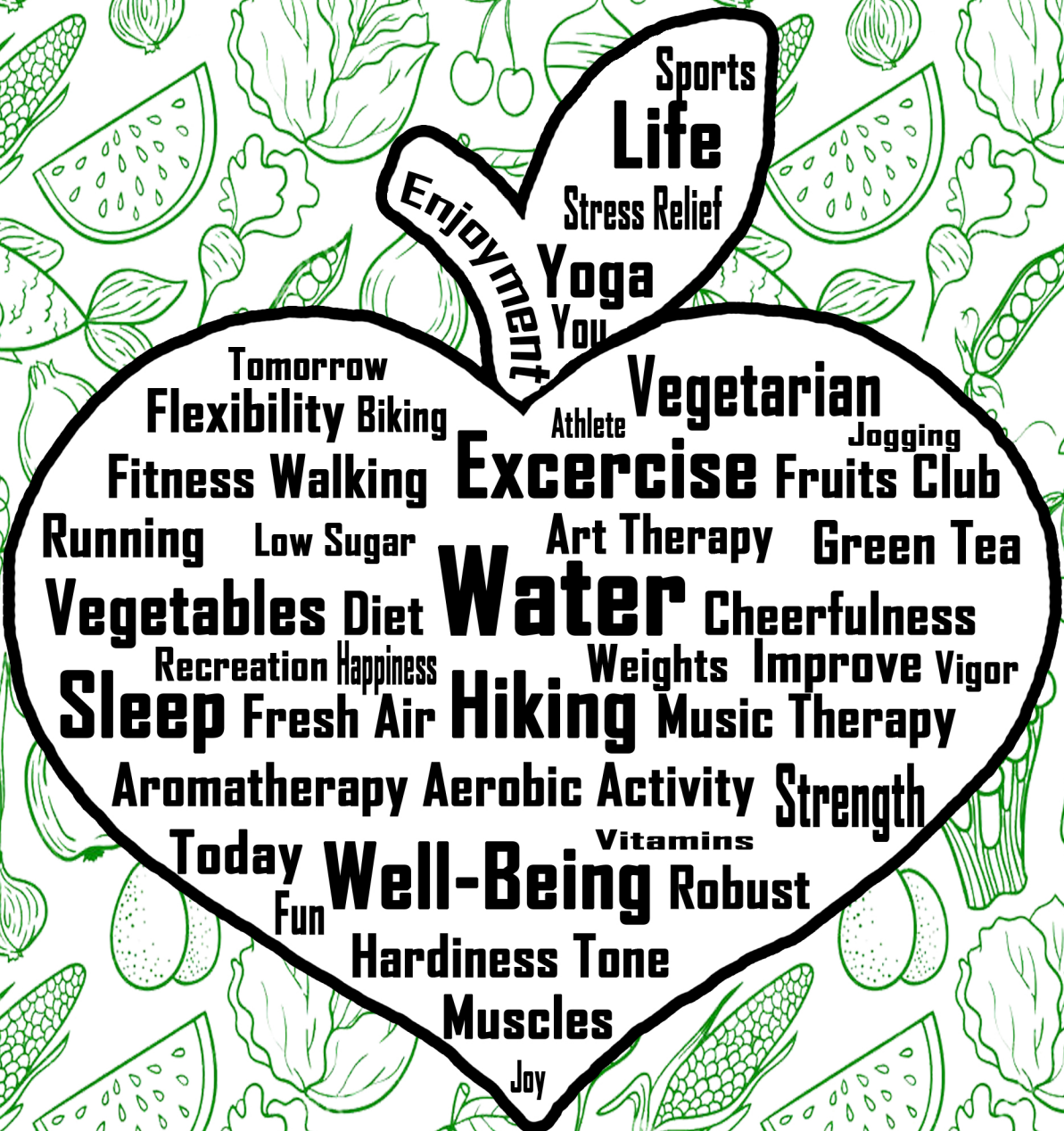


Healthy Lifestyles Project

improving health, improving lives

Your Guide to Living Healthy



Life
Sports
Stress Relief
Yoga
You
Enjoyment

Tomorrow
Flexibility Biking
Fitness Walking
Running Low Sugar
Vegetables Diet
Recreation Happiness
Sleep Fresh Air
Aromatherapy Aerobic Activity
Today Fun
Well-Being Robust
Hardiness Tone
Muscles
Joy

Exercise
Athlete
Jogging
Fruits Club
Art Therapy
Green Tea
Cheerfulness
Weights Improve Vigor
Music Therapy
Strength
Vitamins

Vegetarian


The Arc
of New Jersey




Horizon  
Foundation for New Jersey

What is First Aid?



First aid is help given to a sick or injured person until full medical treatment is available.

First aid is about helping as soon as an incident happens, whether it's calling 911, getting a Band-Aid, or remaining calm, ANYONE can do first aid!

Make Your Own First Aid Kit



First Aid kits can be specialized for specific situations, but here is a general list of helpful items to have.

Alcohol Pads · Rubber Gloves · Gauze · Tweezers · Crepe Bandages
Safety Pins · Eye Drops · Itch Relief Wipes · Band-aids · Scissors
Antiseptic Cream · Sticky Tape · Antihistamine · Thermometer
Ibuprofen & Aspirin · Ice Pack · List of Emergency Numbers
Flashlight

What to Do in an Emergency

Below is a brief guide on handling different types of emergency situations.

BRUISES OR SCRAPES

- Call for help · Clean area · Bandage area
- Make sure nothing else is hurt

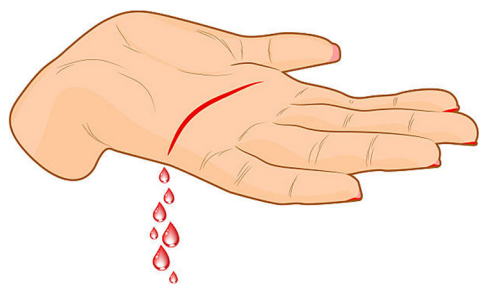
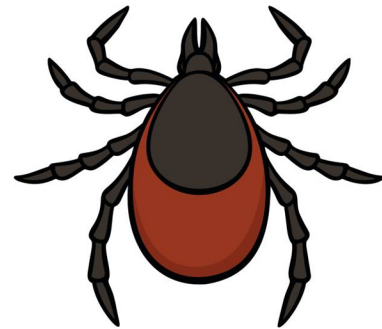


BEE STING

- Get help · Are you allergic? If yes, get epipen
- Remove stinger · Clean area · Bandage area

TICK BITE

- Get help · Use tweezers to remove tick
- Make sure to remove the head · Clean the area
- Save the tick to show your doctor



DEEP CUT OR LACERATION

- Stay calm · Call 911 · Get help
- Do not move the person · Clean and close wound
- Apply pressure to stop bleeding

DIZZINESS OR FAINTING

- Call 911 · Get help · Keep the person alert
- Ask them questions · Make sure they are comfortable



