

**QUOTE OF
THE
WEEK:**

Go
confidently
in the
direction
of your
dreams!
Live the life
you have
imagined.

- Thoreau

Carrot Turmeric Red Lentil Stew

Ingredients:

- 1 Tbsp cooking oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 cups red lentils
- 2 tomatoes, diced
- 2 large carrots, peeled and sliced
- 6 cups vegetable broth
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp black pepper
- Chopped fresh cilantro, for garnish
- Lime juice, for drizzling

Directions:

1. In a large pot on medium high heat, drizzle a little cooking oil and sauté onion and garlic until fragrant, about 3 minutes. Add red lentils and stir to coat well. Add spices and vegetable broth, turn the heat up to high and bring everything to a rapid boil.
2. Once it starts boiling, turn the heat down to a low simmer and cook uncovered for about 12-15 minutes, until lentils are cooked through yet not falling apart.
3. Adjust seasoning, remove the stew from heat and divide into bowls. Top with fresh cilantro and drizzle with lime juice. Enjoy!





Clinical Fitness-Part 3

Sport Psychology:

Similar to some of the concepts presented in last week's article, this week is the third and final part of the clinical fitness series focused on psychological wellbeing in athletes. There is a common misconception that those who are more physically active are less prone to the mental strains that everyone must deal with. In fact, there are some reports that athletes experience greater levels of anxiety than the general population.

Here I will address some of the commonly experienced mental illnesses/stressors that athletes experience and how to keep an eye out for them.

Anxiety:

Anxiety is something we all deal with on a daily basis but can easily consume us and ruin athletic careers. One of the large factors in anxiety with athletes is confidence. Whether it be from a lost game or a poor practice/training, anyone can lose confidence in themselves and begin to doubt tasks they have done dozens of times because of one failure. One commonly used example is the baseball pitcher who could not throw a strike and is pulled off the field. The loss of confidence by his coach passes down to the pitcher and he may be too afraid to throw again.

Anxiety in athletes can also easily be caused outside of the field/court/track. There is tremendous stress placed on them to perform at their best and get better from coaches and from themselves. This can take a toll mentally and lead to a spiral of anxiety and/or depression. Some ways to help identify if this is happening is to have a good relationship with them to identify signs and symptoms in their performance such as lack of interest, inability to do certain tasks, or fear of training out of failure. Anxiety and depression are often connected and if there are warning signs, a mental health professional should be consulted.

Depression:

Depression has been shown to affect up to 21% of collegiate athletes with a prevalence toward females, similar to the trends of the general population. Depression from sport can result from several factors, the most common being injury. A career ending injury can be devastating to an athlete. Many elite competitors identify themselves as participants in their sport. Removing that identity can cause major cognitive dissonance and lead to an adjustment disorder or clinical depression. This is one of the most studied areas of mental health within athletes. This is where injury prevention programs to reduce the likelihood of career ending injury can be useful. Again, keeping a close relationship with the patient can allow for identification of potential signs of depression.

Clinical Fitness Continued

Eating Disorders:

One set of mental illnesses that many overlook are eating disorders. Among athletes in particular, these can be quite prevalent and devastating. The sport in particular that has the greatest risk for this is bodybuilding. The world of bodybuilding places enormous stress in a particular body image requiring strict dieting and exercise routines. This can easily spiral into an uncontrolled disorder if not careful. I have heard many personal accounts of people who, after their show or competition, struggle with binge eating, inability to eat, and lack of self-control.

Other sports that rely on physique such as wrestling, ballet and figure skating may cause athletes to engage in disordered eating to achieve their goals. In some cases, there may be pressure from peers and even requirements from coaches to engage in particular eating patterns to achieve a certain weight or appearance. This can cause a tremendous amount of mental and physical strain. Conflicting ideals of needing to be the best and listen to the coach vs. "I know this is not right." Identifying a potential eating disorder is definitely an important component to caring for an athletic patient and getting them proper mental health care can be just as important as proper physical health care.

As a note, it is important not to confuse a planned and thorough routine as an eating disorder. For example, fast weight loss in someone who is preparing for a bodybuilding competition should not cause one to send the patient off to a counselor for eating disorder. Rather, understanding what the plan is, reassuring they need to be cautious, and support for their efforts is a much better way at developing a real relationship and trust.

Conclusion:

Being there for a patient or even a friend who is an athlete and may have some troubles to discuss is very important in their overall wellbeing. Although the epidemiological data is scarce, there is evidence to show that athletes are not immune to mental illness and in fact, may have a particularly high risk of developing them. Showing general interest and understanding what they do and how they do it is a very important way to build trust and allow one to identify potential warning signs. This is not by any means an exhaustive list of the mental health problems athletes face but a taste of how important it is to be aware of them and how to effectively communicate with someone suffering from them.

References:

Brewer, B. W. (2009). *Sport psychology*. Chichester: Wiley-Blackwell.

Article By: Adam Heilmann, M2

Local Colors Festival

Mark your calendars for this year's Local Colors Festival in Downtown, Roanoke.

This will be the 27th year Roanoke has celebrated this local tradition honoring Roanoke's diverse immigrants and citizens.

Find out more: <http://localcolors.org/>



Congratulations Class of 2017!!!



Wellness Weekly Challenge



Reflect. Tomorrow we celebrate the graduation of the Class of 2017. This moment gives everyone a chance to reflect. How far have you come to get to this moment? What challenges have you overcome? What lessons have you learned? Who helped to reach the goals you have set thus far? What exciting things can you plan for the years ahead?

If you want to write an article for the Wellness Weekly, just email Emily Holt!

Harissa Glazed Salmon with Yogurt Sauce

Ingredients:

- 1/2 lb. wild salmon fillet, cut into 2 pieces
- 1 Tbsp honey
- 1Tbsp rice vinegar
- 1/8 cup low-sodium soy sauce
- 1 Tbsp Harissa sauce (or Sriracha)
- 1 Tbsp grated fresh ginger
- 1 Tbsp grated garlic
- 1 1/2 tsp oil
- 2 Tbsp finely chopped dill, for garnish

Lemon Dill Yogurt Sauce

Combine the following:

- 1 cup Greek yogurt
- Zest of 1 lemon + juice of 1/2 lemon
- 1 handful of fresh dill, chopped
- Salt & fresh cracked pepper to taste

Directions:

1. In a shallow dish, combine honey, vinegar, Harissa, soy sauce, ginger and garlic. Transfer the salmon to the dish. Toss to coat the salmon fillets evenly. Transfer to a Zip-loc bag and let sit in the refrigerator covered for at least 1 hour, or up to 7 hours maximum, turning the fish once.
2. Remove and drain the salmon from the dish and keep the marinade for later. Heat a large skillet over medium-high heat and add the oil. Cook the salmon until one side of the fish is browned, about 2 minutes. Flip the salmon and cook until the other side browns, about 2 more minutes.
3. Reduce the heat to low and add the reserved marinade over the fish. Cover with a lid and cook until the fish is cooked through, about 4-5 minutes.
4. Serve with lime wedges, yogurt sauce, and sprinkled dill. This dish is best served with roasted vegetables, brown rice or bulgur.

