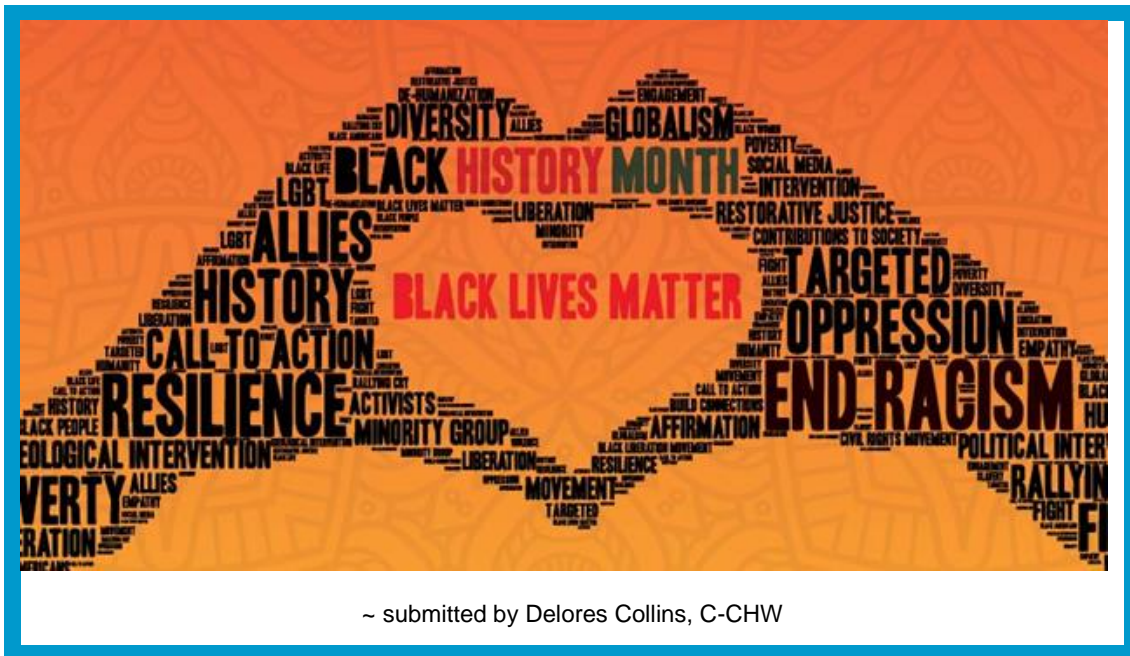


Cleveland's Own Community Health Workers

# Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?



~ submitted by Delores Collins, C-CHW

"A winner is a dreamer who never gives up."

~Nelson Mandela

South Africa's 1st Black President

## ENVIRONMENTAL SELF-CARE

Environmental Self-Care involves respecting nature and the environment, but it also includes our personal spaces. Having a place to go when when your energy levels are depleted or when you need to return to a state of calm can be extremely therapeutic. By designating a sacred space to reconnect and realign, you'll be more creative and productive.

There are no rules. Your space can look and feel any way you like. You might even choose to create a "portable" space that can be moved from place to place. For example, a basket or backpack can be used if you travel a lot or need to be more flexible with the space you use.

Consider these factors:

Seating - A couch, chair, meditation pillow, bean bag, or a few throw pillows can make even the smallest of spaces feel cozy.

Lighting - Lamps, candles, lanterns, and natural sunlight can enhance the mood of your space.

Colors - Select colors that make you feel the way you want to feel. For example, if your aim is to feel calm, choose softer colors like greens and blues. And if you want to feel creative and energized, choose brighter colors.

Aromatherapy - What scents do you envision for your space? Candles, essential oils, and incense can change the feel of your space as well as your mood.

"Never be limited by other people's limited imaginations."

~Dr. Mae Jemison

1st African American Female Astronaut

## EMOTIONAL SELF-CARE

Carving out a designated space just for you, acknowledges that you believe your well-being is important. Sacred spaces can take on many forms, from a corner of your couch to an entire room. But it isn't the size of your space that

matters. It's what you do while you're there that can change the way you view and experience your life.

Once you've designated your space, the next step is to determine how to make the best use of it. Here are some activities to consider for practicing self-care:

**Meditation** - Guided meditations can be helpful if you're new to meditation or have a tendency to get distracted easily. But sitting in silence is one of the easiest forms of meditation.

**Reading** - Choosing an inspiring daily reader to include in your morning self-care practice is a simple way to get your day started.

**Writing** - Journaling is a way to explore potential solutions to challenges, as well as release emotional energy.

**Movement** - Doing yoga, foam rolling, or stretching are simple activities that get your body movement with little to no equipment needed. Remember to stay within your limits and not over do it!

