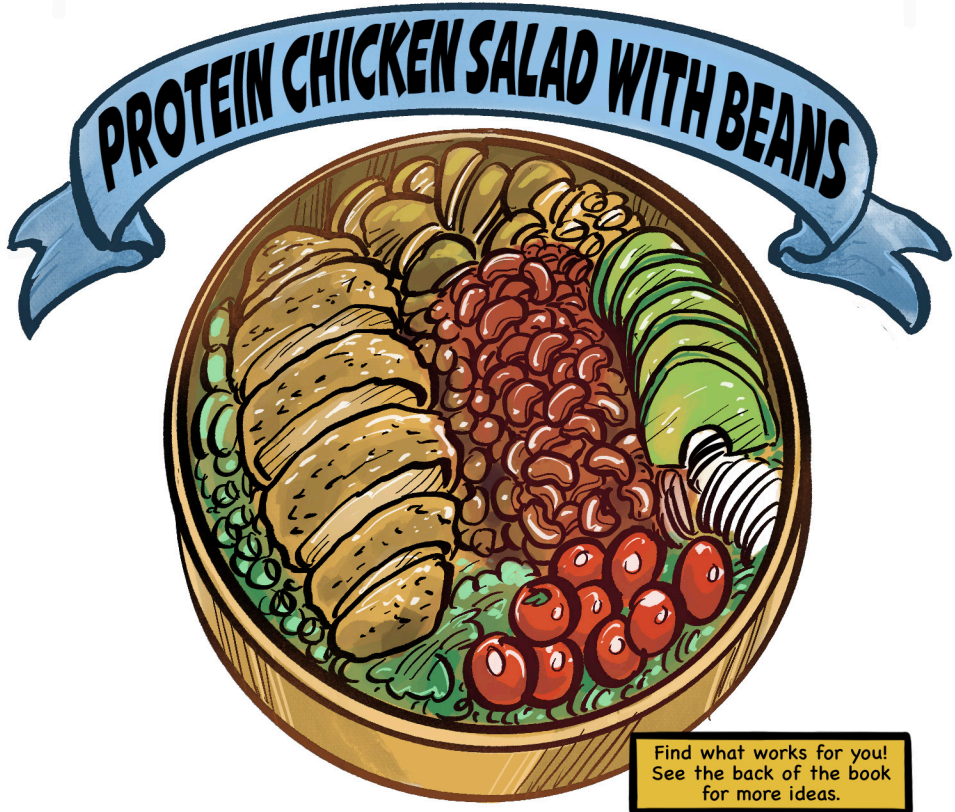
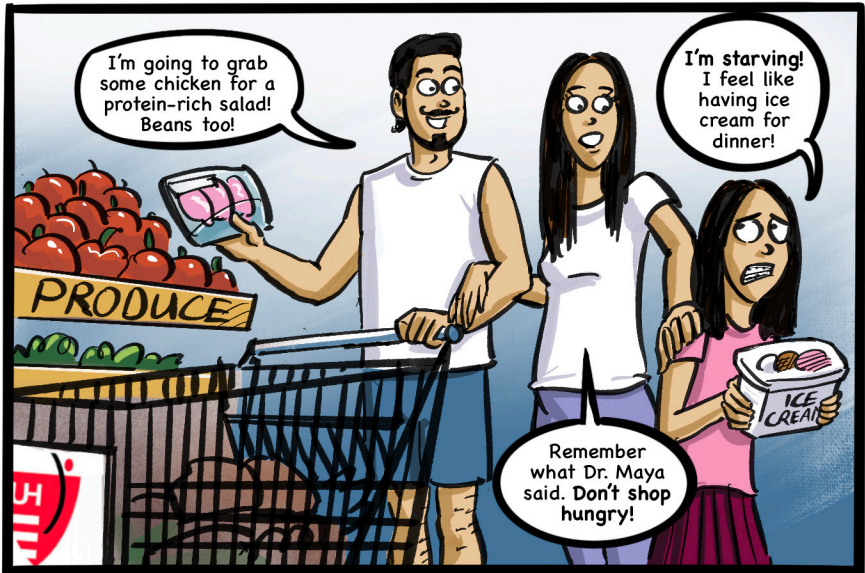
Didn't have time to pack a lunch today, Rosa?

