

CANYON

PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

7 Scientifically Proven Ways to Be the Happiest Person on Earth

Have you read *The How of Happiness* by Prof. Sonja Lyubomirsky? No? Here are seven scientifically proven ways derived from Sonja's research on how to be the happiest person on earth!

1. Practice gratitude once a week- Expressing gratitude, or counting your blessings, does not just make you happy—it also improves your health. However, you need to be strategic about how you do it. In one of the author's experiments they directed the participants to keep a gratitude journal and contemplate five things that made them feel grateful. They would start the exercise by saying "This week I'm grateful for..." Half of the participants were instructed to do that once a week, while the rest of them did that three times a week for a total of six weeks. Here's what's strange: Only the group that counted their blessings once a week achieved happiness results because of it Why? Probably because the participants who did it three times a week found practicing gratitude to be a chore, while the others were looking forward to it. So once a week, make sure you count your blessings!
2. Make friends and invest in your relationships- Happy people are renowned for their circle of friends, their relationship with their family, and their loving marriage What is amazing about friendships and intimate relationships is that their happiness effect does not get reduced by hedonic adaptation. That means that you won't get used to your loving marriage the way you get used to your new furniture. So make time for your friends, express appreciation and make them feel good, be kind, and just have fun with them. You'll be happier in doing so.
3. Become a stress resilience ninja- Happiness is not just about feeling good all the time. Happy people also get to recover from bad situations and stress more quickly. They are the stress resilience ninjas! Here's an example: One study found that the life of breast cancer survivors had been altered for the better after the disease! Actually two-thirds of the women said so. These women talked about having a wake-up call that made re-prioritize their life for the better. They found the good in the bad. If that's an excellent coping strategy with cancer, then I bet it'll do wonders for any type of stress that appears in your life. The next time something bad shows up, ask yourself what you can learn from it.
4. Take care of your body- Did you know that aerobic exercise has the same benefits on depression as taking Zoloft? Well, in a 1999 study researchers divided a group of 50+ men and women who suffered from depression in three groups. One group did supervised aerobic exercise three times a week, another group took Zoloft—an anti-depressant—while the third group did both. The result? After four months all three groups were doing better with increased self-esteem and happiness. Even better, six months later, participants who had recovered from depression were less likely to relapse back to depression if they belonged in the exercise group compared to the ones who just took Zoloft. So there you have it. Exercise works miracles in your happiness!
5. Take care of your soul- 47% of people who report attending religious services several times a week describe themselves as "very happy". Just 28% of people who attend less than once a month can claim the same. It seems that the social support and the sense of identity that people get from belonging to the same religious group is unparalleled. It is possible, however, that this happiness discrepancy has nothing to do with people's relationship with the divine and everything to do with people's relationships with each other, as people who attend religious services are proven to have larger social networks than those who don't. Still, religious people who believe that the divine is helping them are three times more likely to be alive six months after a serious cardiac surgery. One way or another, it seems that religious people definite score some happiness points.
6. Commit to your (intrinsic) goals- People who strive for something personally significant, like raising a family, learning a new skill, or even changing careers are happier. The author explains that pursuing goals provides with a sense of purpose and a feeling of control over our lives. Not all goals are made equal, though: intrinsic goals make you happy, while extrinsic goals might not be as effective. Intrinsic goals are the ones meaningful to you, the ones that allow you to grow and be more. Extrinsic goals are the ones that are a means to an end—you go on a diet to lose weight, you work hard to make more money, etc. Intrinsic goals are much more likely than extrinsic goals to give a sense of competence and autonomy, and hence, make you happier.
7. Enjoy life's pleasures to the fullest- Researchers have even come up with a word that describes enjoying life: savoring. "Savoring: Thoughts or behaviors capable of generating, intensifying, and prolonging enjoyment" When you take a walk and suddenly think about how beautiful everything around you is, you are savoring. When you listen to your wife and cannot help yourself but feel lucky for being with her; you are savoring. The immediate benefit of savoring? You are more confident. You are actually enjoying every little or big pleasure life has to offer to the fullest. Now that's a habit I want in my life! But how do you make savoring a habit? By practicing mindfulness. Here's what happened to me in my first two weeks after I got into a mindfulness experiment, and here's how the experiment evolved one month later. Not bad huh? There you have it. Seven ways to become the happiest person on earth. Which one will you choose to expand on?