CHEST PAIN OR HEART ATTACK

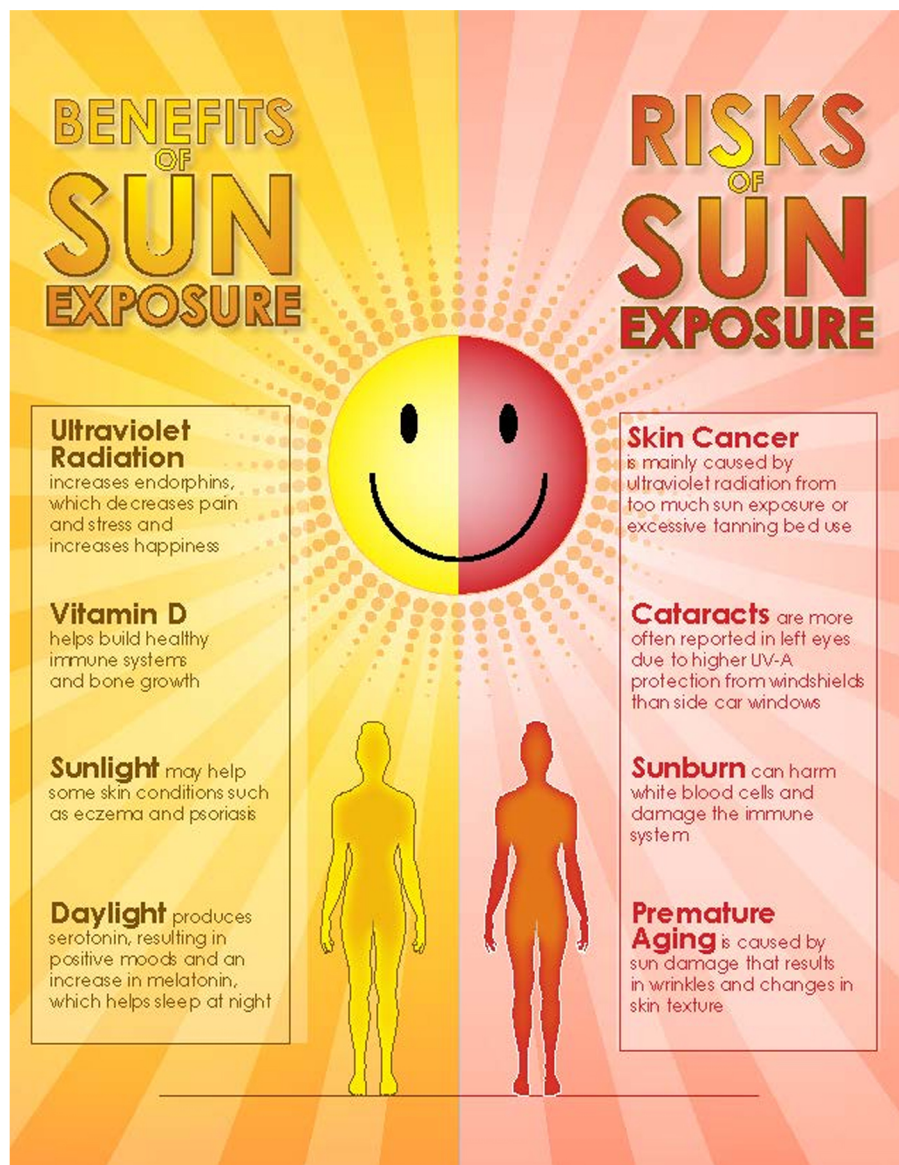
- Stay calm · Call 911 · Get help
- Make sure they are breathing

Benefits to Being Outside

There are many benefits to spending time outside. The sun provides Vitamin D and the fresh air can help relieve stress and boost your mood. Physical activities outside such as walking, running, swimming or playing sports provide good exercise for a healthy body and mind, as well as helping to aid in getting good sleep.

Outdoor Safety

Spending time outdoors is part of having a healthy lifestyle. But there are many safety guidelines that you should follow depending on your activity of choice.





HIKING

- PROPER CLOTHING FOR WEATHER
- SUPPORTIVE SHOES, WITH PROPER TREAD
- DRINK WATER
- AVOID WILD ANIMALS
- BRING BUG PROTECTION
- WEAR SUNBLOCK
- DON'T LITTER
- USE YOUR MAP OR TRAIL MARKERS
- DON'T HIKE AT NIGHT
- MAKE SURE SOMEONE KNOWS WHERE YOU ARE GOING
- TICK CHECK



CAMPING

- PROPER CLOTHING FOR WEATHER
- COMFORTABLE BEDDING
- PROPER PROTECTION FROM THE WEATHER
- PREPARE SAFE FOOD AND WATER
- AVOID WILD ANIMALS
- BRING BUG PROTECTION
- CHECK FOR TICKS
- WEAR SUNBLOCK
- CLEAN UP AFTER YOUR MESS
- DON'T LITTER



BEACH DAY

- WEAR SUNBLOCK
- DRINK WATER
- BRING FOOD OR SNACKS
- WATCH OUT FOR RIP CURRENTS
- DON'T BRING A LOT WITH YOU
- UTILIZE LIFEGUARDS
- DON'T LITTER



