



ANCHOR CENTER NEWSLETTER

Scott County Health and Human Services

May 2021

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Special points of interest:

- *May Day is on 5/1.*
- *Mother's Day is on 5/9.*
- *Scott County Offices will be closed on 5/31 in observance for Memorial Day.*
- *"Like" us on Facebook @ Scott County Anchor Center!*
- *Check out the April Wellness Calendar!*

Seven Habits to Increase Your Energy

Habit #1: Go to Sleep Early

Sleep is the foundation of your energy. If you don't get enough sleep, you'll start to underperform. While some people claim to work best on six or less hours of sleep, research says they're kidding themselves. Seven to eight hours are pretty much mandatory if you're going to stay cognitively sharp in the long-run. For some people the sleep deprivation may have mentally plateaued, meaning they feel slightly tired all day, but they don't think they're getting any worse. An interesting experiment showed that sleep deprivation caused continuous declines in mental performance, even though subjects felt like they

were holding steady. Try this: Go to bed by 10pm every night, including weekends, for the next thirty days.

Habit #2: Exercise Every Day

Exercise is a long-term investment in your energy levels. It's easy to cut in the short-term, but over time you'll reduce your overall fitness, making it harder to think straight and stay alert throughout the day. If you struggle to find time for exercise, don't make going to the gym your prerequisite. Make a habit of doing some pushups or burpees every day throughout the day. These will get your heart pumping and blood moving,

and they don't require setting aside two hours from your already busy schedule. You can add gym or fitness classes on top of this foundational habit, but this basic investment in exercise will keep you sharp when you can't make it to the gym. Try this: Do at least 10 burpees every day from your home.

Habit #3: Twenty-Minute Naps

Napping may feel lazy, but there's research showing it has a range of cognitive benefits. This is particularly true if you're doing a lot of learning, since the short burst of sleep can help with memory. I used to feel guilty

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The Science of Sleep

Sleep is one of the strangest things we do each day. The average adult will spend 36 percent of his or her life asleep. For one-third of our time on earth, we transition from the vibrant, thoughtful, active organisms we are during the day and power down into a quiet state of hibernation. But what is sleep, exactly? Why is it so important and so restorative for our bodies and minds? How does it impact our lives when we are awake? Sleep serves multiple purposes that are essential to your brain

and body. Let's break down some of the most important ones.

The first purpose of sleep is restoration. Every day, your brain accumulates metabolic waste as it goes about its normal neural activities.

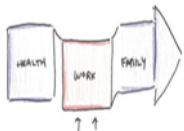
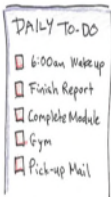
While this is completely normal, too much accumulation of these waste products has been linked to neurological disorders such as Alzheimer's disease. Alright, so how do we get rid of metabolic waste? Recent research has suggested that

sleep plays a crucial role in cleaning out the brain each night. While these toxins can be flushed out during waking hours, researchers have found that clearance during sleep is as much as two-fold faster than during waking hours. The way this process occurs is fairly remarkable: During sleep, brain cells actually shrink by 60 percent, allowing the brain's waste-removal system—called the glymphatic system—to essentially "take out the

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Seven Habits to Increase Your Energy *continued*

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taking naps, believing it was a sign of weakness. Now, I think it's definitely a strength. A short nap can turn you back on for work in the afternoon, when you'd normally be exhausted. Even if you work in an office that doesn't encourage napping, you can use a slice of your lunch break, to quickly rest. The key is to learn how to take short naps. Many people take naps which are too long, pushing them into deeper phases of sleep which cause them to feel even groggier when they wake up (although the benefits to even these naps often occur after the initial grogginess wears off). The key is to wake up immediately with your alarm. If you start adding more time, a quick nap can become a long sleep. Try this: Insert a 20 minute nap after you eat lunch to recuperate your energy for the afternoon.

Habit #4: Do Your Hard Work in the Morning

Aim to get your most important work done in the first four hours of the workday, starting as soon as possible. The benefits to your energy here are mostly psychological. My energy levels depend a lot on my mood. If I've gotten some important work done, my mood is usually good and I feel productive. If I've wasted time on emails, meetings, calls or failed to produce something valuable, I'm often frustrated and exhausted entering the second half of the day. The other reason for this

approach is that deep work isn't always sustainable for the full workday. Better to concentrate it into a specific period than randomly insert it across chunks of time. Try this: Make the first four hours of your morning a quiet, deep work zone.