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

~Barack Obama

44th President of the United States, 1st African-American

## **PHYSICAL SELF-CARE**

You may be feeling a bit more stressed these days, but stress eating may not be the best remedy. Here are some strategies to help you avoid eating your feelings.

1 - Schedule mealtime. Working from home makes it more tempting to snack

throughout the day. Keep a regular schedule, taking a set lunch break as if you were going in to the office.

2 - Keep healthy foods handy. When the urge to snack in the face of stress overwhelms, do so with a healthy option. Keep a stash of baby carrots, celery sticks or bell peppers slices at the front of the fridge. Or place a bowl of crisp fruit on the counter for easy access. Having crunchy healthy snack options ready helps resist the temptation to go for the chips and cookies.

3 - Sip a cup of herbal tea. The variety doesn't matter, the key is that you distract yourself before opening that bag of chips. Sip slowly, which is a smart move because thirst is sometimes mistaken for hunger. Be mindful some teas contain caffeine.

4 - Use a bowl. If you do feel the urge to snack, portion out a certain amount into a bowl, instead of eating the whole bag of chips. Portioning helps to keep track of how much you eat and think twice before having that second bowl.

5 - Walk it off. If you eat when you are stressed and tense you establish a pattern in your brain. This can become a comfortable default to dealing with stress. Each time you feel stressed try taking a brisk walk, or try deep breathing exercises. This helps to establish new connections in the brain by changing networks, called neuroplasticity. Breaking habits is not easy, but it's doable with time and persistence.

"Don't sit down and wait for the opportunities to come. Get up and make them."

~Madam C.J. Walker

1st Self-Made Millionaire



February is:

African American History Month

<https://nmaahc.si.edu/>

American Heart Month

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

National Children's Dental Health Month

<https://www.ada.org/en/public-programs/national-childrens-dental-health-month>

Feb. 1st National Get Up Day

Feb. 4th World Cancer Day

Feb. 14th National Donor Day

Children's Mental Health Awareness Week (Feb. 3–9)

Heart Failure Awareness Week (Feb. 9–15)

Condom Week (Feb. 14–21)

## Vegan Mac and Cheese



Submitted by Vanessa Hawkins, C-CHW

### **Ingredients:**

1 18oz Pack Elbow Macaroni

### **For the Cheese Sauce:**

1/2 cup Vegan Butter

6 Tbsp All Purpose Flour

3 14oz Cans Coconut Milk

1 cup Vegetable Stock

3 Tbsp Dijon Mustard

1 cup Nutritional Yeast

3 tsp Onion Powder

3 tsp Garlic Powder

1 1/2 tsp Smoked Paprika

1 1/2 tsp Salt

1 1/2 tsp Ground Black Pepper

### **For the Breadcrumb Topping:**

3 Thick Slices Bread (Toasted)

2 Tbsp Vegan Butter (Melted)

\*If you're using store-bought breadcrumbs then you will need around 1 and 1/2 cups to 2 cups breadcrumbs for the topping.

### Directions:

1. Add the vegan butter to a pot and let it melt. When it's melted add in the all purpose flour and stir it vigorously with the melted butter.
2. Then pour in the cans of coconut milk and the vegetable stock. Use a hand whisk to whisk out the lumps. Keep whisking until it starts to boil and then keep whisking for a few minutes after it has boiled until it thickens. It will continue to thicken as it cools, so it doesn't have to be all the way there when you remove it from the heat, as long as it has thickened considerably from when you started.
3. Remove it from the heat and add in the Dijon mustard, nutritional yeast, onion powder, garlic powder, smoked paprika, salt and pepper and whisk in. Now your sauce is ready, you can prepare your macaroni.
4. Cook your macaroni according to the package directions and then rinse and drain.
5. Add the cooked macaroni into the pot of sauce and toss it up with the sauce.
6. Then transfer the macaroni and sauce to a 9×13 baking dish and smooth down.
7. Preheat the oven to 400°F.
8. Prepare the crumb topping by breaking up the 3 thick slices of toasted white bread and placing into the blender. Pulse blend until you have crumbs. Then transfer to a mixing bowl, and add in the melted vegan butter and toss up the crumbs with the melted butter.
9. Place the breadcrumbs evenly over the top of the macaroni cheese.
10. Bake for 20 minutes until the topping is golden brown and crispy.

### NOTES

\*If you want to replace the coconut milk with a different non-dairy milk such as soy milk then you would use 5 cups of soy milk to replace the 3 cans of coconut milk.

\*The coconut milk must be canned full fat unsweetened coconut milk.