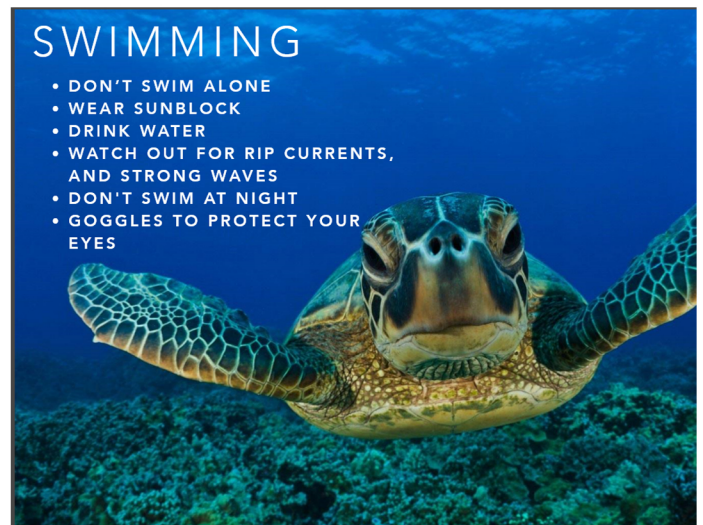
BIKE RIDING

- WEAR SUNBLOCK
- DRINK WATER
- WEAR A HELMET, KNEE PADS, ELBOW PADS
- USE PROPER TURNING SIGNALS
- WATCH OUT FOR CARS AND PEDESTRIANS
- RIDE WITH TRAFFIC
- USE LIGHTS AND REFLECTORS FOR NIGHT TIME RIDING



RUNNING, JOGGING, WALKING

- PROPER CLOTHING FOR WEATHER
- SUPPORTIVE SHOES
- SUNGLASSES TO PROTECT YOUR EYES
- BRING BUG PROTECTION
- WEAR SUNBLOCK
- DRINK WATER
- WEAR BRIGHT CLOTHES
- NOT AT NIGHT
- STAY ON SIDEWALK
- STRETCH FIRST
- USE REFLECTIVE CLOTHING OR BRING A LIGHT



SWIMMING

- DON'T SWIM ALONE
- WEAR SUNBLOCK
- DRINK WATER
- WATCH OUT FOR RIP CURRENTS, AND STRONG WAVES
- DON'T SWIM AT NIGHT
- GOGGLES TO PROTECT YOUR EYES

Tips for Healthy Eating

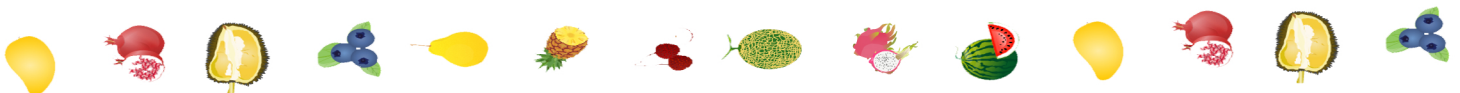
Dining Out

- Check out the menu before hand to see if there are healthy options.
- Make a reservation so you aren't waiting for a table. Waiting around and getting hungrier will make you want any food in front of you instead of making healthy choices.
- Sometimes when you feel hungry you might actually be thirsty. Drink some water to see if that helps you feel better.
- Start with a salad. This will help you fill up on healthier foods first.
- Share meals with someone else or save half of your meal for later. Portion sizes at restaurants are often a lot bigger than what is recommended.
- Ask for your sauces on the side. Using your sauce as a dip will help you eat less instead of if it is poured on. It will lower the calories on your meals.



At Home

- Pay with cash when you go grocery shopping. This will help you stick to your list and not buy things you might not need or things that might not be good for you.
- Don't go shopping when you are hungry. It will make it harder to choose wisely.
- Check nutritional information to make sure you making smart choices.
- Eat more fresh foods, and less canned and boxed foods. Fresh foods are always better for your body and have less (or no) additives.



Dessert

- If you are counting calories, try to stay away from complicated alcoholic drinks because they contain a lot of sugar and have high calorie counts.
- Be careful of what you add to your desserts and drinks. Toppings can add double the calories or more.
- Make your own desserts. This way you can control how much sugar goes into your food. Using fresh ingredients is a lot healthier than canned or prepackaged foods.

