



# Newsletter

of Cache Valley,  
Preston & BoxElder

January Support Meeting:

## Nutrition and Taking Care of Yourself After a Loss

Thursday, January 11, 2018

7:00 p.m. Logan Regional Hospital Classroom #7

Dorothy Watts is a native of Cache Valley who has her own story of loss. She will talk to us about taking care of ourselves physically and nutritionally after a loss, something she wishes someone had shared with her after she lost her own baby. She has been working at Logan Regional Hospital for the past thirty years, first as an aerobics instructor and then as a teacher in their Education Department. Please join us for an evening of learning good exercise and eating habits that can help us, not just after a loss, but throughout our lifetime.

### Upcoming Events:

Feb. 8	support meeting
Mar. 8	support meeting
Apr. 12	support meeting



### Grief & Nutrition Tips

1. It is common to just eat whatever is nearby, easy and comforting. What you eat has a huge impact on how you feel emotionally. A healthy body creates a healthy mind. In our bodies, there is literally a direct link between our digestive system and our brain. When we are not feeling well, we often crave foods that comforted us as children – like mac a’ cheese, pizza and ice cream. Unfortunately, those are usually the foods that are very heavy on our bodies and difficult to digest. That can make us sluggish and depressed, which starts the cycle all over again. Additionally, many comfort foods are loaded with sugar. When our blood sugar crashes, we again become lethargic and feel down.
2. When you are grieving the effort to prepare healthy meals can feel overwhelming. Perhaps try a meal delivery service. Many grocery stores in the valley deliver right to your door.
3. Many like to begin the New Year and change eating habit, start with the basics– drink plenty of water, eat as many fruits and veggies as possible, get 7-8 hours sleep, and move your body everyday, even if it is a quick walk. Consider doing a cleanse. There are many ideas on the internet.
4. It is common to over-eat or under eat. Avoid this by planning ahead or preparing meals all at once. Make of plan before going to the grocery store, plan three balanced meals a day, and two healthy snacks. Most of the time, people forget to eat then binge. If you make a plan and have good food to eat you will eat and not over-eat.
5. Eat brain food. Things like healthy fats and Vitamin b-12. Will help your body process all the emotions that you are feeling. Healthy fats include, avocados, seeds and nuts. There are tons of healthy fats, look it up on the internet!
6. By taking care of you life will get easier and you will soon be able to cope with all that is now yours!

# 7

## WAYS YOUR PHYSICAL HEALTH IS CONNECTED TO YOUR MENTAL HEALTH

- 1 NUTRITION**  
Many factors contribute to inadequate diets including food insecurity, processed food consumption & micronutrient deficiency and as a result can increase the prevalence of anxiety and depression.
- 2 HYDRATION**  
Lack of adequate water intake or dehydration is linked to cognitive impairment, mood changes, and even delirium.
- 3 EXERCISE**  
Physical activity is linked to reducing symptoms of depression and stress as well as increasing self-esteem and resilience, concentration and memory.
- 4 SLEEP**  
Sleep problems have been linked to psychiatric disorders including depression, bipolar disorder, anxiety disorders & ADHD; adequate sleep can help with emotional regulation & mental resilience.
- 5 SUBSTANCE USE**  
Alcohol or drugs may be used to self-medicate to help cope with depression, anxiety or other MH concerns; can increase underlying risk for mental disorders.
- 6 ILLNESS**  
Anxiety and stress brought on by the experience of an illness can also lead to mental health disorders or exacerbate underlying symptoms related to anxiety, depression or other mental health concerns.
- 7 SOCIAL WELL-BEING**  
Poor social connections or overall social well-being is associated with poor emotional health and may even exacerbate mental health conditions such as depression.

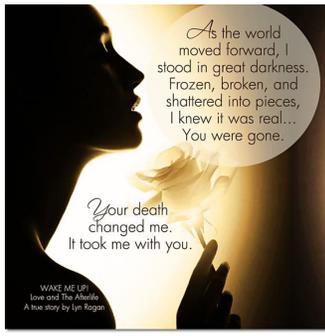
The World Health Organization (WHO) states that "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

Refs: [takingcharge.csh.umn.edu](http://takingcharge.csh.umn.edu), [mindingourbodies.ca](http://mindingourbodies.ca), [dietitians.ca](http://dietitians.ca), [today.uconn.edu](http://today.uconn.edu), [health.harvard.edu](http://health.harvard.edu), [nimh.nih.gov](http://nimh.nih.gov), [who.int](http://who.int)

[www.heatherleguilloux.ca](http://www.heatherleguilloux.ca)

If you have a poem or story you would like to share about your precious angel, please email it to [kristi@pizzaplusutah.com](mailto:kristi@pizzaplusutah.com)

For more information, contact:  
 Logan: Patty Loosle: (435) 753-0687  
 Box Elder: Kim Johnson: (435) 723-6908  
 Preston: Amy Jensen: (208) 705-6192  
 Email: [cvshareparents@gmail.com](mailto:cvshareparents@gmail.com)  
 Website: [www.shareparents.com](http://www.shareparents.com)  
*Please contact us if you wish to have your name removed from our mailing list*



A Special Thanks to:  
Downs Printing  
Hyrum, Utah



Find us on Facebook

Share Parents of Cache/ Box Elder

Share Parents of Cache Valley is a nonprofit organization. No dues or charges are required to attend SPCV meetings, use SPCV literary resources, or to receive SPCV newsletters. Donations provide funds for running our local Share Parents organization.

We appreciate your financial support.