

How did the week go for you?

Did you use any strategies for social connection?

What positive impacts did you notice from using new tools and strategies?

Coping with COVID Burnout

7-part Webinar Series

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Nutrition: Fuel for Resiliency



Presented by:

Karen Plawecki, Ph.D., RD
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Tools to Manage Stress Through Self Care: Today's Time

- Stress on physical health
- Healthy behaviors and coping strategies:
 - Nutrition
 - Hunger vs. Appetite
 - Being intentional
 - Convenience & Comfort foods
- Planning ahead



Stress impact on physical health



Short-term

Increased:

- Blood glucose
- Blood pressure
- Breathing
- Attention

Reduced:

- Digestion, kidney function

Long-term (Sustained)

Increased:

- Blood volume & blood pressure
- Proteins to glucose
- Inflammation

Organs impact:

- Immune system suppressed
- Heart disease
- Kidney system suppressed

I'm now more stressed! Thanks!

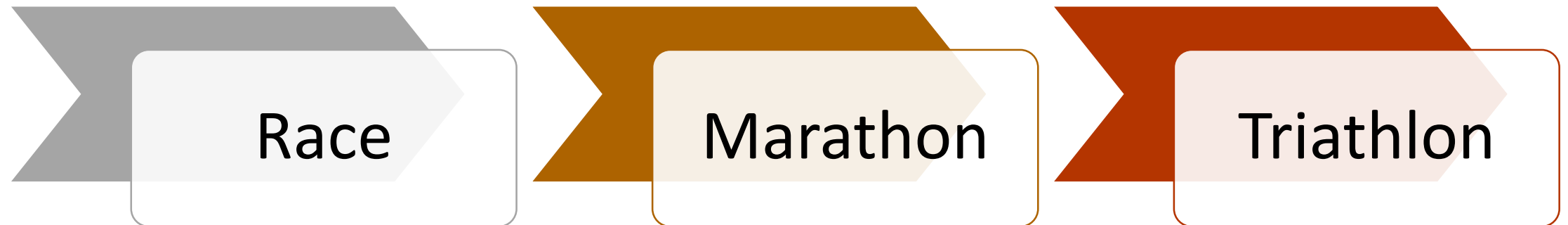
Lowering Stress

- Remove the stressor
- Adapt

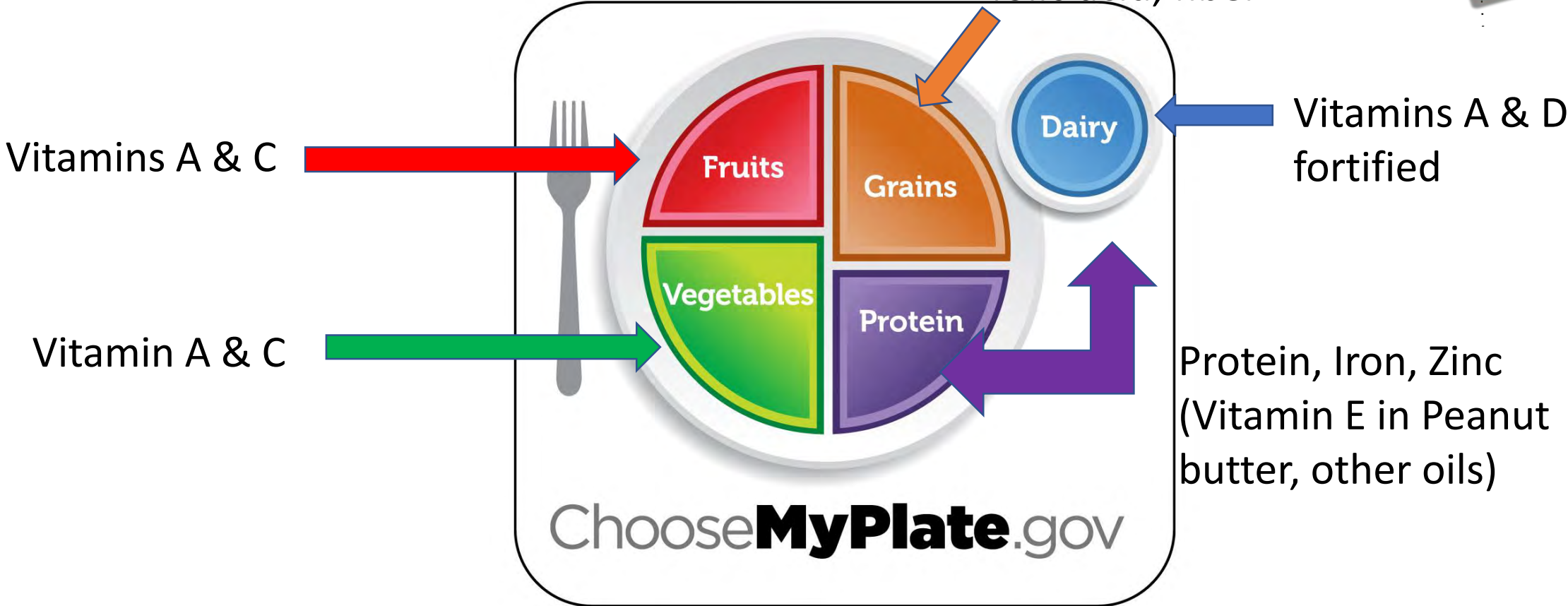
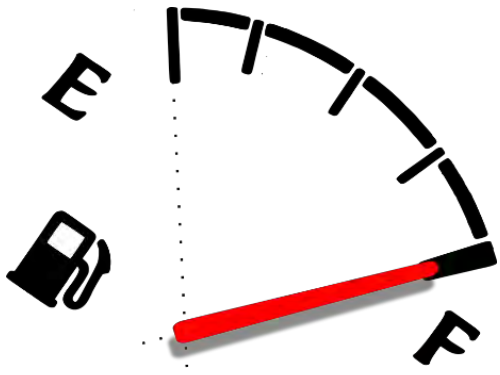
Framework

