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AWARDS!!!

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Seize the Opportunity: Rid Yourself of Indecisiveness

By Karina Lara

For many of us, waiting for the right time, which leads to procrastination, seems to be an everyday battle. Whether it's waiting for the right time to start a project, or a new positive life changing habit, we lose our precious time waiting on time! Enough. The right time is now. Life will cease to exist for all of us before we know it, and what we make out of it is totally up to us. For the purpose of focusing on the damaging effects of being indecisiveness as a college student, the following article will cover procrastination.

What is it about waiting that makes us paralyzed to live for the now? Procrastination can be described as the avoidance of doing a task that needs to be accomplished. In other words, we would rather do much more pleasurable things rather than completing urgent tasks, thus putting off impending tasks for a later time (Merriam-Webster, 2015). While an idea is fresh in the mind, make it a priority to make it happen by setting it up on a to-do-list, because tomorrow is never promised today.



For most of us, time is taken for granted. We find every excuse possible to better entertain ourselves than to complete important tasks. At the same time, we hesitate to do what really drives us to the better versions of ourselves. With this in mind, on the good days, we set to accomplish the important tasks, but on most days, our drive and desire to complete those tasks are overtaken by the phenomenon called "indecisiveness." Through affective, cognitive, and behavioral reactions to one's environment, indecisiveness will blur our ability for action, in other words, getting going (Bańka, A., & Hauziński, A., 2015). Ultimately one's procrastination hinders one's ability to coordinate life-goals that are linked with self-development. In order to complete tasks, and meet our expectations, building healthier, more proactive habits can significantly help us obtain a "go-getter" attitude toward life. By following these basic tips, students can overcome this difficult habit in no time!

- Prioritize tasks
- Set a schedule
- Turn off cell phones
- Use calendars, scheduler, color coding
- Manage time wisely

Given these points, students can lead a proactive life and make every minute count. By controlling our indecisiveness, we can diminish procrastination for good. Let's remember that our time on earth is precious, and it will forever have an effect on our future. We are capable of advancing in our everyday doing and becoming proactive. Let's seize every opportunity for our integrity, self-development, and an overall healthier well-being.

Relaxation Techniques for a Busy Life

By Olivia Rastello



Are you stressed? Too tired? You're not alone. If you're longing for a day off but can't take one, it's important to find ways to relax. There are many ways to feel relief in a just a few minutes! There are quick, simple, and free relaxation techniques that are accessible to everyone. It's possible to fit in relaxation techniques during the day. No matter how busy you are, there is always time to relax. Follow these tips and reap the mental and physical benefits of reducing stress.

To-Go Stress Relief

These To-Go tips are easy, free, and provide quick stress relief. They are perfect to do on your way to work, between meetings, on your coffee break, or many other places. These speedy little stress reducers will help you get through those stressful moments.

- To relieve neck tension, shake your head – slowly.
 - Slowly move your head down and up in a “Yes” motion. Repeat three times.
 - Next move your head side to side in a “No” motion. Repeat three times.
 - Ask yourself silly questions that relieve your stress levels and entertain yourself. Some examples could be: Is Jack's tie silly today? Then shake your head in the way you feel accordingly. This provides a silly harmless way for you express your internal emotions to yourself in a private way.
- Give yourself a big hug
 - Place your right hand on your left shoulder and vice versa.
 - Take slow deep breaths, and feel the tension leave your body that is between your shoulder blades.
- Chest stretch
 - Take your hands and place them behind your head.
 - Try to squeeze your shoulder blades gently together and bring your elbows back as far as comfortable for you.
 - Hold this position for 30 seconds.
 - Relax your body and return to starting position.
 - Repeat three times.

Ten-Minute Stress Relief

If you have a few more minutes to spare, try out these ten-minute stress relief techniques. Sometimes daily stress needs a few more minutes of your day in order to unwind.

- Communicate
 - Seek out a friend or family member who is kind, compassionate, and easy to reach.
 - Explain your situation and be open-minded to helpful advice.
 - Having a support system of people in your life reassures you that you are not alone, and it is a healthy way to cope in stressful times.

