

THE LINK

◆ Your APF Care Alliance ◆

Autumn 2018

A partnership of patients, family members, and providers that promotes the voice of the patient, innovation, and optimization of the care experience for all.

Wellness Coaching

Develop your own custom formula for wellness

Wellness Coaching services are available on an ongoing basis at the APF to support our patients in developing their very own custom formula for wellness.

Our Wellness Coaching Program focuses on structuring self-care and facilitating lasting lifestyle change. Program participation can help you to plan and execute preventive-health lifestyle measures and/or behavioral change efforts related to a chronic health diagnosis, such as type-2 diabetes, arthritis, or heart disease.

Many of us know what we “should” ideally do to be healthy, but struggle with the execution piece. High levels of wellness are achieved once you discover what works for your specific circumstances and lifestyle. There is no one-size-fits-all formula, and discovery involves some effort, experimentation, and flexibility. Coaching is a great match for such efforts, supporting participants with focused discussion, structure, perspective, planning, accountability, and motivational interviewing along the path of change.

In coaching, **you** set the agenda, and **you** decide how and when to make a change. **You** are the expert regarding your life and what will work for you. Your coach is a process expert who is trained in coaching, wellness modalities, and supporting permanent change.

Reflecting the APF’s commitment to preventive health, coaching is available to all members of our practice on an optional, ongoing basis, and at no cost.

Please note, however, that this popular program often has a wait list, so there may be a brief waiting period before activation. To learn more, contact us at 617-724-1100 to schedule a virtual information session.

Welcome Katherine Engels APF Health & Wellness Coach

Katherine joined the APF team in June as the Health & Wellness Coach, and since then she has grown the program to include 125 active coaching participants.

Katherine is a certified professional coach and has been coaching clients since she founded Thrive Wellness Coaching in 2014. She is certified in whole-food plant-based (WFPB) nutrition by the T. Colin Campbell Foundation at Cornell University, and has personally followed a WFPB lifestyle for six years. She also studied Vinyasa yoga with Chanel Luck at Radiant Yoga Boston to complete teacher training, and has been teaching yoga for over two years. Katherine’s yoga classes weave yoga philosophy and music along with asana (the physical practice of yoga), to cultivate a warm and welcoming atmosphere for new and seasoned yogis alike.

She has a Bachelor of Arts degree from Boston College and worked in marketing for ten years prior to starting her wellness coaching business, primarily at a Fortune 300 company in the financial services industry. During her corporate years, Katherine held marketing, communications and project management positions.

Her personal wellness formula includes helping her clients pursue lasting lifestyle change, spending time with family and friends, reading, and cooking. She enjoys being active, especially outside, hiking, skiing, swimming, and she practices daily yoga.



APF's Health & Wellness Coach, Katherine Engels

Tips for a Good Night's Sleep

Many people have trouble falling asleep or staying asleep. Simple lifestyle changes may be enough to restore a good night's sleep.

Avoid or limit caffeine, alcohol, and nicotine

- Sources of caffeine include coffee, black and green teas, chocolate, soft drinks, diet drugs, and some pain relievers and cold medicines. Limit yourself to 1 caffeinated beverage per day before noon. If you are used to drinking several cups a day, wean yourself gradually over a few weeks.
- Alcohol may help you fall asleep, but may affect your ability to stay asleep.
- Both caffeine and alcohol may cause your quality of sleep to suffer. They can prevent you from reaching the deeper levels of sleep which help you feel rested.
- Smokers tend to sleep very lightly and often wake up early due to nicotine withdrawal.

Get some exercise

Daily exercise helps people sleep better. A workout too close to bedtime, though, may interfere with sleep. Finish up your workout at least 3 hours before you go to bed.

Eat right

- A healthy diet rich in vegetables, fruits, and whole grains will help keep your weight down.
- A healthy weight lowers your risk for problems that can interfere with a good night's sleep.
- Regular balanced meals can reduce late-evening snacking, which may interfere with your ability to fall asleep.

Manage your health conditions

- Stress, sleep apnea, and restless leg syndrome are all disruptive to quality sleep.
- Some medications can keep you awake at night, as can pain from an illness or injury.
- Talk with your doctor about how to manage your symptoms and get a better night's sleep.

Follow the same routine before bed

Try to go to bed (and wake up!) at the same time (within half an hour) every day. Consider adding a restful activity to your bedtime ritual, like a shower or meditation, both of which can make it easier to fall asleep.

Empty your bladder before bed

It's also a good idea to limit liquids for 2 to 3 hours before bedtime. This is especially important if you have trouble going back to sleep.

Keep it quiet, cool, and dark

- Most people sleep better in a room that is slightly cool.
- Curtains and rugs help absorb household and neighborhood noises; try earplugs or a "white noise" machine to minimize sounds.
- Block outside light with room-darkening shades and cover any blue lights from electronics. Keep your nightlight in the hall or bathroom.

Make your bedroom a haven

- Let it be a peaceful place for sleep and sex only.
- Keep it clean and uncluttered.
- Declare a screen-free zone, leaving your TV, computer, tablet, and cell phone outside of the bedroom.

Don't lie in bed awake

If you can't get to sleep after 20 to 30 minutes, get up and do something restful like reading or listening to music until you feel ready to sleep.

Wake up with the sun

If you must wake up before sunrise or if you are very tired, turn on bright lights or go outside as soon as you can; sunlight helps the body's internal clock reset itself each day.

Keep naps short

Nap only if you slept poorly, and keep it short (under 20 minutes). Otherwise you may fall into a deeper sleep, which will make you groggy when you wake up.

Shiftwork

Shiftworkers have unique circumstances that can interfere with sleep. If you are struggling, consider a coaching session.

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This article is adapted from MGH/PCOI "Tips for sleeping better," which can be found in the Resources section of Patient Gateway, under Partners Care Advice (PCOI), along with patient handouts about many other health and wellness topics.



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What is the Care Alliance PFAC?:

The Care Alliance (CA) is a Patient and Family Advisory Council (PFAC), made up of volunteers who have a variety of experiences with Mass General. APF CA members include employees and their family members who are patients. We participate in monthly meetings and help shape APF programs and services.

Care Alliance members: Nancy Davis, Lonn Drucker, Ann Erwin, Jarrett Maggio, Julie Martin, Paul O'Leary,

Contact us: Please share your experiences/concerns and ideas for LINK articles at apfcarealliance@partners.org.

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