- Simplify
- Plan

Chronic Stress: An Endurance Event

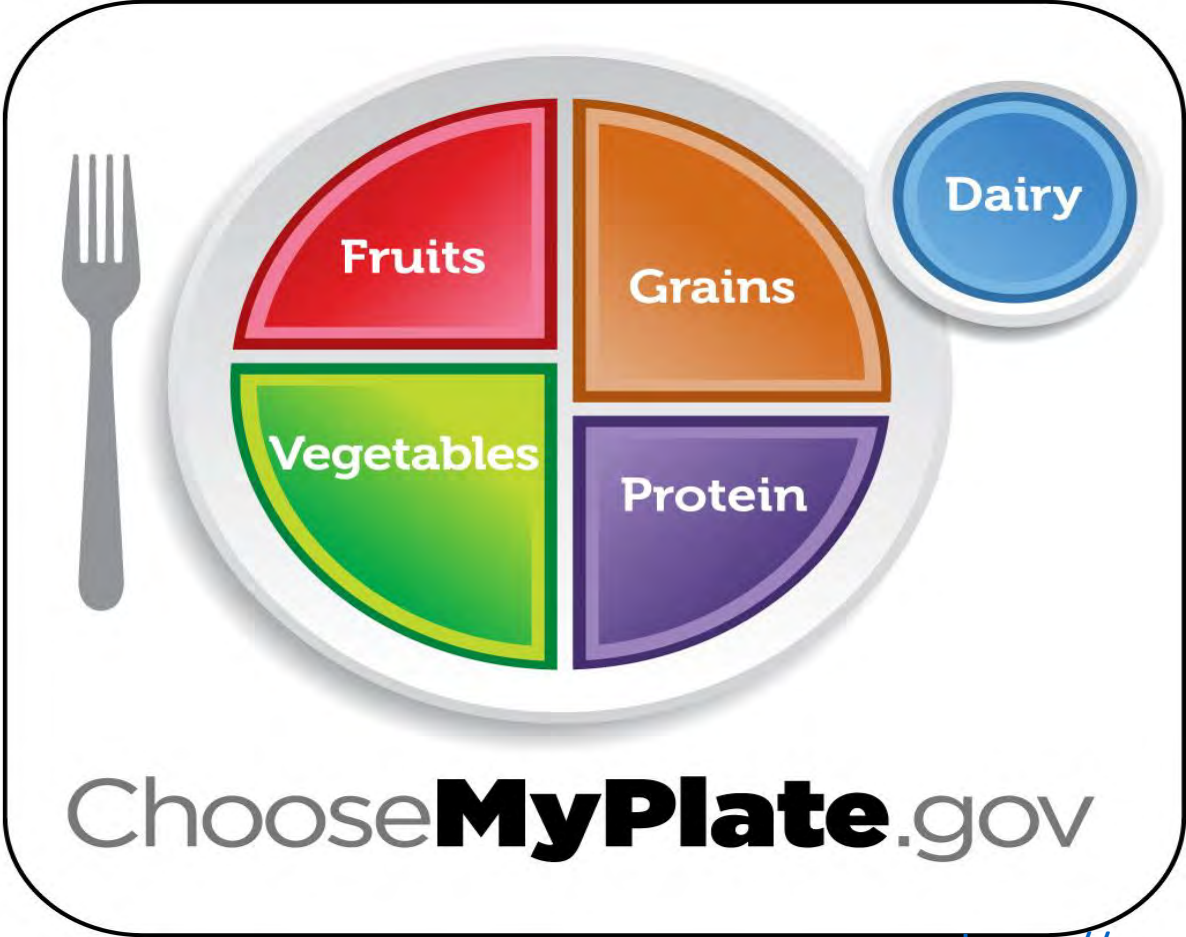
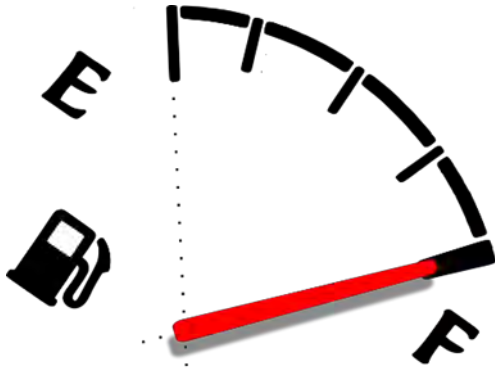


Nutrition: Feed the body!



<https://www.choosemyplate.gov/coronavirus>

Nutrition: Feed the body!