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Membership Organizations: The spotlight is on the American Public Health Association (APHA)

By Sandra Rebeor



APHA

AMERICAN PUBLIC HEALTH ASSOCIATION

For science. For action. For health.

Overview: The American Public Health Association (APHA) was established in 1872 in response to scientific progress being made pertaining to communicable diseases. Since their founding, APHA has brought supporters of public health together in a community to support research, share ideas, collaborate on programs and advocate for federal policies that improve the public's health. APHA and its members have been at the forefront of the major public health advances of the past century (APHA, 2015).

Mission and Vision: The mission of APHA is to "improve the health of the public and achieve equity in health status" (APHA, 2015, About APHA). This organization's vision is to "create the healthiest nation in one generation" (APHA, 2015, About APHA).

Membership Information and Benefits: Membership is available and encouraged for all public health advocates and stakeholders. Approximately 25,000 professionals around the globe are connecting as members of APHA to further advance health within their communities and the nation as a whole. Professional development opportunities, access to research and publications, as well as other educational and professional events can be of great benefit to members. Student members have access to all APHA resources included in the annual membership. In addition, students may enjoy the Student Assembly connection with over 7,000 students and young professionals. As a member, two out of the 31 primary interest areas can be chosen at no additional cost. Some examples of available disciplines and interest areas include Community Health Planning and Policy Development; Epidemiology; Food and Nutrition; Health Administration; Health Informatics and Information Technology; Integrative, Complementary, and Traditional Health Practices; International Health; Mental Health; Physical Activity; Public Health Education and Health Promotion; as well as numerous others. These public health disciplines allow members to connect with like-minded peers and make advancements in programming, public health policy, and other areas of interest. Social networking, career development, and opportunities for mentoring are present and encouraged (APHA, 2015).

Costs: The cost for student membership in 2016 is \$85 annually. Lower rates are available if the student opts for "green" membership. Proof of enrollment in a degree-seeking program is needed every year while student membership is claimed. Student membership can be obtained for up to six years.

Additional Information: Please browse the APHA website and the tremendous resources offered by this organization [by visiting their website](#).

The 'Become a Member' tab will provide you with additional details on how to join APHA.

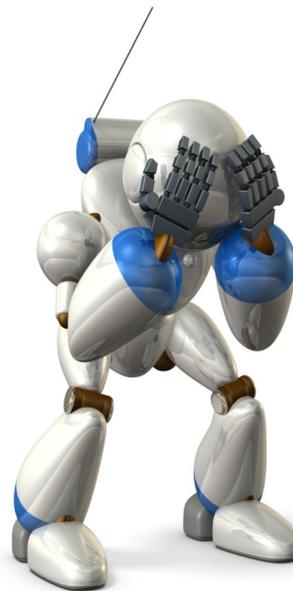
The Limits of Empathy

By Dr. Pamela Hardy and Dr. Maura Pilotti

Empathy is the ability to understand others' thoughts and emotions by putting oneself in their shoes. If a person has empathy, the person can identify with others and discern their viewpoints, shedding tears with those who weep and rejoicing with those who beam. Thus, empathy is a powerful ability which, as all other human abilities, can be put to good use to help others in need (see its role in pro-social behavior; Penner, Dovidio, Piliavin, & Schroeder, 2005) or exploited for selfish means (see its use in scams and frauds; Gonzalez-Liencre, Shamay-Tsoory, & Brüne, 2013). Not surprisingly, it is a key component of emotional intelligence, which is a person's ability to perceive, understand, manage, and use his/her emotions and those of others to enable success in diverse social settings.

Of course, individual differences exist. For instance, women have been found to be better at reading people's emotional cues (Hall, 1987), to be more emotionally responsive (Grossman & Wood, 1993; Canli, Desmond, Zhao, & Gabrieli, 2002) and to express greater empathy than men (Kring & Gordon, 1998). Yet, are there limits to human beings' ability to empathize? For instance, do we empathize with "everybody"? Until now, empathy has been considered largely limited to animate entities. Interestingly, androids (i.e., robots that resemble human beings), challenge the notion of animate entities because they can mimic human actions, such as walking, reading, and talking, albeit they are unable to be self-conscious. Thus, a recent study published in *Scientific Reports* asked whether people can empathize with robots (Suzuki, Galli, Ikeda, Itakura, & Kitazaki, 2015). Researchers monitored the electrical activity of the brain of each participant while he/she was viewing images of human beings or androids in either visibly painful or non-painful (control) situations (e.g., a pair of scissors used to cut a piece of paper or a finger). They also measured response times to judge pain or lack of pain in the same images.