DINING OUT

EAT THIS

NOT THIS

Turkey Burger
Wrap
Whole Wheat Bread
Whole Wheat Pasta
Brown Rice
Chicken or Fish
Hamburger
Small or Medium
Mustard
Baked or Grilled
Salad



Granola
Whole Wheat Bread
Quinoa
Brown Sugar
Almond Flour
Oil and Vinegar
Honey
Fresh Tomatoes
Brothy Soups
Hummus or Guacamole
Greek Yogurt



Frozen Yogurt
Popcorn
Nuts or Seeds
Fresh or Frozen Berries
Rice Cakes
Dark Chocolate
Fresh Fruit
Veggies
Seltzer or Water
Black Coffee

Beef Burger
Hamburger Bun
White Bread
Pasta
White Rice
Beef
Cheeseburger
Large or Supersized
Mayonnaise
Fried
Appetizer



Cereal
White Bread
Pasta
White Sugar
White Flour
Salad Dressing
White Sugar
Tomato Sauce
Creamy Soups
Dips
Kids Yogurt



Ice Cream
Potato Chips
Pretzels
Popsicles
Donuts
Milk Chocolate
Candy
Chips
Soda
Frappuccino

AT HOME

DESSERTS

Easy Snack Recipes!

TRAIL MIX

- * Start with nuts and seeds that you like
- * Add raisins or dried cranberries
- * Add pieces of dark chocolate
- * Store in an airtight container

ANTS ON A LOG

- * Clean celery
- * Cut down to size
- * Put peanut butter or cream cheese on the celery
- * Top with raisins or cranberries
- * Store in a ziplock bag

PARFAIT

- * Start with yogurt
- * Add nuts, seeds, or granola
- * Add berries
- * Store in an airtight container and keep cool

Veggies and Dip

- * Slice some clean veggies
- * Dip in hummus, guacamole or low fat dressings
- * Store in an airtight container and keep cool

Easy Snack Recipes!

HARD BOILED EGGS

- *Boil a pot of water
- *Gently place eggs in the water and boil for 10 minutes
- *Rinse under cold water
- *Store in a ziplock bag and keep cool

AVACADO TOAST

- *Toast whole wheat bread
- *Peel an avacado and spread it on your toast
- *Sprinkle with a little salt and pepper
- *Store in an airtight container

FRUIT AND PEANUT BUTTER

- *Slice some fruit
- *Put peanut butter on top
- *Top with some cranberries or raisins
- *Store in an airtight container

FRUIT SALAD

- *Start with washed berries or fruits
- *Top with a little whipped cream
- *Store in an airtight container

What is Aromatherapy?

Aromatherapy is the use of Essential Oils or Natural Aromatic Botanicals for the benefits of psychological and physical well-being.

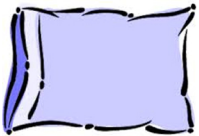
Benefits

- Promotes Happy Feelings
- Provides Insomnia Relief
- Relieves Stress
- Relieves Headaches
- Balances Hormones
- Improves Skin Condition
- Boosts Immune System
- Increases Circulation
- Raises Energy Levels

Example: Lavender

Lavender can help you achieve sleep by promoting relaxation. Lavender also has powerful antioxidants, alleviates headaches, and helps with skin conditions.

- Spray lavender on your pillow or sheets to help you relax, or apply to a compress on your forehead to help with headaches.



- Use it in your bathwater or on your hair in the shower.



- Use it in a diffuser or apply it directly to the skin.