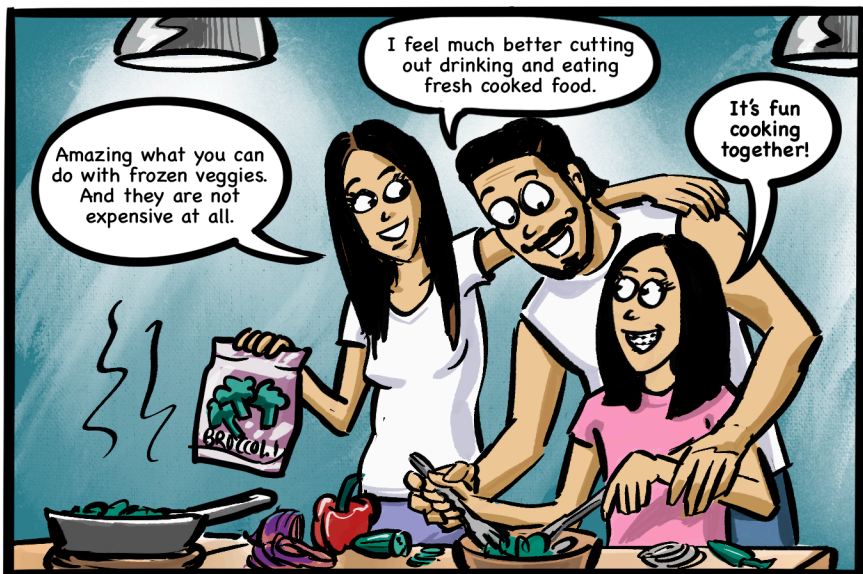


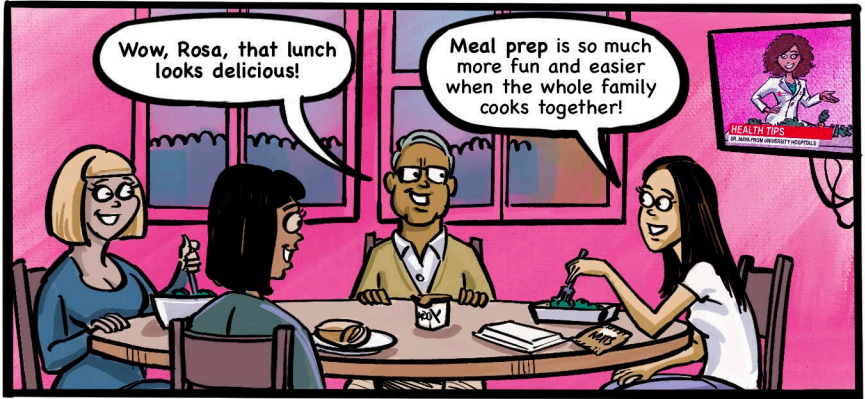
I would like to eat healthier but, with a child at home and a husband that also works a lot, I never have time to meal prep!









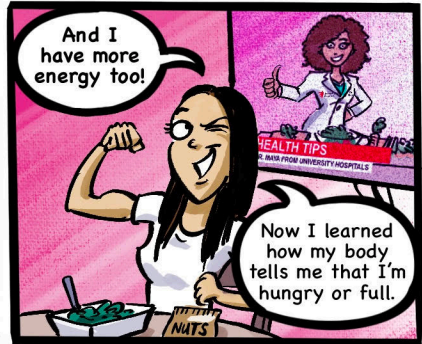


Wow, Rosa, that lunch looks delicious!

Meal prep is so much more fun and easier when the whole family cooks together!



The food must be helping. You have a healthier glow, Rosa!



And I have more energy too!

Now I learned how my body tells me that I'm hungry or full.



It's Monday night! What are we having for dinner tonight?

Let's make our own recipe tonight!

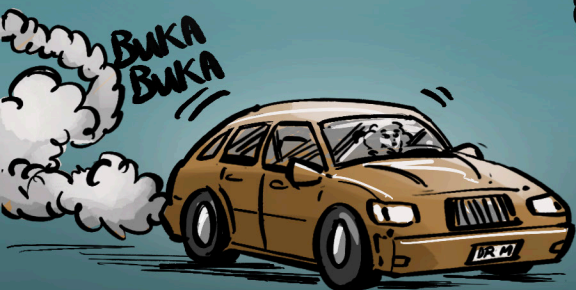
What a colorful salad! When did you become a chef?

It's fun cooking together!

And they ate happily ever after.

Chapter 5:
Tune-Ups and
Disease Prevention

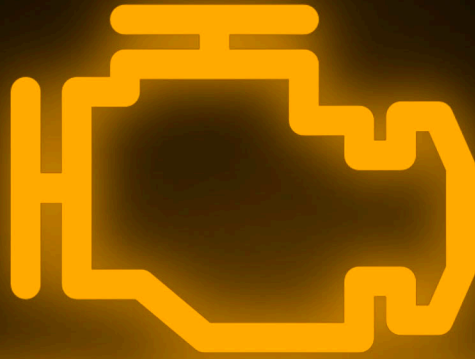
The Tune Up Appointment



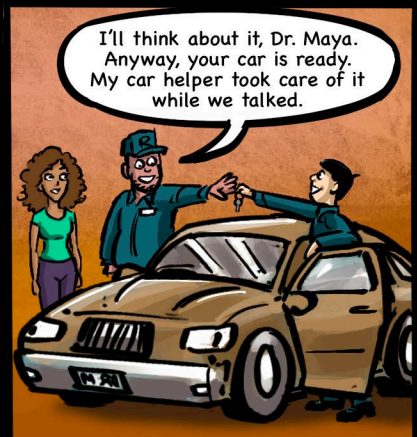
Red the Mechanic Gives Himself a Tune Up







CHECK YOUR ENGINE

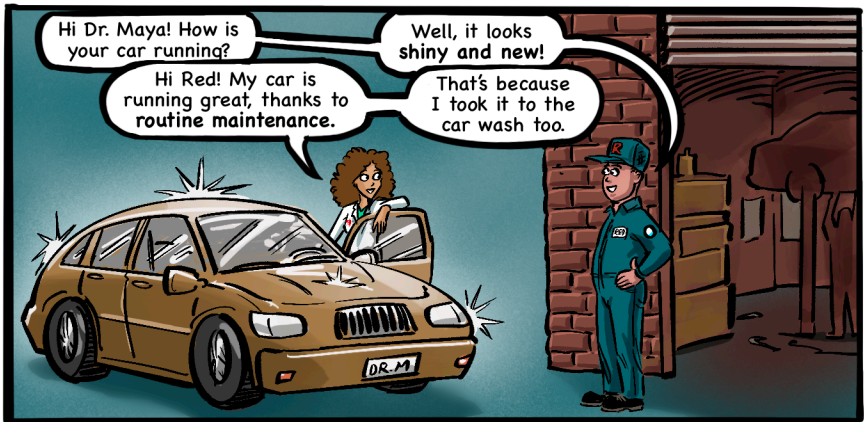




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Morning	Afternoon	Evening
<ul style="list-style-type: none">-Blood sugar check-Healthy breakfast: eggs, whole grain toast, fruit-Medication & hydration	<ul style="list-style-type: none">-Balanced lunch: chicken, rice, & veggies-15 min walk & blood sugar check	<ul style="list-style-type: none">-Tasty dinner: fish & veggie tacos-Blood sugar check-Relaxation & sleep routine

Find what works for you! See the back of the book for more ideas.



Hi Dr. Maya! How is your car running?

Well, it looks shiny and new!

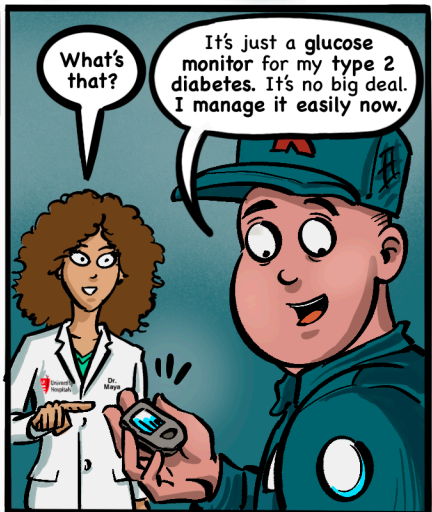
Hi Red! My car is running great, thanks to routine maintenance.

That's because I took it to the car wash too.



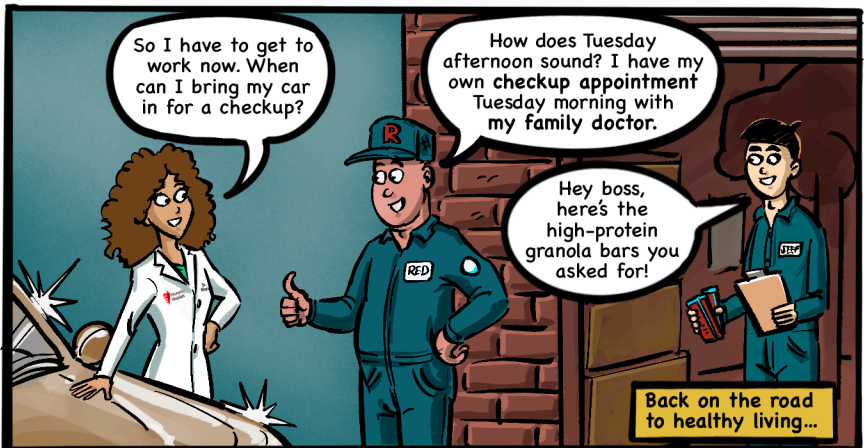
I must say, you look healthy too, Red!

I've been doing regular maintenance too, thanks to my doctor's advice! I feel great and don't even need naps after eating anymore.



What's that?

It's just a glucose monitor for my type 2 diabetes. It's no big deal. I manage it easily now.



So I have to get to work now. When can I bring my car in for a checkup?

How does Tuesday afternoon sound? I have my own checkup appointment Tuesday morning with my family doctor.

Hey boss, here's the high-protein granola bars you asked for!