Researchers found that areas of the human brain devoted to empathy respond similarly to events that illustrate pain in either androids or human beings. Do we really treat machines that look like human beings as if they were alive and thus capable of internal states that are similar to ours? Responses to pain allegedly experienced by either androids or human beings may be the same, but the former were found to be slower than the latter. Perhaps, we need to first categorize robots as human beings before we can respond to them as if they were alive and capable of awareness. The computations necessary to categorize robots as people take time. Hence, participants' delayed responses to the pain allegedly experienced by the androids in the study. Alternatively, taking the perspective of an android is an unusual, less practiced activity, thereby requiring more time than taking the perspective of other human beings. Irrespective of the specific computations required, these findings suggest that if the experience of empathy is promoted by the similarity between the observer and the observee, it is not banned by differences, even as striking as those present between a metallic automaton and a person.



How do these results relate to health and well-being? Research findings suggest a link between pro-social actions (i.e., actions intended to help others), of which empathy is an essential mechanism, and psychological and physical health (Penner, Dovidio, Piliavin, & Schroeder, 2005). Emotional intelligence, of which empathy is a key component, has also been found to be related to a variety of indices of psychological and physical health (Tsaousis, & Nikolaou, 2005). Thus, our modest advice is to practice empathy not only with those who are similar to you, but also with those who are different. According to Rogers (1980; p. 116), "very rarely do we listen with real understanding, true empathy. Yet, listening, of this very special kind, is one of the most potent forces for change that I know." Thus, we suspect that the practice of empathy may lead to more than just health benefits!

Coping with Caregiver Stress: Frozen in Time and Space

By Dr. Eszter Barra-Johnson

Caregiver stress, or caregiver syndrome, has been extensively researched. Clinical studies both in qualitative and quantitative research design have been discussing the definition, analysis, measurement, and management of stress for decades now. The term caregiver stress has been associated with a combination of exhaustion, anger, and guilt that results from “unrelieved caring for a chronically ill dependent” (Glenmore, 2013). The term is often used by healthcare professionals, but it is not listed in the DSM-V. The guilt is explained as a result of being healthy, while the beloved relative has only a few months, or at best a few years, left of his / her life. Caregiver stress is a constantly altered state of mind; it doesn't stop while the caregiver is at work, picking up the groceries, going to the hairdresser, or chatting with friends. More importantly, caregiver stress may also decrease life-expectancy (Schulz & Beach, 1999), unless one learns to use good coping skills. According to the HHS (as cited in Glenmore, 2013), there are approximately 40 million adult caregivers in the U.S.A. today; but a further 110 million people are expected to develop one or more chronic illness by 2020, so the number of caregivers is only going to rise.



There are two different forms of caregiver stress, professional and personal. However, the same person may find herself / himself in a position of simultaneously experiencing both roles. Theoretically and practically, many students at Ashford University know a lot about caregiver stress. As they care for their patients, many of whom have multiple chronic illnesses and some may pass away eventually, professional nurses and other medical personnel learn to cope with stress by developing certain base neutrality, which is not the same as a lack of empathy, just a survival mode or self-defense mechanism. One needs to learn to not take emotional involvement home and to quickly bounce back from each tragic case in order to be there for the next patient who needs help. Coping with stress is such an important topic that nearly every hospital conducts periodical training to assist its personnel with acquiring necessary coping skills, and creating their own special toolkit of health behaviors with the purpose to recreate their internal balance from time to time. Others may not have a formal education in healthcare subjects, but life events educated them to the role of a caregiver, and they are the most vulnerable to suffer complete physical and emotional exhaustion.

