



Wellness REACH

A Ministry of First Baptist Church of Universal City

May 2022

30 Day Sleep Challenge. How can you optimize your sleep to achieve physical and mental benefits? Sleep is the ultimate maintenance opportunity for your body. In addition to the beneficial mental health aspect, sleep allows your body to repair damage to tissue and muscles and rebuild stamina in your body. The prolonged lower heart rate and blood pressure are extremely valuable in maintaining a healthy heart.

During this challenge, we'll focus on evaluating and adjusting a series of environmental and behavioral factors that significantly impact sleep. In this challenge, we encourage you to create a healthy sleep routine and the environment by reducing caffeine consumption in the afternoon, decreasing lights in the house 2 hours before bedtime, and being tech-free the last half hour before sleep.

Track your personal sleep changes throughout the challenge by writing down the following information:

- Bedtime
- Wake time
- Hours of sleep
- Mood during the day
- Tech-free bed time
- Number of days with decreased evening lighting

The goal of the Sleep Challenge is to strive for progress. As with any change, small changes and consistency make a big difference. So, let's work towards 7 to 8 hours of time in bed.

The Digital Detox Challenge is simple. First, check your screen time. See how much time you're spending on the phone each day. Next, reduce this to under an hour a day. Finally, reflect on how this moderate detox has changed your life.

One easy way to start a detox from your phone is to turn off your notifications. Notifications are intentionally designed to release dopamine and keep you hooked, always picking your phone up for that next techno-rush. So, turn them off and start checking your phone when you want to, not when it wants you to. Delete time wasters. Delete apps that are not 100% necessary. Another way to drastically reduce screen time is to use apps that can lock you out of your time-waster apps.

So, we challenge you. Try the digital detox challenge and reduce your screen time to under an hour a day. Do this for a month and see how you feel. You'll have more time to be creative, more time to connect fully with friends and family, more time to think and relax.

SCRIPTURE MEMORY CHALLENGE

"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Psalms 4:8

UPCOMING EVENTS

Good Sleep Challenge
May

Digital Detox Challenge
May

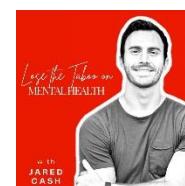
Praise Moves
9 a.m. Monday, Friday
11:30 a.m. Wednesday
REC Center

RECOMMENDED BOOK



Live Fully Love Freely with Mental Illness
60 Day Devotional
By Jared Cash

Buy it here: [amazon](#)



Episode 8: Medical Perspective of Mental Illness with Dr. Dean Earp.

PODCAST

Jared talks with Dr. Earp about the factors that lead to mental illness, the advancements the medical field has made in figuring it out, what medication does, and how any person can improve their mental health.

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

3 John 1:2 (NIV)

► **5K FUN Run/Walk for Wellness** on Saturday, June 11, 2022. The Run/Walk starts and finishes at First Baptist Church of Universal City. The course is an easy, flat, looping 5K (3.1 mile) route and is stroller friendly. Entry fee is \$10, which includes a t-shirt. Registration begins May 1st at <https://www.fbcuc.org/recreation/> or scan the QR code below.

All runners and walkers of all ages and fitness levels are welcome for this untimed, non-competitive event. No animals allowed on the course unless they are a registered service animal.

Check-in begins at 8 a.m. **Run/Walk** starts at 9 a.m. There will be a water and aid station on the route. Grab your family, friends and sunscreen. Don't miss this FREE Family event!

► **Mental Health** refers to a wide range of mental health conditions, a disorder that affects your mood, thinking and behavior. Disorders afflict hundreds of millions of people in every part of the world and impact the lives of our loved ones. Everyone goes through tough times, but sometimes the negative way someone feels inside, depressed, anxious, wanting to avoid people, having trouble thinking, may be more than the ups and downs most people feel now and then. If symptoms like this start to get in the way of your life, or that of a loved one, it's important to take action.

Research shows that getting help early, a mental health assessment, which included a physical exam, lab tests, questions about mental health history of you or family, personal history, such as your lifestyle, and mental evaluation of your thoughts, feelings and behaviors will determine what type of treatment may help.

If you are concerned about a loved one, family or friend, don't be afraid to start a conversation about mental health. Let them know you care, remind them that mental illness can be treated, and offer to help connect them with a professional who can help.

Did You Know?

Kids ages 8-18 now spend, on average a whopping 7.5 hours in front of a screen for entertainment each day, 4.5 of which are spent watching TV. Over a year, that adds up to 114 full days watching a screen for fun. That's just the time they spend in front of a screen for entertainment. It doesn't include the time they spend on the computer at school for educational purposes or at home for homework.

The CDC recommends kids get at least 60 minutes of physical activity each day. The time kids spend watching TV, playing video games, surfing the web is time they could be physically active.

How can parents help? Ensure kids have 1 hour of physical activity each day. Limit kids' total screen time to no more than 1-2 hours per day. Remove TV sets from your child's bedroom. Encourage other types of fun that include both physical and social activities, like joining a sports team or club

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RECIPE OF THE MONTH

From the Kitchen of Jennifer Ware

Recipe **Roasted Chicken Thighs and Root Vegetables**

Servings **4**

Ingredients

- 3-4 bone in, skin on chicken thighs
- 2-4 yellow or red potatoes
- 1 sweet potatoes
- 2 carrots
- Avocado or olive oil
- Salt
- Pepper
- Sheet pan with raised sides

Directions

- Preheat oven to 400.
- Cut all veggies into 1/2" cubes and toss with oil, salt and pepper. Arrange on sheet pan.
- Coat chicken thighs with oil and sprinkle with salt and pepper. Arrange the thighs evenly over the veggies, skin side up.
- Roast for 30 minutes. If skins aren't quite crispy, broil them till brown before removing from the oven.
- This recipe is super simple, but the veggies cooked in the chicken juices are amazing. You can add some garlic powder or paprika, but it isn't necessary.