



## Up Next: The Hazards of Binge-Watching

IN THIS NEW ERA OF WEB SERIES AND STREAMING SERVICES, BINGE-WATCHING—which means zipping through a TV season in a short time—has turned into a household term. But keeping your eyes glued to the screen for hours may affect your body and mind.

**Streaming threat: Mental distress.** People who spend more time sitting have more psychological distress.

**Buffer it by: Pacing yourself.** Cutting back on TV time by just 30 minutes per day has led to fewer feelings of depression and anxiety. So does getting 10 minutes more of physical activity per day. Hit pause and do some push-ups or go for a walk.

**Streaming threat: Poor sleep.** Blue light from glowing screens stimulates nerve pathways in your brain, especially late at night. This leaves you bright eyed when you should feel drowsy.

**Buffer it by: Shutting down early.** Take screens out of your bedroom and use the hour before sleep to do something relaxing, such as taking a hot bath, reading, or doing some gentle stretching.

**Streaming threat: Weight gain.** The more viewing time adults log, the greater their risk for binge-eating.

**Buffer it by: Reducing temptation.** Remove unhealthy snacks from your home. Eat meals at the table rather than in front of the TV so you can focus on the food. Then go for a walk.

**Streaming threat: Kids turning violent.** Children exposed to news commentaries and disturbing or violent programs may come to think of aggression as a solution to their problems.

**Buffer it by: Setting rules.** Limit daily screen time and monitor what your child sees. If a violent scene occurs when you're watching together, discuss better ways to handle challenges.



**PUT DOWN THE REMOTE AND GET MOVING.**

Channel surfing doesn't count as exercise. Find easy ways to work out on the Bermuda Heart Foundation's site at [www.mybermudaheart.com/exercise.htm](http://www.mybermudaheart.com/exercise.htm).

[www.bfm.bm](http://www.bfm.bm)