When it comes to dealing with caregiver stress at home, one quickly finds out that it is quite different from professional caregiver situations. There are different ways people may find themselves in the caregiver role; sometimes it happens gradually, as the bad health condition of a loved one deteriorates further. At other times, it may happen suddenly, as a result of a serious accident or injury someone suffered. Caring for one or more chronically ill person can take a toll on the caregiver on many levels. It is an often misunderstood situation. One's entire life, including plans for work, study, and other professional endeavors may have to be changed, often resulting in loss of earning potential and opportunities for professional development. These changes are true, even if most people do not mind being there for their loved one(s) in need, and do not consider the changes a sacrifice. To say the least, becoming a caregiver is also a learning experience. Personally, I studied both clinical and health psychology and thought to have learned most of what is there to be learned when it comes to stress, but I found out the hard way about the difference between theory and practice, clinical work and in-home care, by becoming the sole caregiver for my now deceased husband.

In addition to the stress that comes from making doctor's appointments on time, growing and cooking the healthy food items the patient needs, helping him / her with ADLs (assisted daily living needs) such as

showers, getting dressed, wound care, medication, spiritual needs, etc., there are some other factors that make caregiver stress differ from all other types of stress. Some of these are emotional factors - such as the feelings of powerlessness and helplessness as one is watching that beloved one slowly fade away, and knowing that there is nothing one can do to extend his / her stay beyond what is medically possible. Naturally, while in this elevated state of worrying, one may also neglect one's own health needs, and this neglect can be detrimental for the caregiver, because in this situation, he / she needs to be vigilant to all health problems he / she is experiencing, to be able to continue in the caregiver role and prevent lasting damages to his / her own health.

Gender Roles

Due to traditional gender roles, in almost all cultures, it is still overwhelmingly more common for the wife, daughter, niece, or other female relative to assume caregiver responsibilities, than it is for male relatives (Chitayat, 2009). Chitayat (2009) also mentions that the stress of caring for a dying relative increases susceptibility to developing anxiety disorders or lasting severe depression that may need professional attention.

Symptoms of Caregiver Stress

According to the Mayo Clinic (2015), these are the most common tell-tale signs of experiencing severe caregiver stress:

- Feeling overwhelmed or being constantly worried
- Feeling tired most of the time
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain, or other physical problems
- Abusing alcohol or drugs, including prescription medications

One Solution - Respite Care

Many caregivers are either not aware of the existence of respite care, or they may believe it is unaffordable. There are several great tools on the Internet to locate and even compare respite care facilities close to one's home. Some of these are assistedliving.com and <http://archrespite.org/respitelocator>, but a brief search on the Internet will turn up many more options and even helpful guides on this subject. The role of these facilities is to provide short time care for the patients so that the caregiver can take a breath and recreate his / her internal balance. In large families with many relatives who live in close proximity to one-another, sometimes shifts may be organized so they can help take off the weight from a single caregiver's shoulders.

Managing Stress

According to womenshealth.com (2015), these are the most important steps one can take to manage caregiver stress:

Learning ways to better help the loved one. Some hospitals offer classes on how to care for someone with an injury or illness. To find these classes, one could ask a doctor or call a local agency on aging.

Finding caregiving resources in one's community. Many communities have adult daycare services or respite services to give primary caregivers a break from their caregiving duties.

Asking for and accepting help. Making a list of ways others can help. Let helpers choose what they would like to do. For instance, someone might sit with the patient while the caregiver runs an errand. Someone else might pick up the groceries.

Joining a support group for caregivers. One may find a group with caregivers who care for someone with the same illness or disability.

Getting organized. Making to-do lists and setting a daily routine.

Taking time for oneself. Staying in touch with family and friends and doing things you enjoy with them.

Taking care of one's own health. Finding time to be physically active on most days of the week, choosing healthy foods, and getting enough sleep.

Getting regular checkups. It is advised to tell the doctor or nurse when one is a caregiver (womenshealth.com, 2015).

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The Health “Pill” Doesn’t Cure the Wound

By Elsie Goycoolea

It is undisputable that the advances in medicine achieved over the years have extended the life of many people. Little Alannah Shevenell, who endured a successful six-organ transplant at five years old in 2008, proves how much medicine research has resulted in miraculous practices. The multi-organ transplant lasted more than 14 hours and marked a definite success in bettering the health of Alannah (Moisse, 2012). However, despite people being able to live longer, that doesn't necessarily mean that the world's population is overall healthier. New studies are showing that people are taking more drugs because in fact more people are getting sicker.