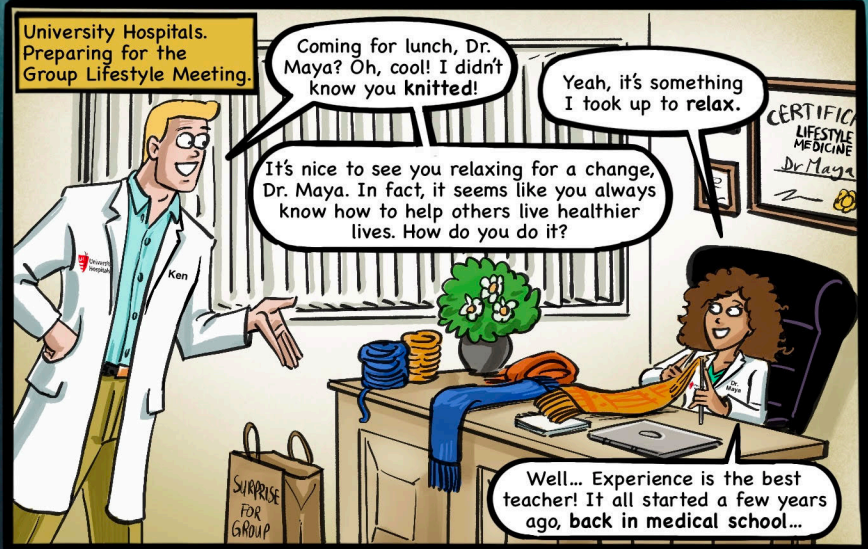
Back on the road to healthy living...

Chapter 6:
I Have What?

I Have What?!!!!



Dr. Maya Faces Her Own Health Issues...



Ten years ago, at State Medical College.

I originally wanted to specialize in sports medicine and was working really hard to finish my schooling!

Hi Tara!

Hey Maya!

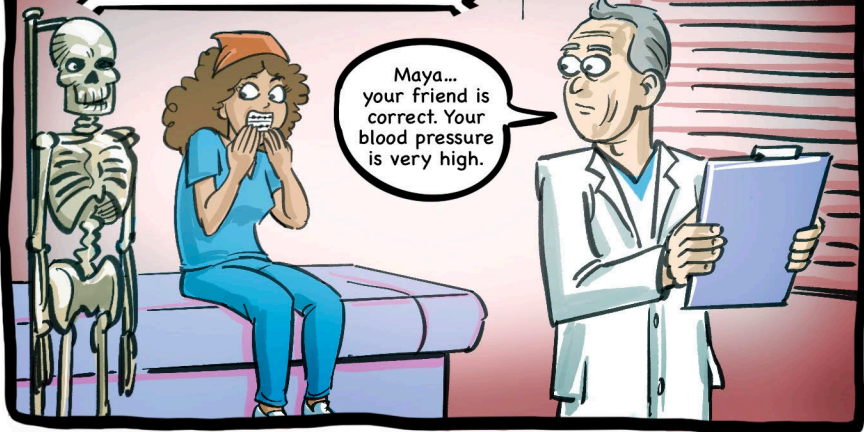
I was getting these wicked headaches all the time, and constantly felt anxious. But I thought it was just the stress of studying so hard... or maybe allergies!

One day, my roommate Tara was practicing taking blood pressure for her upcoming exam and noticed something suspicious...

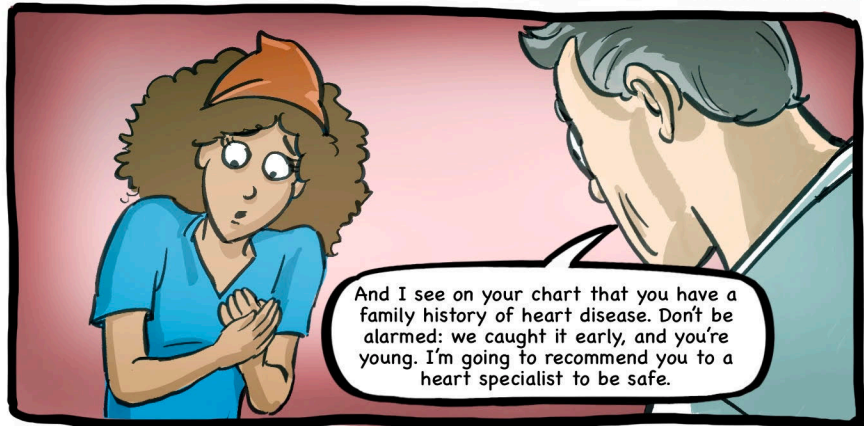
Hey, I know I'm new at this, but these blood pressure numbers are really high for someone your age...

Tara's finding was surprising, so I visited my primary doctor to get their opinion.

Maya... your friend is correct. Your blood pressure is very high.



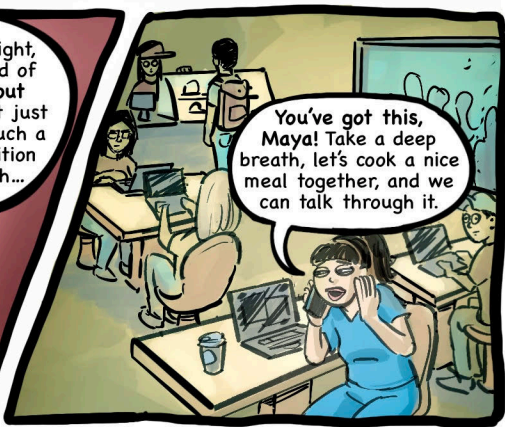
And I see on your chart that you have a family history of heart disease. Don't be alarmed; we caught it early, and you're young. I'm going to recommend you to a heart specialist to be safe.



