



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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STRESS REDUCTION

–MRS. VICTORIA DE-GRAFT ADJEI
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Kim and McKenzie (2014) investigated in-depth information regarding impacts of physical exercise on psychological well-being in university students with an emphasis on coping with stress in the context of leisure. Semi-structured, face to face interviews were conducted with nine university students, consisting of seven males, and two females. The participants engaged in physical exercise approximately four times per week on average. The types of exercise they engaged in the most favorably were aerobic exercise, which included jogging and fast walking by using treadmill, elliptical, exercise bike or outdoors, weight lifting, jogging and yoga exercise. All the participants were engaged in physical exercise for a consistent period of time, ranging from three months to three and half years during their studies at the university. At the end, all of the participants responded that they experienced positive emotion elicited after engaging in physical exercise. The positive emotion seems to bring them a feeling of happiness and comfort about who they are more than before they engaged in physical exercise. People with high levels of stress before engaging in physical exercise seemed to alleviate perceived stress after finishing

HYPERSOMNIA

DR. (MRS) RUTH OWUSU ANTWI

Hypersomnia represent conditions that are clinically expressed as excessive sleepiness. Hypersomnia is Self-reported excessive sleepiness (hypersomnolence) despite a main sleep period lasting at least 7 hours marked by excessive difficulty in remaining awake and a tendency to remain in bed for unusually long periods (more than 9 hours) or to return to bed to nap frequently during the day. The pathophysiology include;

- low or absent levels of hypocretin in csf
- Genetic, Hypersomnolence may be familial, with an autosomal dominant mode of inheritance
- A response to an identifiable recent life change, conflict, or loss.
- Some viral infections
- Hypersomnolence can also appear within 6-18 months following a head trauma.

It is characterized by at least one of the following symptoms:

- Recurrent periods of sleep or lapses into sleep within the same day.
- A prolonged main sleep episode of more than 9 hours per day that is nonrestorative (i.e., unrefreshing).
- falling asleep sooner than usual and difficulty arising in the morning.

Treatment

Treatment of primary hypersomnia consists mainly of

- Stimulant drugs, such as amphetamines, given in the morning or evening
 - Nonsedating antidepressant drugs, such as SSRIs, may be of value in some patients
- Cognitive Behavioural Therapy (CBT)

THE NUTRITION CORNER



COMBAT OBESITY: OPT FOR HEALTHY CHOICES OVER CONVENIENCE

As a registered dietitian, I understand the immense importance of maintaining a healthy lifestyle and making informed choices when it comes to our dietary habits. In this edition, we will explore practical tips and strategies to help you navigate the path towards a healthier, more balanced way of living. Tips to Prevent Obesity from a Registered Dietitian's Perspective:

- **Embrace a Balanced Diet:** Opt for nutrient-dense foods rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit your intake of processed and high-calorie foods that offer little nutritional value.
- **Practice Portion Control:** Mindful eating and portion control are key to maintaining a healthy weight. Use smaller plates, eat slowly, and listen to your body's hunger and fullness cues.
- **Stay Hydrated:** Adequate water intake can support weight management by promoting a feeling of fullness and aiding in digestion. Aim for at least eight glasses of water per day.
- **Prioritize Quality Sleep:** Sufficient and restful sleep plays a crucial role in regulating appetite hormones and metabolic processes. Aim for 7-9 hours of sleep each night.
- **Manage Stress:** Chronic stress can lead to emotional eating and poor dietary choices. Practice stress-management techniques, such as meditation, yoga, or engaging in activities you enjoy.
- **Seek Support:** Surround yourself with a supportive network of family, friends, or a health professional who can encourage and motivate you on your journey towards a healthier lifestyle.

Keep in mind that, preventing obesity is a lifelong commitment that requires consistent effort and a holistic approach. By implementing these tips and seeking guidance from a registered dietitian, you can embark on a path towards improved well-being and a healthier future.

DEE'S CORNER

COMBAT OBESITY: WORK HARD, EAT SMART

Obesity is the foundation of a host of non-communicable diseases. Preventing obesity involves adopting a healthy lifestyle that includes regular physical activities and a balanced diet. It's all about energy balance. If more goes in and less comes out, you gain weight and vice versa. Here are some ways to help prevent obesity:

- **Regular exercise:** Engage in at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous -intensity physical activity per week. Incorporate activities you enjoy, such as walking, swimming, cycling, resistance training, or dancing.
- **Balanced diet:** Eat a variety of nutrient-rich foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit the consumption of processed and sugary foods and drinks.
- **Reduce sedentary behavior:** Limit the time spent sitting or engaging in screen-based activities. Take breaks, stand up, and move around regularly throughout the day.
- **Get enough sleep:** Aim for 7-9 hours of quality sleep each night. Poor sleep can disrupt appetite regulating hormones, leading to increased hunger and a higher risk of weight gain.
- **Set realistic goals:** Set achievable weight management goals and track your progress. Celebrate small victories along the way, and remember that sustainable weight loss takes time.
- **Seek professional guidance:** If you're struggling with obesity or weight management, consult a healthcare professional or a registered dietitian who can provide personalized advice and support.

Don't forget, prevention is key, so it's essential to adopt these lifestyle changes early on and make them a part of your daily routine.