The figures showing the number of prescription drugs being used by the American population has been brought into question by health industry experts and representatives of official health institutions (U.S. Food and Drug Administration, 2008). A new study in the Journal of The American Medical Association (JAMA) concludes that prescription drug use has increased from 51% between 1999 to 2000 to 59% between 2010 to 2011 (Kantor et al., 2015). While more people seem to be taking medications in an effort to solve their health problems, it might not always be a solution that digs right into the cause.

The disease that is incessantly growing and dominating the country is obesity. The Center for Disease Control and Prevention (2014) reports that about one third of the population or 34.9% is obese. Obesity is measured by a BMI of 30 and above while the normal range is between 18.5 and 25. This disease has been argued to contribute to cardiovascular disease, diabetes, and even some types of cancer. It is concerning how one factor can derivate into many other health concerns that increase the chances of premature death.

Amongst the drugs identified, it was notorious the rise in cardiovascular disease controlling agents such as the statin drug simvastatin. For instance, hypertension drugs rose by 7%, cholesterol or statin drugs increased by 10% and anti-diabetic agents by 3.6% (Brazier, 2015). These statistics raise the question whether it is actually the obesity epidemic that is fuelling this increase in drug use and whether drugs are only placing a patch on the wound. As people are gaining weight and developing other health issues it is not rare to see more individuals being prescribed a number of drugs with the hopes of feeling better. It is much easier to believe in the health “pill.” It is more pleasant to think there is a quick fix that miraculously will cure the wound. For a patient that might have had the thyroid gland removed for health reasons, there is no doubt that a pill is needed to ensure a correct functioning of their endocrine system and that this external aid must become a necessity. However, many individuals might find that there is a better solution to taking one, two, or even five drugs. Despite the rise in cardiovascular disease, statin drugs prescriptions to low risk population groups is not cost effective (Greving et al. 2011). When these drugs may not be a necessity, and those dollars may be better spent on healthy groceries.

Obesity may be prevented by following a balanced and nourishing diet alongside the engagement of some form of physical activity. It can also be reversed the same way. High cholesterol, type 2 diabetes, and hypertension have been shown to improve after patients lose as little as 5% of body weight following a healthy diet and an adequate exercise regime (Wing et al. 2011). Weight loss is a solution that may possibly take many people off prescription drugs, which may have been unnecessary from the beginning. Even small lifestyle changes can have catalyst effects on many health factors. The population is in need of a solution to a growing health problem that has reached an epidemic level. Prescription drug use has increased because people are looking for a health “pill” that will make them healthier. The bad news is that there is no such pill, but the good news is that initially there may have never been a need for it nor may it be needed at all. The obesity epidemic needs to have the patch removed so that the wound can heal.



The Holidays are Over!

By Dr. Christine McMahon

The holidays are over, and when you look in the mirror, what do you see? Five extra pounds you were not carrying around three months ago. If you are like most Americans, you gained between one to five pounds from Halloween through New Year's (Stevenson, Krishnan, Stoner, Goktas, & Cooper, 2013). I know what you are thinking. You have plenty of time to work off that extra weight, right? Wrong! Research shows that most people do not lose the extra weight they gained during the holiday season. So that means year after year, 5 pounds turns into 10 pounds and before you know it, you have gained 15 pounds over the past few years (Stevenson, Krishnan, Stoner, Goktas, & Cooper, 2013). This extra weight puts you at risk for many chronic diseases including heart disease, obesity, hypertension, and Type 2 diabetes (Anspaugh, Hamrik, & Rosato, 2011). So you need to take action now!