Habit #5: Set Your Intention the Day Before

Energy is often about momentum. Start working hard and you'll overcome procrastination and keep going throughout the day. Start slow and you may end up struggling against your own impulses, wasting the energy on things that aren't productive. One way to avoid this is to set a very clear intention of how your day will go, particularly in the beginning, the night before. Visualizing this intention and writing it down into your schedule can make it happen more automatically when you wake up. Try this: Before you go to bed, write down your plan for the next day and visualize it.

Habit #6: Sell Yourself on Your Goals

Many people simultaneously hold two contradictory beliefs: that other people (marketers) are really good at persuading them to do all sorts of things they wouldn't do otherwise, but that they themselves have no ability to change their own motivation to do the things they have to do. The truth is, you need to become the salesperson for your own goals. Not for other people, but for yourself. Part of that starts with packaging—how you

frame your goals and projects can have a huge effect on your motivation. Is this something you have to do? Or an exciting challenge? Next it comes from refreshing and reminding yourself of your inspirations. Why did you get started down this path? What were you hoping to achieve. Good marketers know to focus the customer on visualizing what they want to drive sales. You can focus yourself on what you want to have the energy to get it done. Try this: Set aside ten minutes every day to think about what today's actions are helping you build towards.

Habit #7: Align Your Life

The last habit isn't a one-time process, but an ongoing effort to bring the different elements of your life out of conflict and into alignment with one another. A lot of energy is squandered because the different parts of our lives, both internal and external, are in conflict with each other. That could be the colleague at work who doesn't want you to get promoted, the friends who make fun of your goals or even the internal fears and assumptions that keep you hesitating. Spend some time untangling the different conflicts in your life to see how you could resolve them. Sometimes that can be done in the short-term, by making a change. Sometimes, it requires a long-term plan to escape the toxic environment, social circle or belief system that holds you back.

Katie's Korner: Meatloaf Recipe

Ingredients:

1 lb. 90% lean ground beef
 1 cup dried bread crumbs
 1/2 cup diced yellow onion
 1/2 cup milk
 1 large egg beaten
 2 tbsp. ketchup
 1 tbsp. Worcestershire sauce
 1 tsp. dried parsley leaves
 3/4 tsp. salt
 1/2 tsp. garlic powder
 1/4 tsp. ground black pepper

For the Topping:

1/4 cup ketchup

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl, add the beef, bread crumbs, onion, milk, egg, 2 tablespoons ketchup, Worcestershire sauce, parsley, salt, garlic powder, and pepper. Use your hands to mush and mix these ingredients together until well combined.
3. Add the meat mixture to a loaf pan. Pat the meat down into an even layer.
4. Squeeze ketchup on top of the meatloaf and spread it into an even layer.
5. Bake uncovered for 55 minutes.



Let the meatloaf rest for 8-10 minutes before serving (or it may fall apart).**

The Science of Sleep *continued*

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trash” more easily. The result? Your brain is restored during sleep, and you wake up refreshed and with a clear mind.

The second purpose of sleep is memory consolidation.

Sleep is crucial for memory consolidation, which is the process that maintains and strengthens your long-term memories. Insufficient or

fragmented sleep can hamper your ability to form both concrete memories (facts and figures) and emotional memories.

Finally, sleep is paramount for metabolic health.

Studies have shown that when you sleep 5.5 hours per night instead of 8.5 hours per night, a lower proportion of the energy you burn comes from fat, while more comes from

carbohydrate and protein. This can predispose you to fat gain and muscle loss. Additionally, insufficient sleep or abnormal sleep cycles can lead to insulin insensitivity and metabolic syndrome, increasing your risk of diabetes and heart disease.

All of this is to say that better sleep is critical for your mental and physical health!





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LIKE US ON FACEBOOK!
@SCOTT COUNTY ANCHOR CENTER

The Anchor Center is a community support program (CSP) that offers support for adults with mental illness in Scott County. Before COVID-19, we had a calendar full of events to help and support adults with mental health issues. (**BEFORE Covid-19, we actually USED TO meet in groups, in PERSON, and communicated with each other INSIDE a 6 foot radius WITHOUT a face mask!**) In response to COVID-19, however, we now meet virtually through the WebEx Application. We invite you to join us! We meet online on Tuesdays and Fridays from 1:30 - 3:00pm. Let us know if you'd like to join us by leaving your email address on the Anchor Center line voicemail (952)496-8666. From there, we will email you a link to simply click and join our virtual get-together! We look forward to seeing you again or meeting you for the first time!



Mother's Day
Second Sunday of May

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APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