<https://www.choosemyplate.gov/coronavirus>



Common hurdles in Nutrition

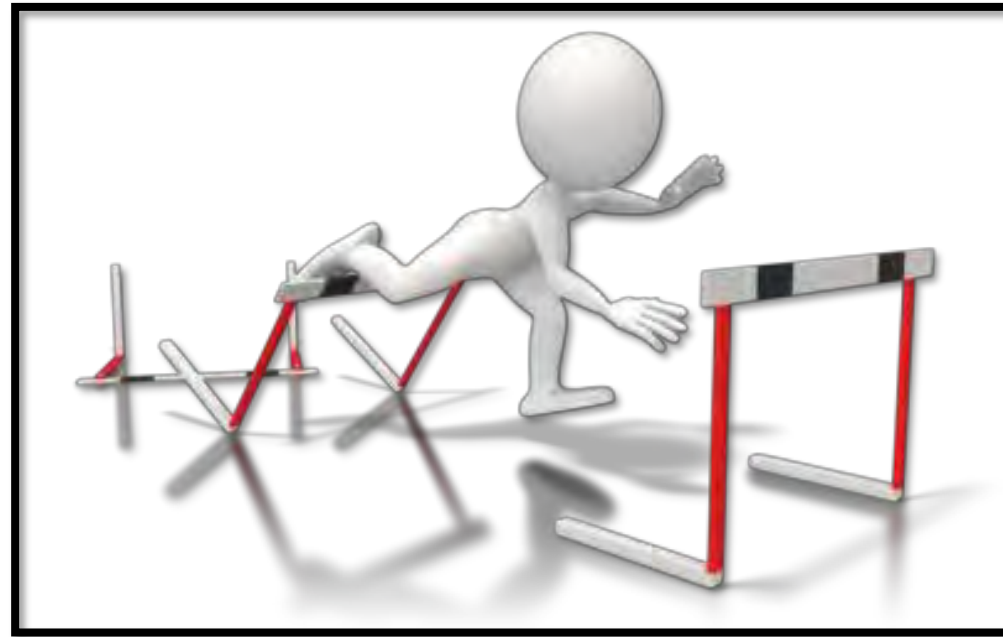


Image credit: <http://innovationofrisk.com/avoiding-tripping-over-the-hurdles-of-risk/>

Hungry vs. “Hungry”

- Physical hunger: stomach growling, hunger headache, hangry
- “hungry” outlet: bored, stressed, anxious, fearful

How can you tell? The apple test



Hunger-Satiety Scale



1	2	3	4	5	6	7	8	9	10
Very hungry		Hunger	Hunger signs	Comfortable		Full	Uncomfortably Full		Feel Sick



Practice!

Pause and Focus.

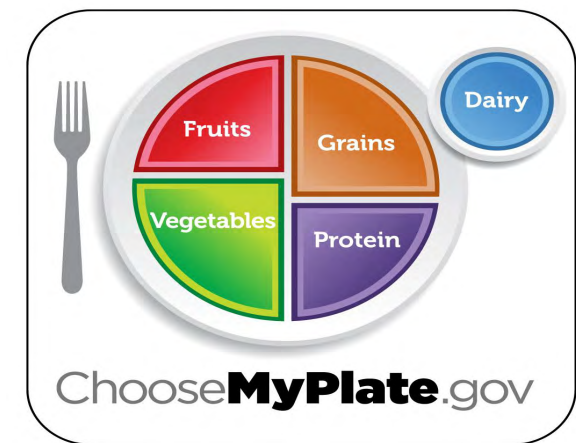
Rate your current
hunger/fullness level?



Planning: Maximizing options

- **Grains**: pasta, rice, breads, tortillas, crackers, cereal
- **Fruits & Vegetables**: potatoes, canned, frozen
- **Dairy**: cheese, yogurts, milk (or plant alternatives)
- **Protein**: eggs, canned meat, legumes, peanut butter
- Soups
- Supplements?? Be wary:
Check Office of Dietary Supplements
at <https://ods.od.nih.gov/>

← Just as or more nutritious as fresh!!



Sneaking in the fruits & vegetables

- Cereals
- Pancakes/waffles
- Smoothies
- Sauces
- Soups
- Salads
- Pizza toppings
- Baked Potato bars
- Casseroles or lasagna
- Stir fry