Follow these steps to create your action plan:

- 1) **Set a start date** - Write it down, and circle it on your calendar!
- 2) **Pick an exercise you enjoy** - If you hate running, then do not go out and start a running regimen. If you hate the exercise you choose, you will never stick with it. Pick an exercise you enjoy doing, and aim to do it 30 minutes on most days of the week. Also keep in mind, aerobic exercises such as jogging and walking briskly will have more health benefits than a leisurely stroll through the park.
- 3) **Enlist an exercise partner**- Having an exercise partner can help you stay motivated on the difficult days.
- 4) **Include a healthy diet with your exercise plan**- You must combine a healthy diet along with an exercise plan if you want to lose weight. On average, a person will burn 130 calories in a 30 minute workout session depending on the weight of the individual and intensity level. Therefore, it is important not drink to a 150 calorie energy drink after a work out.
- 5) **Use fitness and diet apps**- There are many fitness and diet apps available to help you stay motivated such as MyFitnessPal, MyPlate Calorie Tracker, ShopWell, Fitness Buddy, Simply Yoga, MapMyWalk, and Daily Cardio. All are offered for FREE!
- 6) **Stay motivated**- Set small achievable goals to get started, and then make them more difficult as you progress.
- 7) **Have a plan**- Plan ahead what days and times you will workout. When the weather is bad outside, plan activities that can be done indoors such as Wii games or exercise apps.
- 8) **Mix it up**- When you are getting tired of the same, boring workout, try something new. Sign up for a PiYo or Karate class at the nearest fitness center or community center.

Finally, do not forget all of the wonderful benefits you will receive from your weight loss plan. Even moderate amounts of physical activity can improve health and reduce the risk of premature death. The following benefits have been noted from participating in a regular exercise program:

- Increased HDL cholesterol
- Decreased LDL cholesterol
- Decreased triglyceride levels
- Decreased stress levels
- Reduced age-related accumulation of central body fat
- Reduced blood pressure
- Increased cardiovascular system efficiency
- Increased oxygen carrying capacity of the blood
- Reduced risk of some cancers
- Controlled Type 2 Diabetes
- Stronger bones
- Improved joint stability
- Improved mood and self-esteem (Anspaugh, Hamrik, & Rosato, 2011).



Even a small amount of weight loss can improve your health status. As a person ages, it is important to maintain a healthy weight to reduce the risk of chronic diseases, improve quality of life, and increase longevity. One last interesting fact: research has shown that for every minute a person spends walking to improve health, longevity is increased by one minute. For every minute a person spends jogging, a person increases his or her longevity by 2 minutes (Anspaugh, Hamrik, & Rosato, 2011). So get up, get out, and get moving!

Is it a Sweet Potato or a Yam? Does it Matter?

By Dr. Roxanne Beharie

Does anyone know the difference between a sweet potato and a yam? Turns out there are many differences. First, yams and sweet potatoes are not even related. According to the Library of Congress, (yes, THE Library of Congress), true yams are related to grasses and lilies and are starchier and drier than sweet potatoes (The Library of Congress, 2012). The skin tends to be rough, hairy, and brown and the flesh can be white or yellow and not sweet. Yams also tend to be much larger than sweet potatoes; there is a [report of a 606 lb. yam in India](#). In fact, unless you live in West Africa, Asia, or the Caribbean (the places where yams are grown) chances are good that you haven't seen one, much less eaten one. But never fear, if you are adventurous and can find a local Asian/African/Caribbean market or food store that caters to produce from the countries listed above (e.g. H-Mart, etc.) you may be in luck.

On the other hand, sweet potatoes tend to be smaller, and the flesh can vary from white to orange and even purple, depending on the variety (North Carolina Sweet Potato Commission, 2015). The orange-fleshed variety was introduced to the United States several decades ago. In order to distinguish it from the white variety everyone was accustomed to, producers and shippers chose the English form of the African word "nyami" and labeled them "yams." Even though the USDA requires that orange-colored sweet potatoes always be labeled "sweet potato," most people still think of sweet potatoes as yams regardless of their true identity (North Carolina Sweet Potato Commission, 2015). Sweet potatoes can vary from fairly sweet (Hannah), to sweet and buttery (Jewel, Beauregard, Covington), to very sweet (Japanese). According to Whole Foods Market's senior global produce coordinator, Carol Medeiros, sweeter varieties taste best raw in salads, baked, or in casseroles while less sweet varieties taste best when roasted, baked whole, or mashed (Family Circle Magazine, 2015).