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**EDITOR**

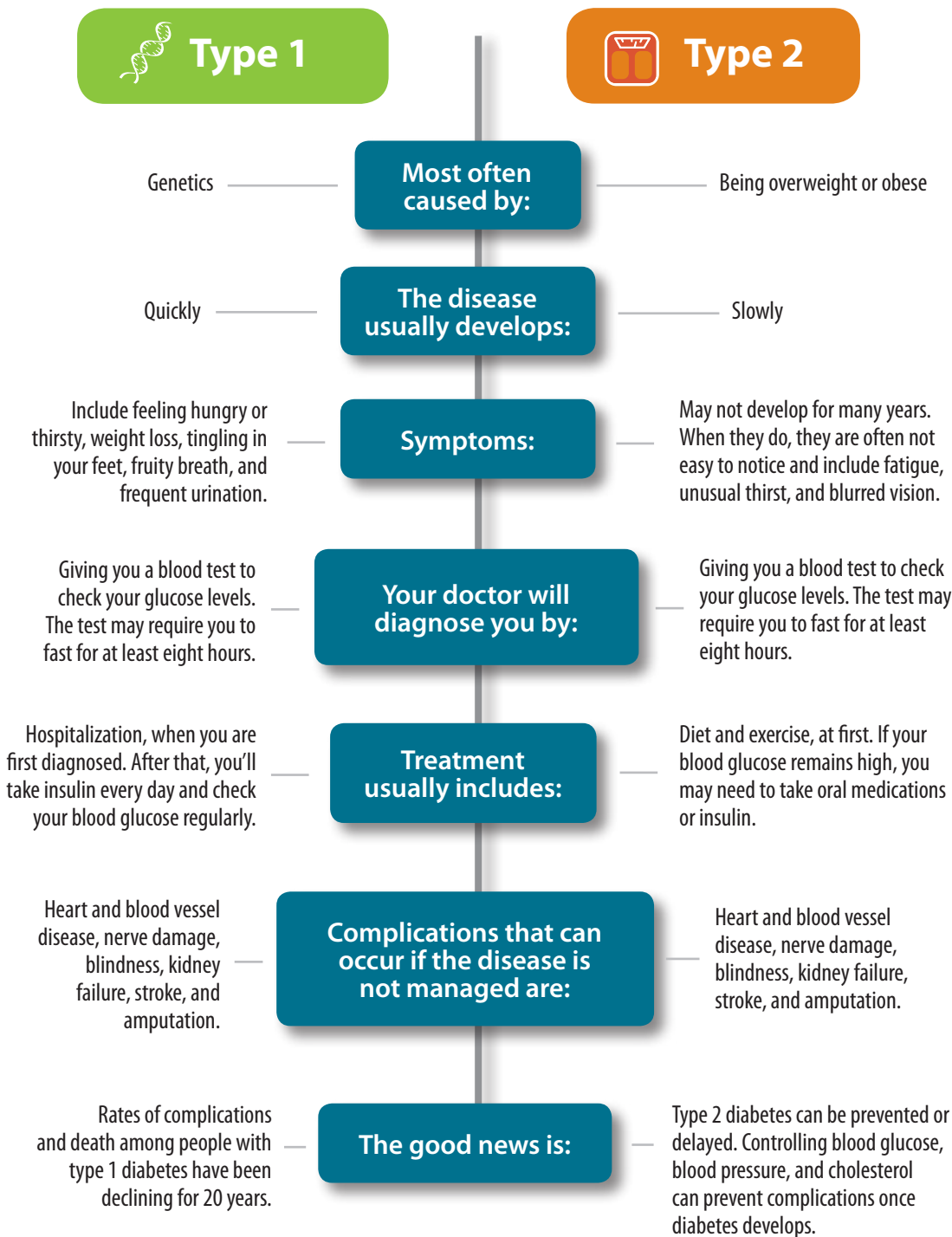
Brenda Dale, AVP, Wellness

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# Type 1 or Type 2 Diabetes?

## Understanding the Differences



health facts



## 5 Tips for Better Mental Health

When your mind is in a good place, your body and your life tend to follow. You have more energy. You feel better. And happy moments feel even cheerier. Incorporate these five simple strategies into your daily routine.

**1 Think like an optimist.** Keep a gratitude journal to think about things in a positive light. Write down anything that makes you happy—big or small.

**2 Silence your inner critic.** When you catch yourself repeating negative thoughts, stop to question them. For example, if you're thinking "I'm a bad mother" because you spoke harshly to your child, remember all the times you've been nurturing.

**3 Move every day.** Exercise can help relieve anxiety and depression symptoms. So go ahead and sign up for that aerobics class. Instead of driving to the store, ride a bike or walk. Take the stairs instead of the elevator ... every step counts!

**4 Book some "me time."** Take at least 15 minutes each day to indulge in something you enjoy or find relaxing, such as a good book or a warm bath.

**5 Catch your z's.** A solid night of shut-eye helps you feel your best. If you have trouble falling asleep, create a pre-bedtime habit of having a cup of decaffeinated or herbal tea, taking a shower, or reading.



**GET FREE DIABETES COUNSELING**

Nearly one in eight adults in Bermuda has raised blood glucose or diabetes. You can receive FREE diabetes counseling if you have been recently diagnosed with type 1 or type 2 diabetes or prediabetes. To make an appointment, visit the Bermuda Diabetes Association at [www.bermudadiabetes.org](http://www.bermudadiabetes.org) or call 441-297-8427.

# Have COPD? Prevent Colds and Other Infections

IF YOU HAVE CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD), catching a bug carries a lot more danger for you than for other people. Infections often trigger COPD flares, which can land you in the hospital. Fortunately, you can take many steps to stay healthy.

Stay away from sick people. Move away from anyone who's obviously coughing or sneezing.

**Cover your mouth.** When you cough or sneeze, use a tissue if you have one. If you don't, cough or sneeze into your sleeve.

**Wash up.** Speaking of scrubbing, do it thoroughly and often. When lathering up, be sure to get the backs of your hands, under your nails, and between your fingers. Not near soap and water? Carry an alcohol-based rub with you. It'll work in a pinch.

**Call your doctor if you're getting sick.** Signs of an infection can include changes in the color or amount of your mucus, more severe coughing or wheezing, or more difficulty breathing than usual.

**Get vaccinated.** Have a flu shot each year to protect against the new season's strains. Also ask your doctor about the pneumococcal vaccine. This one- or two-time shot prevents pneumonia and its complications.

**Practice healthy habits.** Taking care of your body can help your immune system stay strong enough to fight off infections. Eat a nutritious diet, drink plenty of water and other fluids, manage stress, and try to stick with an exercise program.



## health facts

### Bust These Myths About Flu Shots

Many half-truths and downright fictions surround vaccines—and the flu shot in particular. Put your mind at ease with these facts:

**Myth:** I don't need a flu vaccine every year.

**FACT:** Your immune protection from one vaccine will decline over time. What's more, each year the flu vaccine is different. According to the CDC, the vaccines are made to protect against the most common flu viruses expected during that season.

**Myth:** The flu shot will give me the flu.

**FACT:** The flu shot uses an inactivated virus that is not infectious. The most common side effects of the shot are soreness, redness, or swelling at the shot location.

**Myth:** I'm a healthy adult—I don't need a flu shot.

**FACT:** Older adults have a higher risk for flu complications, even if they are otherwise healthy. The vaccine will help protect you—and those around you, such as young grandchildren or a spouse who might have a chronic condition that increases risk.



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