

January 2018

# Church Partnerships News

## Mount Carmel Church Partnerships Re-Launch

**Sunday January 21<sup>st</sup>, 2018 from 2-4 p.m.**

Mount Carmel Corporate Services Center  
6150 East Broad Street, Columbus, Ohio 43213

Join us to learn of Church Partnerships' new course offerings, new resources available for your health ministry, and be the first to receive re-branded Church Partnerships' materials.

**RSVP by 1/17/18** (614)546-4974 or [marcia.cronin@mchs.com](mailto:marcia.cronin@mchs.com)

## A Healthier 2018

How do you get started on the path to a healthier you this year? One way is to make a New Year's Resolution. According to [statisticbrain.com](http://statisticbrain.com), 41% of Americans usually make New Year's Resolutions. Statistics show that people who explicitly make resolutions are ten times more likely to attain their goals than people who do not. So what are the most common resolutions? 44.3% of resolutions are related to self-improvement or education. In 2017 the number one resolution was to lose weight or eat healthier (21.4%).

Unfortunately only about half (44.8%) of people maintain their resolutions past six months. How do you increase your likelihood of success? Read on for tips to begin your journey to a healthier 2018!



<https://www.statisticbrain.com/new-years-resolution-statistics/>

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# You Can...Set New Personal Goals...and Keep Them!

Every year as we ring in the New Year, we feel compelled to set a New Year's Resolution. Why do some people "fall off the wagon" right away while others are able to stick with their resolutions?

## Here are some keys to successful goal setting:

- Take time to think through what you want for yourself and the possible solutions.
- Make sure your goal is YOURS; don't let someone else set it for you, but don't be afraid to ask for help if you need it from healthcare providers, friends or family.
- Identify barriers you may encounter trying to reach the goal and imagine how you would overcome them.
- Be optimistic but realistic (don't set your sights too low or too high).
- Write your goal down. This actually SETS it and makes it real.
- Share your goal with the people who will support you in achieving it. Work on an "I can do it!" attitude. Your confidence will grow if you encourage yourself.
- Don't be discouraged if you slip backwards now and then; think long-term.



Try the **SMART** technique for setting your goals.

**S**pecific: goals cannot be vague

**M**easurable: otherwise how will you know when you succeed?

**A**ttainable: realistic

**R**elevant: to the problem you identified

**T**ime-based: so that it doesn't get "put off" forever

For example,

**S:** Swimming (specific type of activity).

**M:** 30 minutes, 2 x/week (measurable). This is a goal you can work toward, because 10 minutes is all you can do right now.

**A:** You've planned on pool access and transportation (realistic). If not, you may need to decrease time, frequency, or even change specific activity.

**R:** You've identified your basic problem as decreased activity (swimming is relevant).

**T:** You look to accomplishing your measurement goal within 2 months (time).

Goal-setting requires some real consideration. Taking the time to assess things up front will improve your chance for success. And remember, You CAN set new goals any day of the year!

<https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/You-CAN/Set-New-Personal-Goals>



# Taking Care of Your Body

## Get Active

Studies have shown that exercise can reduce anxiety and depression as well as improve mood, self-esteem and cognitive function. Working out can also be a healthy way to control your weight, strengthen your bones and muscles and increase your chances of living longer.

A study by the National Institute of Health (NIH) found that all it takes is 30 minutes a few times a week to produce benefits. All you need to do is hop on the treadmill at your local gym and turn on your favorite show. You'll be done by the time the credits are rolling. Find what motivates you and exercise will never feel like "working" out.

## Eat Healthy

Studies have shown that people who consume nutrient-dense diets tend to be happier. A nutrient-dense, healthy diet typically contains fruits, vegetables, whole grains, fat-free milk products, lean meats, poultry, fish, eggs, beans and nuts. Fats and sugars should be limited. Drinking plenty of water is also important.