According to Leslie Beck of The Globe and Mail, when it comes to nutrition, sweet potatoes score much higher than yams. Compared with yams, sweet potatoes are lower in calories and have far more beta-carotene (11.5 compared with 0.07 milligrams for each one-half cup), an antioxidant nutrient thought to guard against certain cancers. Beck also says that sweet potatoes also have a lower glycemic index number than yams, meaning their carbohydrate is released more slowly into the bloodstream (The Globe and Mail, 2012). An 8-ounce sweet potato supplies a whopping 270 percent of your daily requirement for Vitamin A, which is needed to keep your skin and soft tissues healthy, while the same portion of yams offers only 1 percent (Annigan, 2013). These numbers don't mean yams aren't nutritious – they are a good source of fiber and potassium. Both vegetables are good sources of vitamin C, vitamin B6, thiamine and pantothenic acid, with 1 cup of sweet potatoes providing between 20 and 50 percent of your daily needs for each of these vitamins, roughly double the amounts that yams contain.

Here's how sweet potatoes and yams compare nutritionally (The Globe and Mail, 2012):

Nutrition	Sweet potato 1/2 cup (100 grams), baked with skin	Yam 1/2 cup (100 grams), baked with skin
Calories	90	116
Fat	0	0g
Carbohydrate	20g	27g
Fiber	3.3g	4g
Protein	2g	1.5g
Potassium	475mg	670mg
Vitamin C	20mg	12mg
Vitamin B6	0.28mg	0.23mg
Beta-Carotene	11.5mg	0.07mg

Below, is a picture of what is commonly called a yam in the U.S. For a comparison of a “true” yam versus sweet potatoes, click on the following link: <http://colinpurrington.com/2011/yams-versus-sweet-potatoes/>.



Think you know the difference between yams and sweet potatoes now? Take this [quiz from the North Carolina Sweet Potato Commission](#) to test your root knowledge!

Then, if you are able to find true yams, try this recipe from the [Cultured Cook](#):

Coconut-Yam Thinbread (by the Cultured Cook)

Ingredients

About 3 cups grated yam (peel it first!)

About 1 1/2 cups grated *cotija* cheese

1 cup coconut milk

1 T. palm sugar OR maple syrup (with its tropical taste, the palm sugar blends better with the yam and coconut; you can find palm sugar in the Thai section of well-stocked markets or in Asian markets)

1 tsp. sea salt

Directions

1. Preheat oven to 400F. Grease an 8×8 glass baking dish and set aside.
2. Mix all ingredients together in a large mixing bowl, then pour into the pan.
3. Bake for 45 minutes or until the top is golden brown. The thinbread will be nutty, rich, and slightly sweet.

If sweet potatoes are more to your liking, grab some of these ingredients at the Asian market and try this [Sweet Potato Masala Curry recipe from VAhChef](#).

Enjoy!

Continued from page 3 — Relaxation Techniques for a Busy Life

- Write about it in your private journal
 - Take ten or more minutes a day to write about stressful events that happened and how these events made you feel.
 - This reflection helps you relieve stress when there is no one available to talk.
 - Writing about what is bothering you also allows you to figure out what is causing you stress and how much stress you are feeling.
 - Once you identify your stressors, you can find additional ways to cope.
- Visualization
 - Find a quiet or relaxed place, or listen to soothing music.
 - Close your eyes, and let your mind relax, letting your worries leave your mind.
 - Choose to think about a topic that is the most calming for you. This topic might be your favorite place.
 - Picture your favorite place as vividly as you can; try to think of every detail you can, imagine what you can see, hear, and smell. Try to incorporate at least three of your senses.
 - Let your mind choose images that appeal to you naturally, don't select an image that you think should be appealing, let your own imagination develop naturally.
 - An example is if you are thinking of a peaceful beach, try to explore each one of your senses; for example, try to feel the cool and refreshing water on your feet, listen to the people laughing in the distance, and smell the crisp and clean air.
 - Enjoy the feeling of exploring your favorite place, and when you are ready, or need to continue your day, open your eyes gently, and come back to the present.