ICAN videos for freezing fruits and vegetables



<https://ican.nmsu.edu/>

<https://www.youtube.com/user/nmsuaces>

Planning: Basic recipes & spices, tips

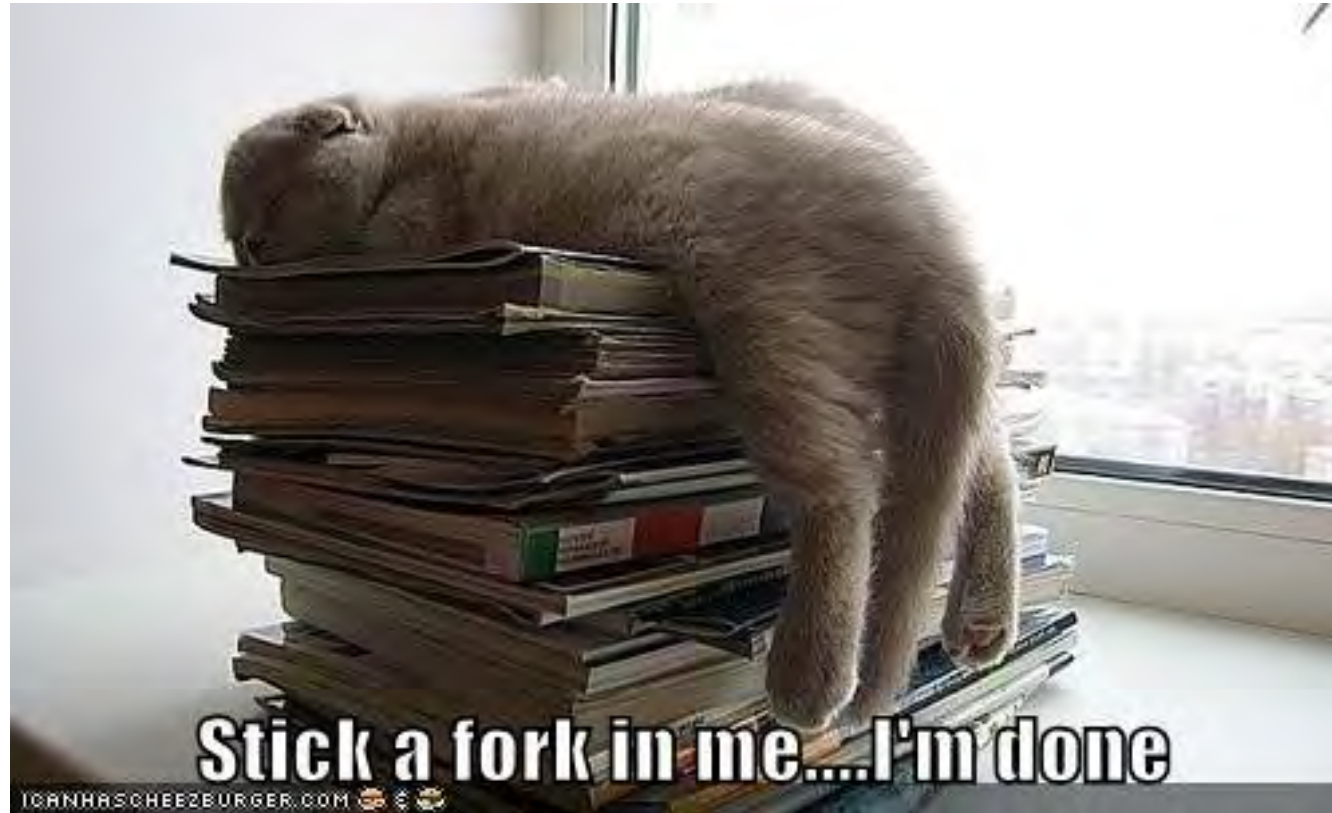
Recipes & Spices

- Websites organized stay-at-home recipes
 - <https://www.tasteofhome.com/collection/easy-meals-when-youre-stuck-at-home/>
 - <https://www.myplate.gov/myplate-kitchen>
- Search recipe websites for specific food item
- All-purpose spices

Time Saving Tips

- Crockpot/Multi-cookers
 - <https://www.campbells.com/kitchen/>
- Prepare for many meals at one time
- Make extra amounts for meals
 - Leftovers
 - Freeze for later
- Plan “no cook” days

Let's go there: Convenience and Comfort!