## Avoid Smoking

In addition to being extremely bad for you, smoking is especially damaging for living with a mental health condition. Certain antipsychotic medications cause an increased risk of heart disease—smoking elevates this risk even further. Smokers also tend to break down medications faster than nonsmokers, which leads to increased doses and increased unpleasant side effects. For more information on quitting, visit [smokefree.gov](http://smokefree.gov).

## Don't Turn to Alcohol or Drugs

Alcohol and drugs may seem like an effective way to cope, but they can actually make a condition worse. Like smoking, substance abuse is higher among people who experience mental health conditions. Many commonly prescribed medications for mental health conditions have a combined effect with drugs and alcohol that can create dangerous, toxic situations.

## Get a Good Night's Sleep

Sleep problems and mental health conditions can become a vicious cycle: A person experiencing an anxiety disorder could feel too anxious to fall asleep at night, leaving them frazzled the next day thereby increasing their anxiety, making it even harder for them to fall asleep the next night.

It's important when living with a mental health condition to get at least 7 hours of sleep per night for adults and around 9 hours of sleep per night for adolescents. However, everyone is different, so it's best for you to figure out the proper length of sleep your body needs.

<https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Taking-Care-of-Your-Body>



## Time to Take Action and Move

According to a recent U.S. Surgeon General's Report, less than half of all U.S. adults get enough physical activity each day to reduce their risk of developing a chronic disease—including diabetes, cancer, or heart and lung disease. What's more, only a quarter of high schoolers were found to get the recommended daily amount.

### Ready, Set, Go!

Whether your New Year's resolution includes walking or another form of physical activity, continue reading for more tips on how and why you should incorporate physical fitness into your daily life for the upcoming year. Need a motivational boost? Start by downloading the Surgeon General's walking playlist on Pandora at [www.surgeongeneral.gov](http://www.surgeongeneral.gov) and get moving!



### Keeping Active at Work

When you're looking to add more physical activity to your routine, it's important to practice healthy habits at work, as well as at home. For you, this might mean simply moving more at your workplace. The CDC encourages the following activities to keep you moving at work:

- Print to a different printer. Try printing to a printer located further away from your work area. Consider printing one floor up or down and take the stairs.
- Take the stairs rather than the elevator.
- Park at a remote parking lot and walk to the office. The further away you park, the more activity you can include in your day.
- Walk and talk. Have a walking meeting or step in place while talking on the phone.
- Start meetings with five to 10 minutes of stretching or activity, or add in stretch or activity time mid-way through long meetings.
- Do 60- to 90-second standing breaks for every hour you sit.
- Keep a set of hand weights by your desk. Use them three or four times a day for muscle strengthening.

