



BMC HEALTH LETTER

Volume 4

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August is Wellness Month!

The National Institutes of Health defines health as "a state of being" and wellness as "the state of living a healthy lifestyle". While health refers to physical, mental, and social well-being; wellness aims to enhance well-being. BMC has many resources to help your overall wellness.

Mental Health: Mrs. Brenda Mayfield, CRNP, PMHNP-BC offers mental health services located in the Bibb At Home building.

The Wellness Center: Currently located in The Specialty Clinic, the center offers equipment and classes. In 2022 BMC will open the doors of a top-notch health center equipped to meet the expanding needs of our county.

Bibb Medical Associates: Open weekdays 8:00am-5:00pm and located inside the main hospital, the BMA office provides the highest quality healthcare services for the entire family while simultaneously developing genuine and long-term patient/physician relationships.

Diabetes Self-Management Education: Provides knowledge and skills to assist patients in implementing lifestyle changes to improve quality of life and avoid complications.

Bibb At Home: Our at home services provide care to patients who are home bound or who have difficulty leaving home to get needed health services.

The Specialty Clinic: Offering a variety of specialized services locally including: primary care, surgical/wound care, cardiology, weight loss clinic, orthopedic clinic, cataract clinic, nephrology, gastroenterology, dermatology, oncology, and physical therapy.

Mindful Eating 101

Mindful eating is a practice that takes into account the quality and timing of your food choices. Two of the main principles are choosing foods that nourish you and eating frequently enough to avoid being overly hungry or overly full. These go hand-in-hand, usually when we are overly hungry, we make poor food choices and tend to overeat, leaving us feeling tired and uncomfortable. To begin eating mindfully, try eating within 30-45 minutes of when you first feel hungry, and plan to choose a nutritious & balanced meal. Then, while you are eating, remove distractions and eat slowly to really enjoy the food and feel when your body begins to reach fullness. A trick for this is to put your fork down & have a sip of water between bites. Many of us were taught to "clear the plate" when we eat, so we tend to eat past the point of comfortable fullness, try pausing while your halfway done with your meal to decide how much more will be satisfying or decide if you want to save the rest for later.

Did you know it takes 15-20 minutes for your stomach to communicate via hormones to your brain that you are full? Eating mindfully, slowly and stopping when you're full will help prevent that groggy, overfed feeling!

Self Care Bingo

Try to finish 3 of these simple self-care activities this week. Self-care is key to maintaining a healthy lifestyle. We must first take care of ourselves before we can give quality care to others. Getting enough sleep, good nutrition, exercise, and quiet time all play a crucial role in how our bodies and minds perform in the hustle and bustle of daily tasks.

Try a new vegetable or fruit	Perform a random act of kindness	Park as far from the building as possible
Eliminate one soft drink a day	Smile & say one thing out loud that you are grateful for	Set a timer and jog in place for 1 minute
Sit under the stars and just listen	Visit a park and play or walk outside	Drink an extra glass of water today