



July-August 2019

Berkshire Health Group

Wellness Connection

Unplugging from Cell Phones, Internet can be Vital to Your Health, *By Maureen L. Daniels, MEd*

For all of the many benefits internet and cell technology offer us—information access, social connectivity and convenience—many are discovering a real downside to these modern-day devices. In what has become an often addictive reliance on these devices, we seem to be so perpetually “plugged in” that we’re missing out on some of the most meaningful moments of our lives and compromising our health.

Consider These Eye-Opening Statistics.

- 66 percent of cell phone owners suffer from a newly-coined condition called ‘nomophobia’, the fear of being without a cell phone.
- 84 percent of cell phone users say they couldn’t go a single day without their device.
- Mobile device owners check their devices every 6.5 minutes or 150 times during waking hours.
- 67 percent admit they check their



phones for messages, alerts, or calls—even when they don’t notice their phone ringing or vibrating.

- 88 percent of U.S. consumers use mobile devices as a second screen even while watching television.
- 60 percent of people have slept holding their phones.

The Very Technology Designed to Make Life Better is Having the Opposite Effect on our Health.

Research is beginning to show the potentially negative impact of cell phone use on our health and wellbeing. Some studies show that cell phone use may get in the way of high quality sleep and can increase motor vehicle accidents. Being constantly

“on call” can have other negative effects as well, such as increasing our stress levels and not giving our brains a break. Before we pick up our phones again, let’s think twice, because there are many compelling reasons to leave the phone behind:

Unplugging Combats FOMO – the Fear of Missing Out.

This has been recognized as an emerging psychological stressor. With the constant stream of notifications, our fear of being left out grows. Turning it off and finding contentment in our present space is a welcome skill.

Unplugging Helps Ease Unhealthy Feelings of Jealousy, Envy, and Loneliness.

One in three people feels worse after visiting social media like Facebook. That comes from socially comparing ourselves to peers, feeling deflated if we have fewer “likes” and comments.

INSIDE...

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2. More Reasons to Unplug
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More Reasons To Unplug

Unplugging Provides Solitude Essential to our Well-Being.

Solitude is harder to find in an always-connected world. It grounds us to the real world. It provides the stillness and quiet needed to replenish ourselves. Go silent now and then for your health.

Unplugging Keeps us in the Moment.

Life is what's happening while we're looking at our smartphones. When we stare at our screens, we miss out on our real lives and the people we care about. Try leaving your phone alone. Drop those annoying notifications. Set a rule for phones off at a certain hour. Remove your phone from your bedroom.

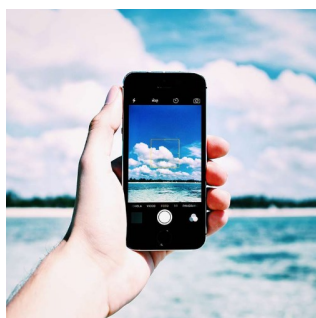
Unplugging Helps us Consume Less and Create More. Most of the time we spend in front of technology has us consuming – browsing the Internet, digesting social media and playing video games. When we disconnect and create more real moments in our lives, we're better for it.

Unplugging Lets us Break the Cycle of Addiction.

Only by actively putting these devices aside will we understand the benefits of doing so. Commit yourself to a "technology fast." Pick one tech habit to reduce. Set a time frame (hours/days/weeks). Replace it with real-life activities. Track how you feel.

We're an Increasingly Impatient Society.

We crave and expect the keystroke immediacy the internet and cell phones deliver. But we're paying a high price with our body, mind and spirit. Consciously unplugging from the grid now and then will reconnect us to ourselves, the people we love and the real world around us.



Congratulations to the 22 BHG members who stepped up this spring to participate in the Healthy Steps Challenge which ran from April 22nd through June 17th.

Participants were challenged to follow 5 healthy steps: 1) consuming 64 oz. of water per day; 2) consuming 6 fruits and vegetables per day; 3) reduction to 200 kcals/day or elimination of sweets and desserts; 4) not snacking after dinner; 5) reduction in alcohol intake to 1 drink per day or none. Participants were also challenged to log minutes of physical activity daily and received weekly tips and recipes for support.

and the  WINNERS are...

Results are in! Over 70 pounds and 65 inches lost!

BHG member's who stepped up to this challenge have made a variety of positive changes to their lifestyle with great results to show for it. Overall, participants lost a total of 70 pounds and 65 inches. That's on average, 3 lbs. and 3 inches per participant over the 8-week program. The program really got people moving with over 46,088 minutes of exercise reported, with the average participant racking up 41 minutes of exercise per day.