You were right, and I'm kind of freaking out right now! It just seems like such a tough condition to live with...



You've got this, Maya! Take a deep breath, let's cook a nice meal together, and we can talk through it.

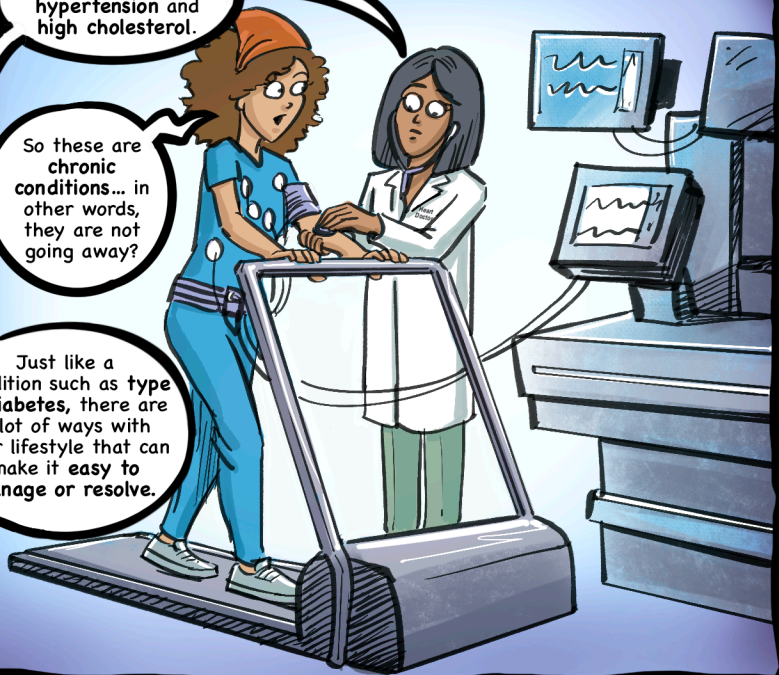


At the Heart Specialist.

You have hereditary hypertension and high cholesterol.

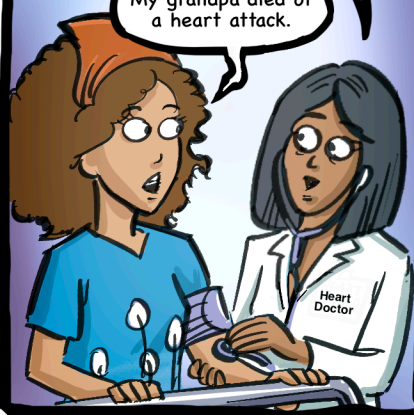
So these are chronic conditions... in other words, they are not going away?

Just like a condition such as type 2 diabetes, there are a lot of ways with your lifestyle that can make it easy to manage or resolve.



Hypertension and high cholesterol can lead to heart attack or strokes if you don't make health adjustments.

My grandpa died of a heart attack.



Don't worry! We caught this early! You can reduce stress through diet and exercise...



Find what works for you! See the back of the book for more ideas.

Strategies

for managing chronic health conditions

- ✓ Continue good habits.
Walk or jog with fresh air daily.



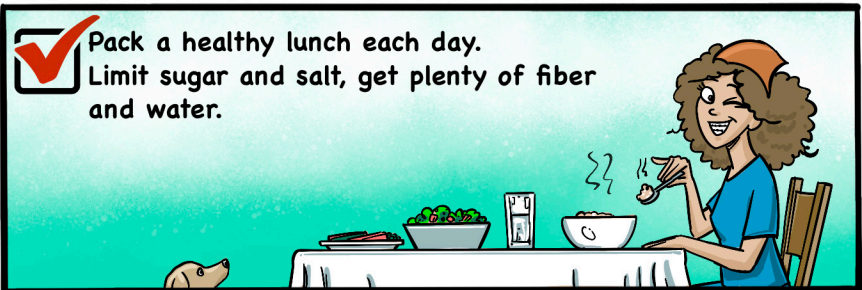
- ✓ Meditate ten minutes each morning.
Avoid screen-time and breathe deeply.



- ✓ Talk to friends, family, or doctor.
Relieve loneliness and join activities.



- ✓ Pack a healthy lunch each day.
Limit sugar and salt, get plenty of fiber
and water.



Back to Present Day.

Going through that process in college changed my life! I met others dealing with chronic conditions and was really inspired!



That's actually how I switched from sports medicine to lifestyle medicine to help others get back on track like me!

Cool! How are you going to keep this up?



Well... I just organized a Group Lifestyle Meeting!



