

# Health & WELLNESS



January 2021

Cast all your anxiety on Him because He cares for you.

**1 Peter 5:7**



## EPC 2020 Wellness Reward Program Update!

**A big shout out** to all the participants who completed the 2020 EPC Wellness Reward Program! If you received your credits in Nov. & Dec. you should be receiving your \$75 gift card soon!

**...Stay tuned for info on our new 2021 program!**



## ARE YOU STRESS EATING BECAUSE OF THE PANDEMIC?

Then check out....

### 8 Effective Ways to Deal with Stress Eating

Put out by Crosswalk's writer, Dawn Wilson. The complete article can be found [here](#) and highlights of the 8 ways to deal with stress eating are below:



#### 1. Pause to Think

Part of the problem with stress eating is we can eat without realizing we're eating. Taking time to pause and think is an important first step.

#### 2. Pray for Strength

The enemy is tricky and likes to confuse and frustrate us ([2 Corinthians 2:11](#)). Food is everywhere, from the Food Channel to TV ads for milk shakes, and we love food excessively! We need to pray for strength—not our strength to resist, but His strength to empower. Jesus said, “apart from me you can do nothing” ([John 15:5](#)).

#### 3. Plan with Wisdom

An old adage expresses great truth: “Those who fail to plan, plan to fail.” Not only should we plan what we will eat, we also can plan new ways to relieve stress. [Proverbs 27:12](#) says the prudent person “sees danger” and takes action to avoid it. If we're not sure what to do, we can ask God for wisdom ([James 1:5](#)).

#### 4. Prepare with Diligence

While occasional treats are OK, candies set out in a candy dish or cookies on the kitchen counter—tempting snacks within eyesight—won't help our resolve. Emotional eating usually involves craving specific foods, typically high-sugar and high-fat treats.

#### 5. Pick with Care

We need intentionality in the battle against stress eating, picking what we ingest with care. We can wisely choose alternatives to junk food and have them handy, aiming for nutrient-dense, high protein, high fiber and healthy fat choices—not empty calories.

#### 6. Portion Control

One of the signs of stress eating is over-indulgence in food, even healthy foods. Our emotions can lead us to go crazy with the amount of food we eat. Strict [portion control](#) and not eating directly from containers helps with that. We also need to define “single serving.”

#### 7. Process to Understand

There may be faulty hormones or genetic reasons that influence our weight, but most people simply have a food control issue. It's important to know the difference between stress eating, overeating and disoriented eating.

#### 8. Praise the Lord

Complaining and discontent often pair up with stress eating. We grumble about our situation, stew about it for a while, and emotionally ramp up until we think we might explode. Then we go for the Oreos and Doritos! Choosing joy and gratitude in our circumstances—intentionally reversing our emotions—helps us get back on track with our eating too.

## BELL PEPPER PIZZAS

2 Servings



**Healthy Snack Idea!**

### Ingredients

2 green bell peppers, each cut into 2 or 4 big chunks

6 Tbs shredded cheese

1 tomato (or other veggies of your choice!), sliced

**Optional:** dried oregano

### Instructions

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper
3. Place green pepper slices on baking sheet, cut side up. Sprinkle on cheese, then top with tomato slices or any veggies you'd like.
4. Bake 5-10 minutes, until the cheese is melted.

*Sprinkle with oregano, and serve!*

### Nutrition Information

**Serving Size:** 1 bell pepper

**Calories:** 120 **Total Fat:** 7g **Saturated Fat:** 4g  
**Protein:** 6g **Sodium:** 140mg **Carbohydrates:** 9g

## MAKE SURE YOU ARE UP TO DATE ON YOUR IMMUNIZATIONS!

Recommended Adult Immunization Schedule for ages 19 years or older (Table put out by CDC.GOV) See [here](#) for detailed information.

**Table 1** Recommended Adult Immunization Schedule by Age Group, United States, 2020

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV) <b>or</b> Influenza live, attenuated (LAIV)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td or Tdap booster every 10 years			
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV) (preferred) <b>or</b> Zoster live (ZVL)			2 doses <b>or</b> 1 dose	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal conjugate (PCV13)	1 dose			65 years and older
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication			1 dose
Hepatitis A (HepA)	2 or 3 doses depending on vaccine			
Hepatitis B (HepB)	2 or 3 doses depending on vaccine			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	19 through 23 years	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations		
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication			