

WELLNESS WEEKLY

HEALTH PROMOTION

SELF-CARE

Recognizing Eating Habits

There's nothing wrong with wanting to clean up your eating habits or eat less junk food, but if you compulsively check ingredient lists and nutrition labels, or find yourself cutting out an increasing number of food groups (all sugar, carbs, dairy, etc.), this may signal a bigger issue.

Although it is not formally recognized in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), orthorexia is a very serious issue defined as an unhealthy obsession with proper or healthful eating.

Healthy Eating ²

- You strive to make nutritious food choices, but you're flexible when you need to be.
- You cut out certain foods for medical reasons, or because you physically feel better when you avoid them.
- You practice mindful eating and enjoy the foods you consume.
- Follows social media accounts that challenge diet culture and do not demonize specific foods.



Orthorexia ²

- You're very strict and rigid with your food choices, and may refuse to eat or become anxious if you don't have foods you consider healthy.
- You cut out certain foods, or entire food groups, because you view them as bad or unhealthy.
- Only find enjoyment from foods considered good or healthy. You may feel anxious and guilty if you stray from your food restrictions.
- Obsessively follows 'clean eating' accounts on social media.

Too Much Exercise?

To improve your performance, you have to push yourself a little past your limits. But how do you know how much is too much?



There are two forms of overexercise: overreaching and overtraining.

Overreaching ²

- More than your typical; muscle soreness
- Feeling run down and more tired than usual
- Usually happens after several consecutive days of hard training

Overtraining ²

- Feeling like you aren't recovering between workout sessions can be a sign of overtraining
- Poor quality of sleep, performance plateaus or declines, inability to relax, increased blood pressure or resting heart rate, moodiness can all be signs of overtraining.
- Full recovery can require weeks or months from working out.



Tips for Handling Nicotine Withdrawal

Tips to Avoid Cravings:¹

- Avoid situations and activities that you used to associate with using tobacco products.
- Try chewing on carrots, pickles, apples, celery, sugarless gum, or hard candy as substitutes.
- Keeping your mouth busy may stop the psychological need to smoke.

Tips to Resist the Urge to Smoke When Driving or Riding in a Car:¹

- Clean your car and use deodorizers to reduce the tobacco smell.
- Keep your healthy substitutions in your car.

Tips to Start Your Day without Smoking:¹

- The morning sets the tone for the rest of the day. Plan a different wake-up routine to divert your attention from smoking.
- Begin each day with a planned activity that will keep you busy for an hour or so. Keeping your mind and body busy will distract you from thinking about smoking.



Clean your Mattress!⁴

You should be washing your mattress about every 6 months. Follow these steps to keep up your sleep-time self-care.

1. Remove and wash all bedding such as sheets, pillowcases, and blankets. Once mattress is stripped, use your vacuum's upholstery attachment to vacuum the surface and sides of the mattress.
2. Blot any stains with a gentle cleanser followed by a clean cloth dipped in cold water. Be careful not to get the mattress too wet, especially if it is memory foam or polyfoam.
3. Let the mattress dry and then apply baking soda to the surface of the mattress to soak up any lingering smells.
4. Give it a few hours to fully absorb then vacuum up the baking soda.
5. Repeat the process on the other side of the mattress.



1. NIH. (2022). Handling Nicotine Withdrawal and Triggers when you Decide to Quit Tobacco. U.S. Department of Health and Human Services. Retrieved from <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/withdrawal-fact-sheet>
 2. Goolsby, M. & Hospital of Special Surgery. (2021). Overtraining: What It Is, Symptoms, and Recovery. Hospital for Special Surgery. https://www.hss.edu/article_overtraining.asp
 3. Homemade Dole Whip. (2021, November 2). The Pioneer Woman. <https://www.thepioneerwoman.com/food-cooking/recipes/a36068289/homemade-dole- whip/>
 4. Foley, L. (2022). How to Take Care of Your Mattress. Sleep Foundation . Retrieved from <https://www.sleepfoundation.org/best-mattress/mattress-care>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to usaf.jbsa.afmsa.mbx.afmra-hpo@health.mil. For more online health tips, visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>.