Meet Libby

Hello! I am Elizabeth 'Libby' Drazkowski, one of the four Physical Therapists at CPTAR. I grew up in western Wisconsin where I completed my undergraduate degree in Exercise and Sport Science, Fitness, with a concentration in Strength and Conditioning at the University of Wisconsin - La Crosse. While attending school, I worked as a Fitness and Water Aerobics Instructor then spent one year working as a Personal Trainer in Seattle, Washington before returning to UW-La Crosse for my Doctorate of Physical Therapy.

After completing my PT degree, I worked for 3 years as a traveling Physical Therapist in Arizona, Minnesota and Wisconsin. The variety of working in many different fields of therapy including Outpatient, Inpatient, Skilled Nursing and Home Health was a way to continue learning and allowed me to see new places. In 2012, I was lucky enough to come across a job opening at Canyon Physical Therapy and Aquatic Rehabilitation in Prescott Valley, Arizona. I started as a travel therapist, but after 4 short-term contracts I knew there was something special about this clinic. I am grateful for finding this wonderful group of people that provide high quality care and create a fun and challenging work environment. I am proud to be a part of the CPTAR team.

Outside of the clinic, I like to explore the greater Prescott area through hiking, mountain biking and camping. I also play indoor and sand volleyball. My fiancé, Dustin, and I are settling into our new home in Prescott and enjoy bragging to our families back in Wisconsin about the warm weather and beautiful views. We are happy to be a part of the Prescott community.



For more information about Libby see her Professional Bio at:

<http://canyonpt.com/wordpress/our-team/our-staff/elizabeth-drazkowski-pt-dpt/>

Make Healthy Eating Taste Better

"I need to eat healthy and lose some weight, but man, I just don't like salads! Plus, I don't have time to cook!" We hear this all the time, and we have to ask: Why do most people think healthy eating means bowls of leaves and twigs? And why do others think cooking requires hours of preparation? It's time to think outside the salad bowl. Here are some oddball ways to include a variety of healthy stuff in your diet. No martyrdom or culinary degree required.

Un-Boring Your Baked Chicken

There's a reason dieters start to resent skinless chicken: they don't put anything on it. Yes, chicken breast is lean, which means it's dryer than other meats. And no, it's not naturally packed with flavor. The solution? Add stuff that'll make it moist and flavorful. Try prosciutto-wrapped Dijon chicken. Or even Dijon chicken without the prosciutto.

1. Preheat the oven to 400 degrees.
2. Butterfly the chicken by cutting each breast in half lengthwise almost all the way through.
3. Place the chicken pieces in a roasting pan with a wire rack, salting and peppering both sides of each breast.
4. Smear a liberal amount of Dijon mustard over the top.
5. Wrap each breast with a slice of prosciutto.
6. Bake for about 15-20 minutes

The Importance of Sleep

We've been told we need eight hours a night throughout the duration of our lives. You may have even heard the term, "Slept like a baby," at one point or another. But why do people put such an emphasis on sleep, like it will cure anything that ails you? Mostly because it can cure most of what ails you. When you sleep, your body goes into recovery mode, repairing broken down tissue, giving your brain the rest it needs to prepare itself for tomorrow, and essentially prepping you with the tools you'll need for the day to come. However, sleep often comes at a high price these days. Increasing work demands often keep people awake at night due to stress, television shows that "must" be watched, books that must be read, and so on. You name it, and I'm sure that it's a terrible reason not to have enough of this precious commodity. Your sleep cycle consists of two "patterns": Non-REM sleep and REM sleep (REM stands for Rapid Eye Movement, which occurs during the deepest of sleeps). Within those patterns are multiple stages, each that serve their own purpose. Non-REM consists of four stages. Those four stages serve a bevy of importance of which are bulleted below.