Fast Food: Managing frequency & Optimizing Selection

- Goal: use wisely and well
- Generic guidelines:
 - Keep snacks available to minimize hunger
 - Salads are solid option
 - Single patty and non fried sandwiches
 - Go ala cart with \$1-3 menu to control portion sizes
 - Use kid meals



Arby's: Roast Turkey Farmhouse Salad



Five Guys: Little Cheeseburger

Fast Food: Suggestions for commonly available restaurants



Chick-Fil-A: Grilled Chicken Cool Wrap



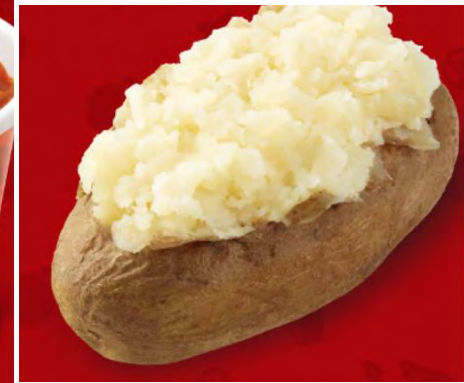
Jimmy John's: Slim Sandwiches



Panda Express: Broccoli Beef



Subway: Sandwich



Wendy's chili and/or baked potato

Comfort foods

Plan for comfort foods

vs.

Avoid or binge

To minimize intake:

Reduce ease of access

Mindful Eating

www.eatingmindfully.com



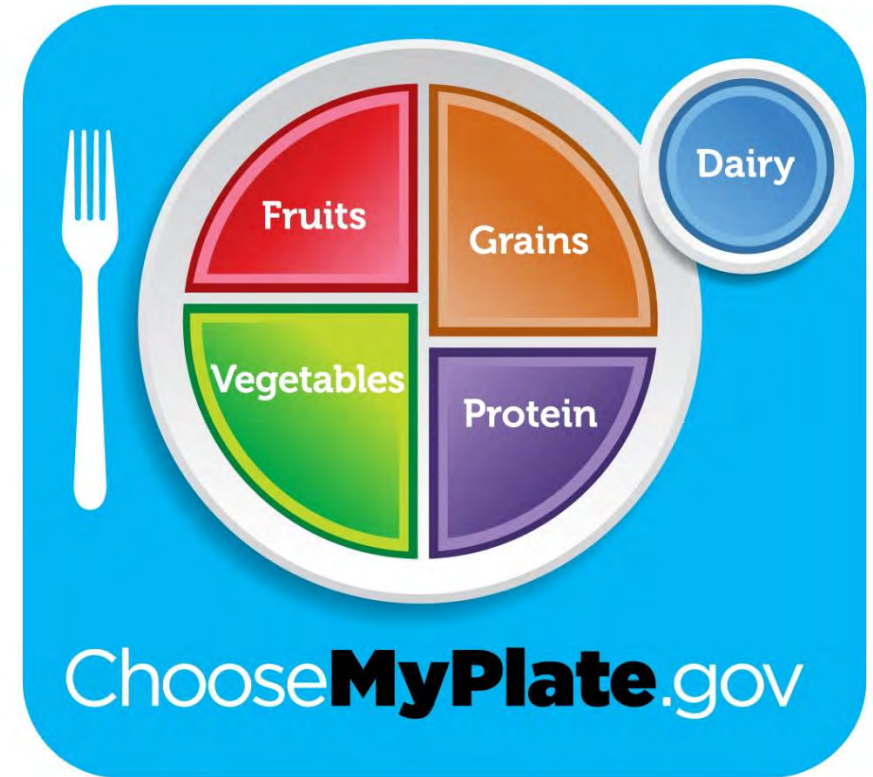
Nourishment

- Meet nutritional needs for body to optimally function
- Supply immune system
- Fuel body for energy



Big Picture

- Focus on:
 - Nourishing, delicious plan based on your needs
 - Listen to hunger & satiety cues
- Set goals with measurable, doable tasks
- Build patterns, plan and skills for future
- No “shoulding” on yourself



Session Five Survey

https://acesnmsu.az1.qualtrics.com/jfe/form/SV_6g0vEUZJiC2jqR0

Session Six, March 23

Sleep: The What, Why and How!

Lourdes Olivas, MS

Thank You!

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