Stress Websites

Check out the links provided below to learn more about relaxation techniques and to get more tips and ideas.

Here is to many more relaxing moments to come!

1. <http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot>
2. <http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm#finding>
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Continued from page 7 — Coping with Caregiver Stress: Frozen in Time and Space

This website also points out that, under the Federal Family and Medical Leave Act, one may be able to take a break from his / her job while acting as caregiver; although the up to 12 weeks of leave per annum is unpaid. Human resources offices could assist with the available options (womenshealth.com, 2015).

In addition to the above practical tips, I recommend for caregivers to occasionally pamper and reward themselves with a movie, a favorite perfume, a long bath while listening to one's favorite music, or other things that could lead to a little pick-me-up and spiritual fortitude. Grief counseling, if needed, is another great way of exploring and addressing one's emotional situation, rather than bottling it up, which could lead to years of extended emotional turmoil. Even for a strong person, there are situations in life when it is O.K. to ask for help.

In summary, caregiver stress may cause the caregiver to experience both acute and chronic illness, as well as emotional distress. The only way of getting through these hard times without health problems for caregivers is getting informed, being assertive, and taking good care of their own health needs.

Continued from...

January

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Radon Action Month
- 25 - 31 National Drug and Alcohol Facts Week

February

- American Heart Month
- International Prenatal Infection Prevention Month
- Teen Dating Violence Awareness Month
- AMD/Low Vision Awareness Month
- 1 - 7 African Heritage & Health Week
- 4 World Cancer Day
- 5 National Wear Red Day
- 7 National Black HIV/AIDS Awareness Day
- 14 National Donor Day
- 21 – 27 National Eating Disorder Screening Program ®

December

- National Colorectal Cancer Awareness Month
- National Kidney Month
- National Nutrition Month
- 3 - 9 National Youth Violence Prevention Week
- 10 National Women and Girls HIV/AIDS Awareness Day
- 16 - 22 Flood Safety Awareness Week
- 22 American Diabetes Alert Day

Conferences

2016 Association of Maternal & Child Health Programs (AMCHP) Annual Conference
January 23-26, 2016 | Washington, DC

Ninth Health Disparities Conference
February 29-March 2, 2016 | New Orleans, LA

2016 Association for Community Health Improvement (ACHI) National Conference
March 1-3, 2016 | Baltimore, MD
December 1-3, 2015 | San Diego, CA

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A very special thank you goes out to our copy editor for this edition, Heather Auger, Instructor of English, Division of General Education.

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“A good laugh and a long sleep are the best cures in the doctor’s book.”

- Irish proverb

New to the HPQ!

If you know an Ashford student or faculty member (it could even be yourself!) who is making great strides in a health-related field, nominate that person for one of the following awards :

1. **Innovator Award** – presented to a student/faculty member who is making an impact on the field in new and innovative ways. *Only work between November 1, 2015 and October 31, 2016 qualify.*
2. **Community Service Award** – presented to a student/faculty member who is making an impact on their community’s health through volunteering or other community service initiatives. *Only service between November 1, 2015 and October 31, 2016 qualify.*
3. **Something to Say Award** – presented to a student/faculty member who has made presentation (at health conferences, before congress on health-related matters, etc.) and/or published multiple health-related articles (in peer-reviewed journals, blogs, newsletters, newspapers, etc.). *Only presentations and publications between November 1, 2015 and October 31, 2016 qualify.*

All nominations must be submitted by 11:59p.m. MST on Thursday, November 1, 2016. The winners will receive an award in the mail and be highlighted in the January, 2017 issue of the HPQ newsletter.

Submit the following information for your nominee to healthpromotionquarterly@ashford.edu:

1. Name of nominee:
2. Degree Program of nominee at Ashford:
3. 4-sentence bio of the nominee:
4. Award for which the person is being nominated: (*Choose only one award*).
5. Reason for nomination: (*Only include information relevant to the award for which the person is being nominated*).

Let’s celebrate the successes of Ashford’s students and faculty! :)

If you would like to be a part of future editions of the Health Promotion Quarterly newsletter, please email Dr. Roxanne Beharie, Editor-in-Chief, at: healthpromotionquarterly@ashford.edu.