Stage One:

- Lightest sleep.
- Mostly consisting of the "nodding off" sensation.

Stage Two:

- Onset of sleep
- Start to lose a sense of surrounding.

Stages Three/Four:

- Deepest sleep, which means you're doing most of your repair here.
- Blood pressure drops and breathing becomes slower while muscle relaxation occurs.
- Tissue growth and repair begins here.
- Energy is restored back to normal levels.
- Growth hormone is released in order to fully repair the body to it's functional capabilities.

REM sleep's duration lasts the final 25% of your nightly sleep, and occurs every 90 minutes or so. REM's importance is detailed below:

- Provides energy to the brain and body which allows performance during when you need it.
- Dreams happen in this stage of sleep.
- Body becomes relaxed

All of this is well and fine, however, how do you know how much sleep you really need? Well, that all depends on many factors, such as: age, activity level, and many others. Below is a graph from the CDC which outlines the hours of sleep you should be receiving on a nightly basis given your age. I'll preface this by saying, the older you get, the less sleep you'll require. Although, you should take into consideration your activity level, as this chart does not do that. More activity, more sleep.

Newborns	0-2 months old	12-18 hours of sleep/nightly
Toddlers	1-3 years old	12-14 hours of sleep nightly
School Age	5-10 years old	10-11 hours of sleep nightly
Teenagers	10-17 years old	8.5-9.25 hours of sleep nightly
Adults	17+ years old	7-9 hours of sleep nightly

As you can see, adults require the least amount of sleep than any other age group. Quality sleep being shades drawn, a colder than room temperature room (this assists with the body temperature drop that occurs back in stage two), and a silent room of which to sleep. I, personally, like having some kind of "white noise" in the background, be it a fan, or even the sound of rain. Anything that helps you drone off seems to be of much assistance. I also want to put an end to the sense that, if you're in bed for 8 hours, you got 8 hours of sleep. That simply is not true. I have an application on my phone that determines how much sleep I get in three stages: Awake, Light Sleep, and Deep Sleep. The application responds to my body's movements, and determines which stage I am in and at what time I enter it and end it. For example, last night I went to bed at 10 pm last night, spent 4 minutes falling asleep, and spent 11 minutes awake throughout the night. I was in bed for a total of 6 hours and 46 minutes, which gives me a grand total of 6 hours and 35 minutes of sleep. However, I spent 4% of my sleep being awake, 54% of it in a light sleep, and the remaining 42% of it in a deep sleep. When I woke up this morning, I was feeling pretty good, even though I didn't get the recommended 7-9 hours. Quality of sleep is something you need to consider when going to bed. Turn off your television. Turn off your radio. Shut the blinds. Do everything you can to sound-proof your room. So start sleeping like a caveman. Just don't use a rock as a pillow, that's not comfortable. Article written by Jay Stadtfeld for LiftBigEatBig.com

MAY/JUNE

CANYON PHYSICAL THERAPY & AQUATIC REHABILITATION

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Hours

Monday, Wednesday, Friday - 7am-6pm
Tuesday, Thursday - 8am-7pm
Saturday - 8am-5pm

Canyon Wellness Program

**Our facilities are available to Wellness Program members
Monday—Friday during regular business hours.**

*****CLASSES HAVE BEEN TEMPORARILY PLACED ON
HOLD UNTIL WE HIRE A NEW FITNESS SPECIALIST.*****

SCHEDULE OF EVENTS

May 2nd– CLOSED

May 5th– Cinco de Mayo

May 10th– Mother's Day

May 16th– Armed Forces Day

May 25th– Memorial Day
CLOSED

June 6th– CLOSED

June 21st– Father's Day

CPTAR Services

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).

**Visit our website:
www.canyonpt.com**

