

Looking forward to a healthy 2018!



Instead of regretting past mistakes, or bad choices; let go of your regrets! It's time to look to the future. This is one of my favourite questions and I am putting it to you:

Imagine your 70 year old self giving advice to you now; what advice would you give yourself? That older, wiser and more experienced version of you is your future self; and he/she knows what is best for you.

As you are beginning this New Year in January of 2018, think about some of the tips listed below and then, consider your answers to the questions at the end. This useful exercise is a reminder to healthcare providers, who take care of others and often live busy lives, to also take care of themselves.

Tips for a healthy 2018

- Focus on keeping your back strong and healthy. Don't move/lift clients or put yourself in a situation where you lift greater than 35 pounds. (NOISH, 2007) Instead, use mechanical lifting devices or other equipment.
- Go to the doctor for your annual check up. Make sure to undergo scheduled breast exams or testicular exams, regularly. Check irregular moles and other concerns you may have.
- "Move, move, move"...it's worth repeating three times. Exercise your cardiovascular system and muscular system. Your strong back will "thank" you.
- Eat healthy foods, like: fruits and vegetables, whole grains and lean protein. Decrease refined flour, sugar, salt, white rice (most foods that are white are not healthy choices). We all know what foods are unhealthy, and while we don't have to be "perfect" we must try to make better choices.
- There are also many other things we should be doing such as: drinking more water, limiting alcohol intake, getting adequate sleep, deep breathing, enjoying work and life, etc...
- The World Health Organization (WHO) has stated that the health epidemic of the 21st Century is stress; so, do your best to reduce and to manage the stress levels in your life.



So, back to the question, if you were 70 years old, what advice would you give yourself? Are there any changes you want to make this year? What sort of a life do you want to live?

Action Step:

Write down on one piece of paper (or a sticky note) some advice from your future self and put it somewhere you will see it everyday. It will reinforce the positive message that you have given yourself to consider.

- * Remember, making changes can be challenging at first; but, when it is something that you really want to do, it is possible to achieve with persistence.
- * Don't be too hard on yourself, you are an amazing individual already; and, just be aware that change can take time and effort to achieve.
- * Whether you think you can or you think you can't, you're right - Henry Ford



This edition of Health Corner was compiled by Helena Brennert, RN, HME's Clinical Nurse Educator.

Wishing you a healthy, happy, active New Year! - the HME Team

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