Prizes awarded to 5 Participants

Most Weight Lost - \$100 Visa Gift Card

Sarah Sutton

Most Inches Lost - \$100 Visa Gift Card

Audrey Console

Highest Percentage of Weight Lost - \$100 Visa Gift Card

Kelly Wilkinson

Most Healthy Steps Points-New Wellness Gym Bag and Water Bottle

Anna Osborn

Most Exercises Minutes-\$100 Hallmark Gift Card

Elizabeth O'Donnell

TOOLS THAT LIMIT PHONE USAGE

[ClearLock](#): Blocks apps that distract you for specified time. Important to note that once done, the lock cannot be removed.

[Offtime](#): Tracks time spent on certain app, also lets you define the "do not disturb" mode with some exceptions (e.g. certain family members).

[QualityTime](#): Android only. Allows you to put limit to how much time you want to spend on a certain app and prompts a message once you reach this limit.

TOOLS THAT LIMIT COMPUTER & PHONE USAGE

[RescueTime](#): Tracks how much time you spend on a certain app or website, blocks them and provides insightful reports to analyze how and when you spend time online.

[Kill News Feed](#): Chrome browser extension that lets you use all Facebook features, but hides the most distracting part - news feed.

[Freedom](#): Blocks apps and websites across all your devices, if preferred. Once turned off, can't be reset. From 2.49\$ a month.

Social Media Detox Challenge

Draw an X on all the days you have completed the challenge. Complete 75% of the challenge and win a \$25 Gift Card. Submit by August 26th.

Submit to Beth Piantoni, epiantoni@bhs1.org, or Fax 413-395-7653

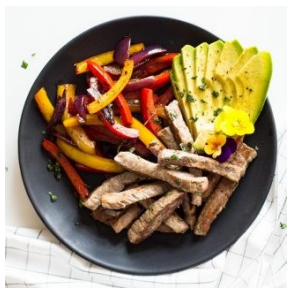
1 Delete Unused Apps	2 Turn off Push Notifications	3 Put Phone in Separate Room at Bedtime	4 No phone for 2 straight hours		6 No Facebook until 12pm
7 Twitter Free Day		9 No Phone during Meal Times	10 Unfollow and Unsubscribe	11 Instagram Free Day	
	14 No Status Update Today	15 No Social Media after 5pm		17 Read for 30 Minutes	18 No Facebook Today
19 Put your Phone Away at Work	20 No Social Media for the Entire Day		22 Find a New Way to Spend Your Time	23 Call Someone Instead of Messaging	
	27 Uninstall 1 Social Media App	28 Reflect on Your Current Social Media Use	29 Only 30 Minutes of Social Media	30 Go Somewhere and Leave your Phone at Home	

NAME _____

LOCATION: _____

Healthy & Easy Beef Fajitas

You can make this easy fajita recipe in only 15 min. to get a delicious and healthy high-protein dinner



Ingredients-

- 1 lbs. beef stir-fry strips
- 1 medium red onion
- 1 red bell pepper
- 1 yellow bell pepper
- ½ tsp. cumin
- ½ tsp. chili
- splash of oil
- Salt
- Pepper
- Juice of half a lime
- Freshly chopped cilantro (also called coriander)
- 1 avocado

Instructions: Heat a cast-iron skillet over medium heat. Wash and deseed bell peppers and slice them into 1/4" (0.5 cm) thick long stripes. Set aside. Peel and slice red onion. Set aside. Once skillet is hot, add a splash of oil. When the oil is hot, add stir-fry strips in 2-3 batches. Make sure the strips don't touch each other. Salt and pepper each batch generously in the pan. Cook for about 1 minute per side, then remove and set aside on a plate and cover to keep warm. Add sliced onions and bell peppers to the remaining meat juice. Season with cumin and chili powder and stir-fry until desired consistency. Serve on a plate with sliced avocado, a drizzle of lemon juice, and a sprinkle of fresh coriander.

Source: <https://diabetesstrong.com/healthy-easy-beef-fajitas/>

Summer Wellness Challenges

Color Your Plate

June 17th-July 19th



To receive the health benefits of fruits and vegetables, it is important to choose from a variety of color. Take the challenge and see if you can put a rainbow of color on your plate. Enter check marks on your tracker each time you eat one serving from the color category for that day.

Make Time for Family Challenge

July 22nd- August 23rd



Use a bingo board to choose activities to enjoy with your family and friends.

Take Advantage of your Wellness Benefits!

- [Diabetes Care Program](#)
- [Colonoscopy Incentive Program](#)
- [BCBS Fitness Reimbursement](#)
- [BCBS Weight Loss Reimbursement](#)
- [HERO Coaching Program](#)
- [NEW! BHG Wellness Benefits Guide](#)
- [NEW! BHG CanaRX](#)

For more information regarding any BHG Wellness Programs, please contact:

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