Love that idea! Who did you invite?



Oh, just some amazing people I've met recently...



Chapter 7:

Stages of Change

MOVING FORWARD

Through the Stages of Change

University Hospitals

Welcome everyone to our first Group Lifestyle Meeting! We'll meet each month to support each other so we can keep our healthy habits and goals!

SURPRISE FOR GROUP

Becoming healthier requires a bit of change. But we don't have to change everything at once! In fact, changes can happen in small steps!

STAGE: Not Ready Yet

Lisa, can you share your experience with the group first?

I was so stressed and lacking sleep. For the longest time, I would not even think of taking any action to change or improve the rut I was in.



ACTION: Buddy System

I started thinking about my health because of my kids. We keep each other on track.



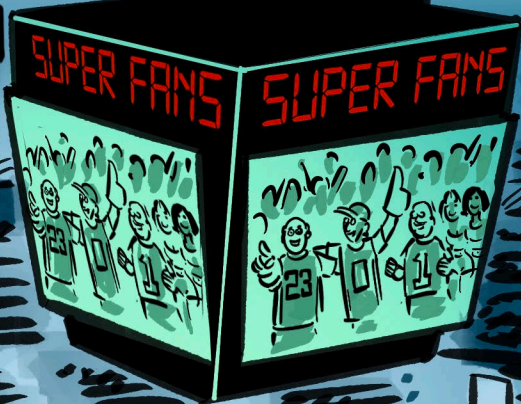
STAGE: *Thinking About It*



I'm Mikey, and I was lonely and sad for a long time, not sure if I should reach out to people. I realized I was never going to be ready. I just had to do it!

ACTION: *Stacking Habits*

I already liked watching basketball on TV. Why not start going to live games with others?



I pushed myself, met some fun people, even reconnected with my dad!

STAGE: Make A Plan

Hi, I'm Hank. I decided I wanted to make a change to improve my health. Before I started, I set out a plan of action.



ACTION: Set Smart Goals

I wrote out my specific goals. First, I just wanted to make it to the top of the hill.



My next goal was to go on a hike with my older brother.

Eventually, I want to jog again, like I used to do back in the day.



STAGE: *Time To Act*



ACTION: *Swap Activities*



STAGE: Maintenance

My name is Red. I learned over the years that if I do something for six months or longer, it is a habit. The rest is maintenance!

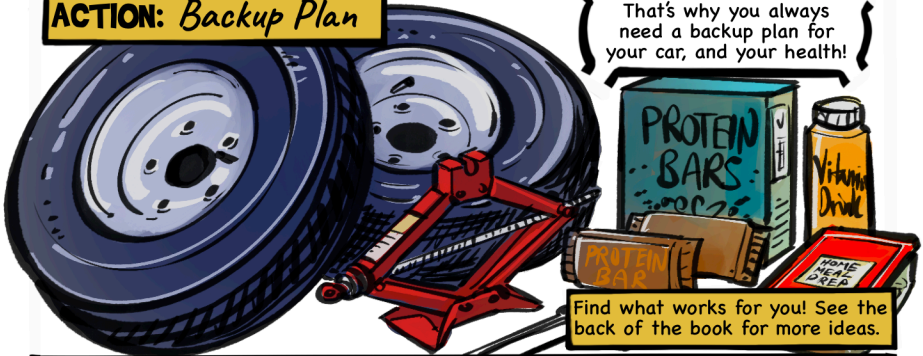


I always think about what might derail me from my health goals during my upcoming week. I ask myself, how you can still get it done no matter what?



ACTION: Backup Plan

That's why you always need a backup plan for your car, and your health!



If you've ever fallen into your old ways, it's natural. You're not a failure. Just do your best to get back on track with your health!

Since it's our first Group Lifestyle Meeting, I have a surprise for everyone!

I knitted scarves for everyone!!

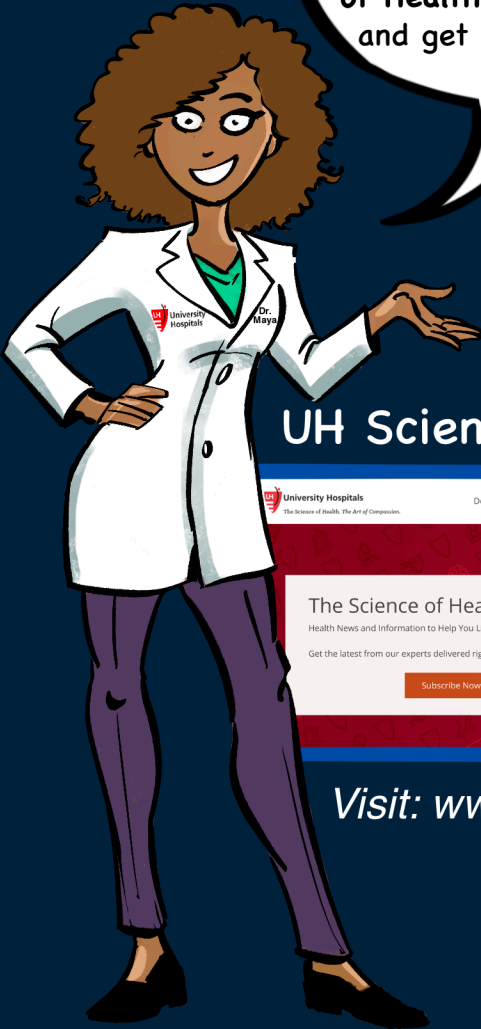
Wow! Thanks, Dr. Maya!!!