Scents & Effects

Use this chart to decide on a scent. There are many different options depending on your preference, moods, and the desired effect. Try different options and combinations to find out what is right for you!



eucalyptus

- Heals skin infections • Anti-septic • Disinfectant



melati

- Promotes healthy skin • Sensual • Anti-depressant • Diminish fear • Builds self-confidence and optimism



champa

- Fragrance promotes feeling of euphoria



cinnamon

- Antiseptic • Promotes feeling of comfort • Relieves stress & exhaustion • Relieves colds through inhalation



tea tree

- Heals skin infections • Anti-septic • Disinfectant • Purifying • Cleansing



lanjung

- Calming • Moisturizing • Relieves stress



jasmine

- Calming • Relaxing • Sensual • Promotes sound sleep • Anti-depressant • Good for oily skin



sandalwood

- Antiseptic • Boosts Confidence • Relaxing • Sensual • Stimulant



patchouli

- Treats skin problems • Cell-regenerating properties • Anti-septic • Anti-fungal



rose

- Romantic • Gently uplifting • Cleanses • Soothing



ylang ylang

- Sensual • Euphoric • Relaxant • Anti-depressant • Good for oily skin



cloves

- Bronchitis • Colds • Indigestion • Relieves muscle and nerve tension • Promotes feeling of comfort



peppermint

- Revitalising • Refreshing • Cooling • Anti-rheumatic



citronella

- Purifying • Revitalising • Reduces fatigue • Anti-fungal • Promotes good sleep



lavender

- Reduces scarring • Promotes good sleep • Promotes harmony • Reduces stress • Anti-septic



star anise

- Bronchitis • Colds • Coughs • Flatulence • Flu • Muscle aches • Rheumatism



nutmeg

- Rejuvenates • Invigorates • Promotes good blood circulation



cucumber

- Moisturising • Cooling • Cleansing



orange

- Reduces anxiety • Fragrance lowers blood pressure • Revitalizing



cocoa

- Anti-depressant • Relaxant • Calming

What is Healthy Communication?

Healthy communication is all about listening and understanding, so that others will do the same for you. Remember to be patient and speak with respect to other people. Try to say only the things you mean and not speak out of anger. When communicating, it helps to speak face to face. Don't be afraid to explain how you feel.

How Can I Be a Better Listener?

Clear your mind -Prepare to focus on what the other person is saying.

Don't interrupt -Let the other person get out their full thoughts or feelings before you speak.

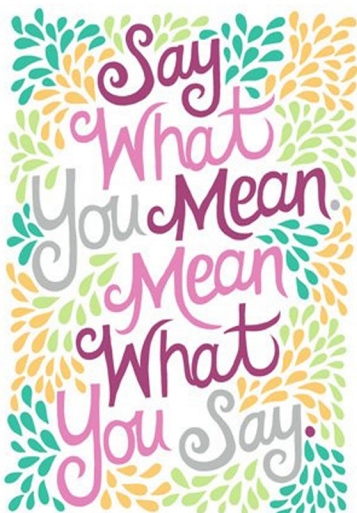
Use respectful body language -Make good eye contact, lean forward, keep your body relaxed, and avoid distracting behaviors.

Respond Appropriately -Try to be patient and calm when you respond.

Use acknowledging responses -Try not to say 'uhhuh', 'kay' or 'okay'. Try to use encouraging responses that show you are paying attention.

Ask questions -This way you will get the whole story and it will help you better understand what they are saying.

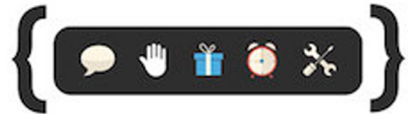
Paraphrase back -Repeating what they said will help you remember what they say and it will solidify to them that you understood.






Out of Anger	Out of Honesty
"I hate you."	"I'm very upset with you right now."
"You don't care about me."	"I was hurt by what you did."
"You never help me."	"I needed your help and you weren't there for me at that moment."
"Go Away."	"I need some space right now, but I do want to work this out later."



