



# Inspire Newsletter

Winter 2023

Winter has arrived, and your friends at Northern Arizona Healthcare's Inspire program want you to be ready. Read on for our best tips and suggestions to make the cold months feel a little warmer.

## Sherry's tips for a good night's sleep

Getting enough sleep is one of the best things you can do for your health. Sleep curbs cravings, improves mood and elevates energy levels. Here are 5 ways you can improve your sleep:

- Set a regular bedtime before 10 p.m. and wake up at around the same time each morning.
- Blue light disrupts circadian rhythm and interferes with sleep. Turn off all screens an hour before bed.
- Keep your bedroom cool; fans can help.
- Get adequate physical activity each day.



## Jillian's one-pot Mexican rice skillet

### Ingredients

- 1 lb extra-lean ground beef or turkey
- 2 c chopped sweet onion (about 1 medium onion)
- 1 tsp minced garlic
- 2 1/4 c water
- 1 (16-ounce) jar of your favorite salsa
- 1 c fresh or frozen corn (no need to thaw if frozen)
- 1 c uncooked instant brown rice
- 7 tsp taco seasoning
- 1 Tbsp hot sauce (such as Tapatio)
- 1/2 c shredded, reduced-fat sharp cheddar cheese



*Optional toppings: additional cheese, additional salsa or hot sauce, shredded lettuce, chopped tomatoes, minced fresh cilantro, guacamole or chopped avocados, chopped green onions, reduced-fat sour cream*

### Instructions

1. In a large nonstick skillet over medium heat, cook beef (or turkey), onions, and garlic, stirring to crumble, until meat is browned and onions have begun to soften (about 8-10 minutes). Drain if needed.
2. Add water, salsa, corn, rice, taco seasoning and hot sauce to skillet, stirring to combine. Cover and continue cooking over medium heat until rice is done, stirring occasionally (about 18-20 minutes).
3. Remove from heat and stir in cheese.
4. Serve with desired toppings.

## A mindful moment with Jason

Do your feelings feel too big? Try five-finger breathing to help still your mind:

1. Hold out one hand palm up. Use the pointer finger of your other hand to slowly trace up and down each finger.
2. As you trace up, breathe in. As you trace down, breathe out.
3. Close your eyes and feel your body relax with each trip along your hand and back.



## Laura's list: Get up and move!

Too cold outside and stuck inside? There are so many ways you can still have fun and move your body!

Pick 4 from the list and complete each twice!

- 20 jumping jacks
- 20 arm circles
- 40 butt kicks
- 40 side to side hops
- 20 squats
- 40 high knees
- 20 second sprint in place
- 20 mountain climbers
- 10 burpees
- 20 second wall sits



YouTube also has so many free videos! Check out GoNoodle for silly music and movements!

## "WHAT SHOULD I DO WHEN IT SNOWS?"

If your child is scheduled for an appointment with Inspire and snow is on the way, your safety is the greatest priority. If you feel you are unable to attend your scheduled appointment due to weather conditions, please call us as soon as possible at 928-214-3537 to let us know.



If CHC closes due to weather, we will call you promptly and may need to leave you a voicemail. An empty and accessible voicemail inbox means you will get important information promptly.

## Happy New Year! We can't wait to see you in 2024.

For appointments or questions, please contact  
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