



October 2017

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Wellness

Feel like you're too accommodating? Start saying no.

Women who are compulsive people-pleasers are more likely to be stressed and depressed.

If you're the kind of person who always puts others first, you may want to consider the personal costs. Research shows that women with high people-pleasing tendencies have higher rates of stress and depression. And it's no wonder: If you don't prioritize your own needs, who else is going to take care of them? That's why it's important to say no sometimes, even if you fear it will make others unhappy. **"Sometimes your gut is smarter than your brain, and your gut reaction — 'no, don't do this' — is important to self-respect,"** says mind-body coach and behavioral health specialist Jane Pernotto Ehrman, MEd, of the Cleveland Clinic Wellness Institute's Center for Lifestyle Medicine. If the very thought of turning down someone's request makes you queasy, practice these tips from Ehrman.

1. Most of the time, an immediate response isn't necessary. Tell your friend you'll think about her request and get back to her later. This will give you time to decide what might be best for you.
2. Many confuse self-care with selfishness. Selfishness is caring only about yourself, with total disregard for others. Self-care is taking responsibility for your own health and welfare. Ask yourself if what is being asked of you is best for your well-being.
3. When you're alone, practice saying no. This may seem silly, but rehearsing a "no" response can make it easier to say when the time comes.
4. Don't feel any need to give all sorts of reasons for your answer. This isn't about convincing the other person; it's about being centered in your decision.



By: *Cleveland Clinic Wellness Editors*



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No matter your age or your weight, exercising for more than an hour each day will reduce your risk of developing breast cancer.



Women who are physically active for more than an hour each day reduce their breast cancer risk by 12 percent, according to a meta-analysis of 37 existing studies that looked at breast cancer and activity. The reason for this protective effect is unclear, though. Because women with higher and lower BMIs are able to lower their risk, experts feel that exercise provides protection that goes beyond weight control. Exercise has already been shown to have a protective effect against selected cancers and cardiovascular disease. It also makes you feel great. One way to start? Lace up your walking shoes and work your way up to 10,000 steps per day.

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CHILL OUT! A NEW REMEDY FOR HOT FLASHES IS RIGHT UNDER YOUR NOSE.

Feeling like a human inferno these days? For a hot-flash remedy that's supremely safe, readily accessible, and free, take a deep breath. And another one. Practicing what's called paced breathing—slow, deliberate, deep breathing—for 15 minutes twice a day may reduce both the intensity and frequency of hot flashes. To practice paced breathing, set a timer for 15 minutes. Lie on your back and make yourself comfortable. Slowly start to relax the muscles in your legs, hips, belly, chest, arms and neck. Start to bring attention to your breath, feeling yourself relax from the inside out. As you relax, inhale and allow your belly to rise; then slowly exhale and allow your belly to fall. Notice the pace of your breath slowing as you relax. Continue until the timer rings. Other natural strategies that may squelch the flames of hot flashes include acupuncture, caffeine reduction, and mindfulness meditation.

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Healthy Recipe

SPAGHETTI SQUASH WITH TOASTED PINE NUTS AND CRISPY SAGE

You'll fall in love with this delicious autumn dish featuring nature's own "spaghetti." Add buttery pine nuts rich in nutritious fats, sprinkle in some fragrant sage, and it becomes an earthy, satisfying dish packed with anti-inflammatory nutrients such as omega 3s and beta-carotene. You'll be shouting "hooray for whole foods" with this perfect plant-based meal.

Yield: 4 Servings

Ingredients:

One 4-pound spaghetti squash, halved lengthwise
3 tablespoons extra-virgin olive oil
3 cloves garlic, sliced
3 tablespoons pine nuts
16 fresh sage leaves
A pinch of crushed red pepper
¼ teaspoon kosher salt
A pinch or two of freshly ground black pepper

Instructions:

Heat the oven to 400°F.

Place the squash, cut sides down, on a sheet pan. Roast 40–50 minutes until the squash is tender and can be easily pierced with a paring knife.

When the squash is nearly cooked, heat the oil in a small pan over medium heat. Add the garlic and pine nuts and cook, stirring often, until light golden brown, about 3 minutes. Add the sage and red pepper flakes and continue to stir until the sage is crisp, about 2 minutes more.

Remove the squash from the oven, flip it over and scoop out the seeds. Use a fork to shred the flesh into "spaghetti" strands and scoop onto a platter. Drizzle the sauce over top and season with salt and pepper.

Nutrition Info Per Serving:

(1/4 of the dish) 330 calories, 20 g total fat, 3.5 g saturated fat, 6 g protein, 36 g carbohydrate, 7 g dietary fiber, 12 g sugar, 0 mg cholesterol, 210 mg sodium.

Developed by Sara Quessenberry for Cleveland Clinic Wellness