HOW TO SPEAK LOVE LANGUAGE



WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hugs, holding hands, and pats on the back can all be ways to show excitement, concern, care, and love	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your loved ones a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations.	Create special moments together, take walks and do small things with people you care about	Distractions when spending time with others. Long stints alone.
 ACTS OF SERVICE	Use action phrases like "I'll help..." Let people know you are there for them.	"Let me do that for you." Anything you do to ease the burden of responsibilities weighing on a person.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN

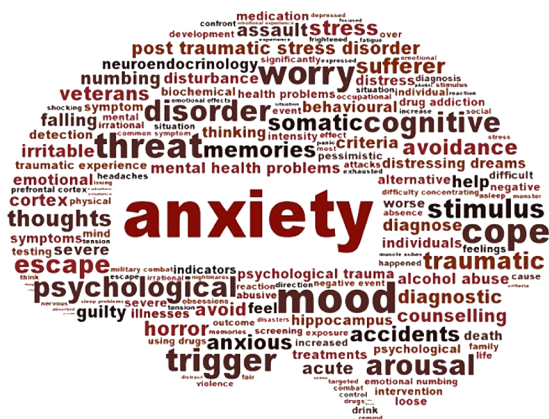
What is Stress?

A state of mental or emotional tension resulting from adverse or very demanding circumstances. Stress can cause mental strain and cause you to worry or become tense and anxious.



What is Anxiety?

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. Severe anxiety may be classified as a nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks.



Causes of Stress and Anxiety

Life Changes · Not Getting Enough Sleep · Unhealthy Diet · Hormones
Financial Issues · Illness or Injury · Traumatic Event · Fear
Daily Events (Traffic, Arguments, Weather, Traveling, Work)

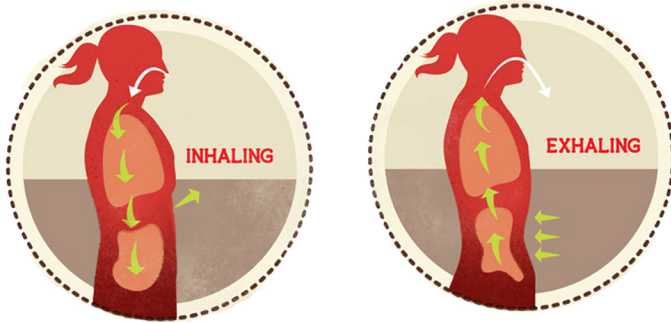
How Does it Affect Your Body?

Headache · Fatigue · Difficulty Sleeping · Difficulty Concentrating
Upset Stomach · Irritability · Depression · High Blood Pressure
Heart Issues · Weight Gain or Loss · Skin Issues

Stress Management

EXERCISE

If your body feels better, so will your mind. Exercise releases chemicals in your brain that act as a natural pain killer, help you get better sleep, and reduce stress.

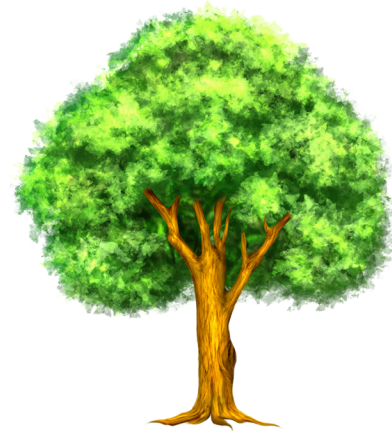


TRY BREATHING TECHNIQUES

Deep breathing techniques can help refocus your anxiety and help bring your stress down. Deep breathing is one of the best ways to calm down because it sends a message to your brain to slow down and relax.

SURROUND YOURSELF IN NATURE

Being surrounded by the beauty of nature can boost your mood. Even just 5 minutes can help reduce anger and stress. Being in a calm environment can help lower blood pressure, heart rate, and muscle tension.



IMMERSE YOURSELF IN A HOBBY

Doing something you love can help bring a sense of joy and freedom. Hobbies can provide relief from overwhelming feelings by taking you out of the situation and can be an outlet for built up stress.

Stress Management

LIVE HEALTHILY

Healthy foods contain valuable nutrients and vitamins that help regulate your body and brain. Negative feelings and actions can be heightened if your body is working overtime to try to fill in the gaps of missing sleep and vitamins.



STAY POSITIVE

Think positive thoughts about yourself and promote a happy self-image. This will help you have more self-confidence and fight off damaging feelings. In negative conditions try to see the best in the situation. This will help you feel better about what is happening and about things you cannot control.

ACCEPT HELP AND SUPPORT

Spending time with people who care about you elevates the “happy chemicals” (oxytocin) in your brain and lowers the “stress hormone” (cortisol). When you surround yourself with people you trust you don’t feel alone and this can help get you through really tough times.