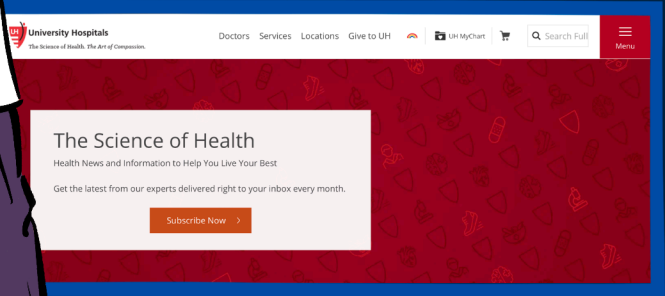
The End... And they stayed warm and healthy ever after...

University Hospitals is here to help!

University Hospitals invests in many tools so you can have the resources you need, including **UH Science of Health Blog**. Log on today, and get the help you need!



UH Science of Health Blog



Visit: www.uhhospitals.org/blog





Back of Book: More Facts and Tips!

The stories in this book provide many examples of tips for improving your health and well-being, but there are even more tips you can try! Take a look at these extra ideas and figure out what works for you!

Chapter 1: Stress Less, Sleep More

Did You Know?

- Only 32% of people feel like they get enough sleep
- Over 84 million people do not sleep long enough each night
- Poor sleep and high stress levels can lead to increased risk of disease

Try Out These Sleep Tips!

- Avoid drinking alcohol less than three hours before bed
- Avoid eating a snack right before bed
- Drink more water during the day
- Get into bright, natural light early in the day

Still Feeling Stressed?

- Try to meditate with apps or guides
- Write down three things that you are grateful for each day
- For five or 10 minutes each day, write down each thing on your mind to get it out
- Read something fun for 10 to 20 minutes
- Listen to music that you like
- Do a craft or make a new thing with your hands



Chapter 2: Connect!



Learning More About Loneliness:

- At least half of adults report feeling lonely
- Not being near others or not connecting well with them leads to higher risk of heart disease, stroke, and early death
- A lack of social outreach is also linked to memory issues, anxiety, depression, and worse immune systems
- When we laugh with others, we feel less pain and tension. We think more clearly and are more creative

More Tips on Connecting with Others:

- Spend time with family often
- Ask someone you admire to be a mentor
- Volunteer for a local cause
- Find a meet-up group related to your interests
- Attend a church or other religious/spiritual group

Connecting can be tough! Try these ideas to overcome barriers:

- "I do not have time for extra activities." Try adding social time into the things you already need to do. You could run errands with a friend, make meals with a family member, or video chat while folding laundry.
- "I am too shy." Ask for new connections from friends that you trust. Or try to go to an event with a friend but set a goal to meet at least one new person while you are there.
- "I do not know where to find a mentor." Ask your work team if they know of a local group or program. You can also reach out to someone you admire and just ask them! It does not need to be formal.



Chapter 3: Sit Less, Move More

Screens, Screens, Everywhere!

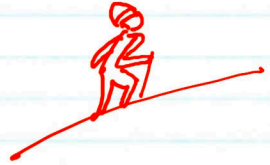
- We spend around 9 hours staring at screens each day and sit for six to eight hours or more.
- Screen time can lead to headaches, inability to sleep well, eye strain, less exercise, trouble thinking clearly.

Simple Ways to Move

- Stand up at your desk
- Walk around the house during TV or other screen ad breaks
- Park farther away from the door in a parking lot

How to Get Your Blood Pumping:

- Walk, jog, hike, or dance
- Swim laps or tread water
- Bike or cycle
- Jump rope or do jumping jacks
- Team sports with running
- Try to get your heart rate up for around 150 minutes per week!



Get Strong!

- Stair climbing
- Pilates, core, or ab exercise
- Lift weights or do circuit training
- Bodyweight strength movements



Prevent Injury

- Warm up and stretch before exercise
- Cool down after exercise
- Follow up exercise with a good meal!



Chapter 4:

Food for The Body and Soul

Fruits and Veggies!

- The average person eats less than one cup of fruit and one and a half cups of veggies when we should eat two or more cups of fruit and three or more cups of veggies for good health.
- These foods give us special nutrients such as vitamins, minerals, and fiber.

Quick and Healthy Recipes

Simple Veggie Wrap

Ingredients:

- 1 whole wheat tortilla
- 2 tablespoons hummus
- A handful of sliced cucumber
- A handful of shredded carrots
- A handful of spinach

Instructions:

- 1 **Spread the hummus:** Spread the hummus on the tortilla.
- 2 **Add the veggies:** Place the cucumber, carrots, and spinach on top.

Wrap it up: Roll the tortilla and enjoy!



Easy Baked Salmon and Veggies

Ingredients:

- 2 salmon filets
- 1 tablespoon olive oil
- 1 lemon (for juice)
- Salt and pepper
- 1 cup broccoli florets
- 1 cup cherry tomatoes, halved
- 1 zucchini, sliced

Instructions:

- 1 **Preheat the oven:** Set the oven to 400°F (200°C).
- 2 **Prepare the salmon:** Place the salmon filets on a baking sheet, drizzle with olive oil and lemon juice, then sprinkle with salt and pepper.
- 3 **Add veggies:** Arrange the broccoli, cherry tomatoes, and zucchini around the salmon on the baking sheet. Drizzle the veggies with a little olive oil and sprinkle with salt and pepper.
- 4 **Bake:** Bake for 12-15 minutes, until the salmon is fully cooked and the veggies are tender.

Chapter 5:

Tune-Ups and Disease Prevention

Checkups and healthy habits help us prevent disease in the long run. Here's a "maintenance" checklist to follow for great strategies:

- Find a primary doctor you like and trust
- Attend an annual wellness visit with your primary doctor
- Write down and bring questions to each appointment
- Go over any test results with your doctor
- Create a plan to take all your medicine as told by your doctor
- Schedule all tests suggested by your primary doctor each year
- Set up your online health record portal to see your data
- Decide where you will go for different health needs before they come up

Bonus: Medical Terms

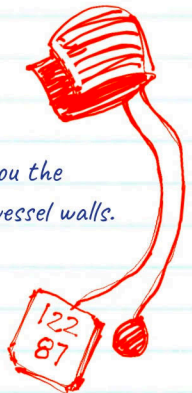
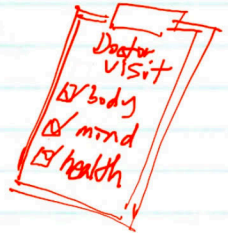
- Hypertension = high blood pressure
- Blood vessels = tubes that carry blood in your body
- Stroke = when blood can't reach part of the brain
- High Cholesterol = too much fat in your blood

Blood pressure explained:

There are two numbers in your blood pressure. They tell you the amount of force being pushed on the inside of your blood vessel walls.

Top number: pressure when heart pumps ↑

Bottom number: pressure when heart rests ↓



Chapter 6: I Have What?

What is Chronic Disease?

- A chronic disease is a long-lasting condition that cannot always be completely cured, but can be very well managed with treatments that include lifestyle.
- These diseases often last for months or years and may affect a person's daily life.
- Some chronic diseases are genetic, meaning that they might run in your family.

Common Chronic Diseases

- Diabetes: A condition where the body has trouble controlling blood sugar levels.
- Heart Disease: A range of heart conditions that affect the heart's ability to pump blood properly.
- Asthma: A condition that causes difficulty breathing due to inflamed airways.
- Arthritis: A disease that causes pain and swelling in the joints, making movement difficult.

Tips for Living With Chronic Disease

- Find a support group with others that share the same condition
- Don't be afraid to ask friends and family for help and support
- Choose what you can do each day and each week to help your condition. If you keep up with it, you will see changes.!!!



Chapter 7: Stages of Change

Change can be exciting and difficult! Here are some tips and tricks for changing small parts of your life.



Set SMART Goals!

- **S:** Specific - Your goal should be clear and specific, not vague.
- **M:** Measurable - You should be able to track your progress and know when you've achieved it.
- **A:** Achievable - The goal should be realistic and attainable.
- **R:** Relevant - The goal should matter to you and fit with your larger plans or needs.
- **T:** Time-bound - There should be a deadline or time frame for completing the goal.



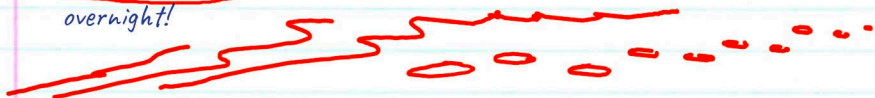
Here's an example of a SMART Goal:

Goal: "I want to improve my fitness by running 2 times a week for 20 minutes each time over the next 3 months."

- Specific: Run 2 times a week. ✓
- Measurable: 20 minutes each session. ✓
- Achievable: It's realistic based on time and fitness level. ✓
- Relevant: It supports overall fitness and health goals. ✓
- Time-bound: The goal is set for the next 3 months. ✓

What if I go back to old, unhealthy habits?

- Give yourself grace, sometimes we take two steps forward and one step back
- Determine what caused you to return to old habits. Stress?
Lack of time? Not the right activity for you?
- Take small steps to course correct, no need to change everything overnight!





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