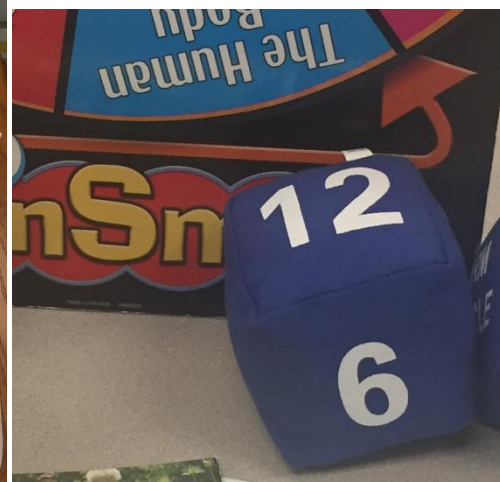
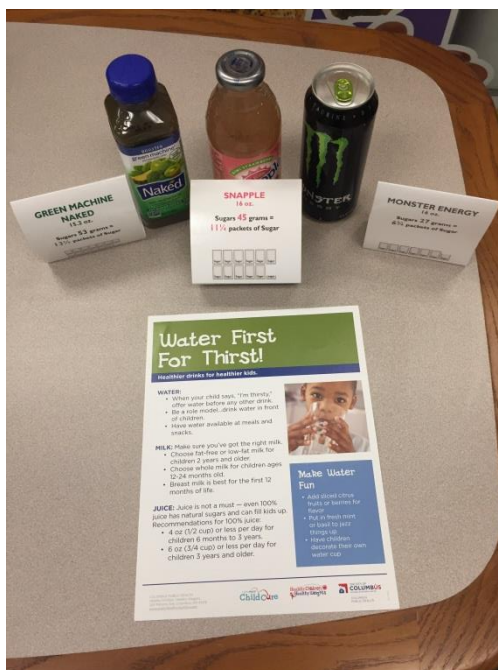
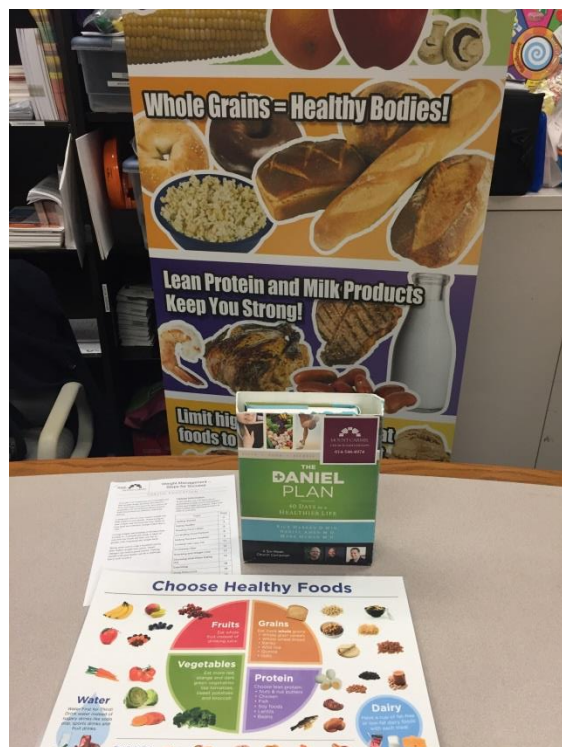
In addition, many employers offer weight management programs and on-site fitness programs to encourage and support employees with establishing and maintaining healthy lifestyle behaviors. These programs can offer even more opportunities for you to engage in healthy workplace activities.

<https://medlineplus.gov/magazine/issues/winter16/articles/winter16pg8-9.html>





## Highlights of Wellness Resources Available from Church Partnerships:



Contact Marcia ([marcia.cronin@mchs.com](mailto:marcia.cronin@mchs.com)) with questions or for more information about resources.



BECAUSE  
OF YOU   
MOUNT CARMEL



## Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

## Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Briggs Road Baptist Church  
Christ Memorial Missionary Baptist Church  
Church of Christ of the Apostolic Faith  
Come As You Are  
Faith Lutheran Church  
First Presbyterian Church  
Grace Missionary Baptist Church  
In His Presence  
Love Zion Baptist Church  
Mount Hermon Baptist Church  
New Fellowship Baptist Church  
Redeemer Lutheran Church  
Resurrection Missionary Baptist Church  
Sacred Heart Catholic Church  
St. Augustine and Gabriel Catholic Church  
St. Peter Catholic Church  
Stonybrook United Methodist Church  
United Methodist Church for All People  
Vineyard Christian Fellowship – Grove City

Brookwood Presbyterian Church  
Christ United Methodist Church  
Clair United Methodist Church  
Ephesus Seventh Day Adventist Church  
First Church of God  
Fruit of the Spirit Seventh Day Adventist  
Harlem Road United Methodist Church  
J. Jireh Ministries  
Mifflin Presbyterian Church  
Mount Olivet Missionary Baptist Church  
New Mt. Sinai Church of God in Christ  
Refuge Missionary Baptist Church  
Reynoldsburg United Methodist Church  
St. Andrew Episcopal Church  
St. Paul A.M.E. Church, Columbus  
Second Community Church  
Tabernacle Missionary Baptist Church  
Unity Baptist Church  
Wesley Church of Hope

## Partnering Community Agencies

Catholic Social Services  
The Martin de Porres Center  
Westerville Area Resource Ministries (W.A.R.M.)  
Ohio Living