TAKE A BREAK OR MEDITATE

Take a minute to reassess the situation and give yourself some time to calm down. Step out of the situation. Use this time to try breathing techniques, listen to music, or go for a walk. Meditation can also be a good way to clear your mind of clutter, chaos, or any negativity.

Why Is Sleep Important?

Sleeping does many things for the body. It stabilizes your blood sugar levels, builds and recovers your muscles, and reduces your stress levels. It can also help with weight loss, make you feel happier, and even improve your memory.

Sleep Facts

- Sleep is often forgotten as a vitally important part of a healthy lifestyle. We are meant to spend 1/3 of our life sleeping!
- Night owl or morning person? It's dependent on chronotype, age, and/or gender.
- Sleep is not a total shut down of your brain or body. It's all about regeneration, resilience, and restoration.
- If you keep missing sleep it is called a sleep debt. Generating a bigger sleep debt can result in serious health consequences and can impair your judgment, mood, and even your safety!



How Can You Improve Sleep?

There are several ways to improve your sleep habits so that your sleep debt does not impair your day or get even worse. Using these tips can greatly improve your lifestyle if you make them part of your new nightly habits.

MAINTAIN A DAILY ROUTINE

If your body is used to going to bed at the same time every day it will start getting ready before you do. Your body will start slowing down and relaxing in anticipation of the scheduled sleep time. It is important to maintain this schedule consistently to get your body to regulate its internal clock.



REDUCE YOUR CAFFEINE INTAKE

Caffeine gives you energy. Drinking or eating close to your bedtime can cause you to have too much energy to fall asleep. Remember that coffee isn't the only source of caffeine! Tea, Soda, Chocolate, Protein Bars, Ice Cream, Yogurt, Candy, and even Decaf Coffee all have caffeine in them. In fact, you should limit all beverage consumption before bed to help limit waking up in the middle of the night!

EXERCISE

Exercising during the day can tire out your muscles and make it easier to fall asleep at the end of the day. If you exercise in the afternoon or at night it can trigger an increase in body temperature, and the drop in temperature after you exercise can actually promote falling asleep.



GET COMFORTABLE

Turn the lights down or off, make sure you have a bed and pillow that are supportive, turn off all electronics, and give yourself room to rest and relax. Use a position that your body can stay in all night, this will help prevent tossing and turning, and waking up in the middle of the night.

More Ways To Improve Sleep

TURN OFF YOUR TV AND PHONE

The soft blue light from your phone, TV, or tablet can stop your brain from winding down. The blue light can actually trick our brains into thinking it's daytime. Turn your phone on sleep mode to make the colors dimmer. Try to read a book or listen to music/podcasts instead. Remember to turn off the TV before bed to give yourself time to wind down.



DON'T NAP

Napping can interfere with your body's normal schedule and cause your sleeping habits to get out of order. It will also prevent your body from being tired during normal night time hours. If you have to nap, try not to sleep for more than 30 minutes. Any more and your body will wake up feeling groggy.

DON'T OVER OR UNDER EAT

Being too hungry or too full can affect how your body feels. It can make you uncomfortable and unable to relax. Make sure you eat a healthy meal for dinner and give your body enough time to digest.



TRY MELATONIN

If you have tried these tips and you are still having trouble sleeping, try taking Melatonin. It is a hormone our body makes to help us fall asleep. Melatonin won't help against insomnia or stress and anxiety disorders that keep you up at night.

Healthy Lifestyles Project

improving health, improving lives



New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities

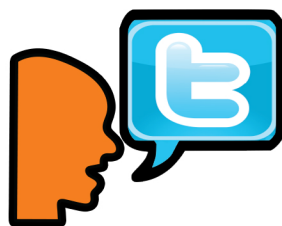
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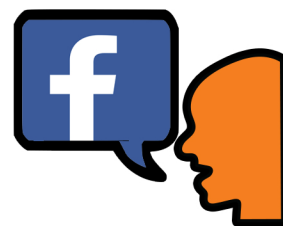
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