

## Plan for Health: March 2022



This month's highlights include Sharecare's Inspirations feature, World Sleep Day, and National Nutrition Month!

### Sharecare Inspirations

Sharecare has a variety of features within its platform to help guide you in your health and wellness journey. Sharecare's **Inspiration** feature provides users with a resource to assist them with stress reduction through high quality videos, ambient white noise, and other soothing sounds to assist in sleep and relaxation, and calm the mind, body, and spirit. Whether it is a half hour of yoga and meditation to work in during the busiest of times, or some soothing background noise while sleeping at night, **Inspirations** will provide many health and wellbeing tools at your fingertips!

Video features within Inspirations under the Discover tab include:

- **Comfort**- Guided meditation, prayer, and yoga to comfort oneself
- **Sleep**-8-to-10-hour soothing sound videos. (Ocean waves, waterfall, white noise, etc.)
- **Listen**- Videos with beautiful visual sceneries accompanied by soft classical and jazz music
- **Play**- Playful and relaxing videos to help sooth children
- **Relax**-Similar to the comfort section with serene wilderness videos and quieting sounds included

Get started by going to [mycare.sharecare.com](https://mycare.sharecare.com) and clicking on the **Discover Tab** → **Inspirations** → and selecting which section most suits your needs.

### World Sleep Day

**World Sleep Day** is an annual event that is a celebration of sleep and a call to action on important issues related to sleep. This day raises awareness of sleep as a human privilege that is often compromised by the habits of modern life.

- Most sleep disorders are preventable or treatable, yet less than 1/3 of sufferers seek professional help.
- Research shows that we spend up to one-third of our lives sleeping
- Sleep is a basic human need, much like eating and drinking, and quality sleep is crucial to our overall health and well-being as well as ensuring good health and quality of life
- Lack of sleep or poor quality of sleep is known to have a significant negative impact on our health in the long and short term
- Poor quality of sleep includes negative impacts on our attention span, memory recall and learning

- Sleep deficiency is linked to many chronic health problems, including, but not limited to:
  - ✓ Heart disease/Heart attack
  - ✓ Kidney disease
  - ✓ High blood pressure
  - ✓ Diabetes
  - ✓ Stroke
  - ✓ Obesity
  - ✓ Depression

**World Sleep Day** is held the Friday before Spring Vernal Equinox each year, and their goal is **Quality Sleep, Sound Mind, Happy World**. This year, **World Sleep Day** will be held on **March 18, 2022**, and the World Sleep Society is asking individuals to submit their ideas and activities through their website.

Look for the approved submissions and much more information about **World Sleep Day** at:

<https://worldsleepday.org/>

### **National Nutrition Month**

**National Nutrition Month** is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits.

During National Nutrition Month, there will be weekly key messaging placed on **eatright.org** to help people learn more about nutrition overall and are listed below:

- **Week 1:** Eat a variety of nutritious foods
- **Week 2:** Correspond/Engage with a Registered Dietitian/Nutritionist
- **Week 3:** Planning your meals and snacks
- **Week 4:** Create tasty food at home

You can also visit the eat right website for a nutrition month campaign toolkit, learning about flavors from all over the world, shopping for nutrition month, and much more.

For more information go to: <https://www.eatright.org/food/resources/national-nutrition-month>

### **Sharecare Featured Challenge**

#### **Eat Right for National Nutrition Month**

Join the **Eat Right for National Nutrition Month** challenge this month. Complete the challenge by tracking your quantity and quality of meals for 21 days in March. Join this challenge starting on February 22, 2022 by going to [mycare.sharecare.com](https://mycare.sharecare.com) and clicking **Achieve** → **Challenges** → **Upcoming** and **join the challenge**.

**Plan Ahead:** Join us next month for April's health topic: **Stress Awareness and ways to cope**