

LivingWell

YOUR GUIDE TO A HEALTHY LIFESTYLE

Winter 2026

Tired? You might be missing these 5 types of rest

Mediterranean meals for moms-to-be

Plank your way to a stronger core



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
— MURRIETA



Message
from the
administrator:

As we welcome the winter season and reflect on the year behind us, I am proud to share another exciting milestone in our ongoing journey of excellence at Loma Linda University Medical Center – Murrieta.


We are honored to have earned our fourth consecutive Leapfrog Safety Grade A — a national recognition that reflects our unwavering commitment to patient safety and high-quality care. This achievement would not be possible without the dedication of our entire team, who work tirelessly each day to uphold the highest standards of clinical excellence and compassion.

This continued recognition is a powerful reminder of the trust you place in us — and our responsibility to earn it every single day. We remain focused on providing exceptional care and strengthening the health and wellness of the community we are so privileged to serve.

Thank you for your continued trust and support. We wish you and your loved ones a joyful holiday season and a new year filled with peace, health and renewed hope.

Warm regards,
Jonathan Jean-Marie, MHA,
FACHE

 Find us on Facebook
[facebook.com/llumcmurrieta](https://www.facebook.com/llumcmurrieta)

 Follow us on Instagram
[@llumcmurrieta](https://www.instagram.com/llumcmurrieta)

Why sleep isn't enough: The 5 types of rest you need



Stuck in a rut of exhaustion? You're not alone. Around one in three adults say they aren't getting the rest they need. That's because they're only focusing on sleep. But rest comes in more than one form. Together, these five types can help you recover from stress, burnout and fatigue.

1 Physical rest

Napping when you need it and getting quality sleep are important. However, sleep is not the only component of physical rest. Activities like walking, yoga or stretching can complement sleep and actually restore your body's energy.

2 Mental rest

Your brain needs to refuel, especially when it's been active for long periods of time. Break up tasks with mindless activities, like folding laundry or doing a puzzle, to give your brain a few minutes off duty. Or consider meditating or journaling to help your mind to slow down.

3 Sensory rest

Loud environments and constant screen time can overload your senses. Reset by turning off notifications, minimizing background noise, taking a tech break, going outdoors or simply closing your eyes.

4 Creative rest

Feeling uninspired could be a sign of creative burnout. Taking in beauty — through art or time in nature — can help. Bonus: Walking around green spaces, like parks or trails, has been shown to lower stress and give you a mood boost.

5 Social rest

After spending time with others, you might need some alone time to recharge your batteries and find your balance again. To rest socially, scale back your schedule to make space for quiet, restorative moments. Step back from roles that demand too much of you, and nurture relationships that lift you up rather than wear you down.

Want a healthy pregnancy? Go Mediterranean

Leontils, eggplant, extra-virgin olive oil. They may not be typical pregnancy cravings, but they should be on your grocery list. In several new studies, researchers suggest a delicious, nutritious way to increase your chances of a healthy delivery: eating a Mediterranean diet.

Following this plant-based eating plan may:

- Improve fertility when you're trying to get pregnant
- Decrease your risk of having a pregnancy complication
- Reduce the chances of preeclampsia

A bounty of benefits

The Mediterranean diet derives from eating habits in Spain, France and other countries bordering the Mediterranean Sea. Each nation has its own flair, but common characteristics include:

- Plenty of produce, including fruits, veggies and beans
- Whole grains
- A healthy portion of olive oil, nuts and other unsaturated fats
- Moderate amounts of dairy and eggs
- Hardly any sweets

Taken together, this nutrient-rich pattern has been linked to better control of blood sugar, blood pressure and inflammation. All of this could lead to a healthier future for you and your baby.

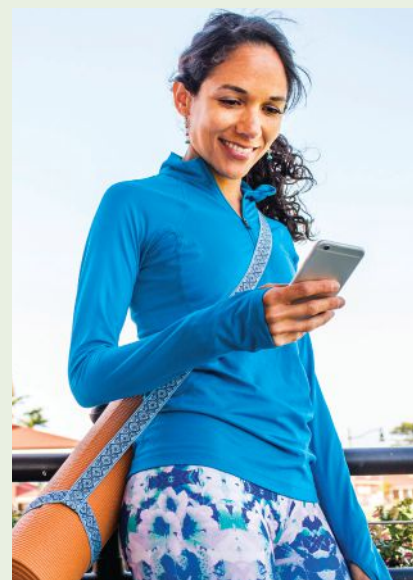
Mediterranean diet swaps

Pregnancy often brings nausea, cravings or food aversions. That can make big dietary shifts tough. Fortunately, research suggests even small steps can make a difference.

Try these smart swaps to add a Mediterranean flair:

- Grab a handful of nuts instead of chips as a snack
- Skip bottled dressing and splash extra-virgin olive oil on salads
- Add a variety of beans to soups and stews
- Smear olive tapenade, hummus or mashed eggplant on a vegetable sandwich.

Once baby arrives, sticking with a Mediterranean diet can protect your heart, brain and even help you live longer. And it's a smart choice for the whole family.



Is an AI Workout Right for You?

Artificial intelligence (AI) can write poems and plan meals — but can it really guide your workouts? The answer: yes and no. Free tools like ChatGPT can deliver fitness tips, routines and a little extra motivation in seconds. But they won't correct your form or give you real-time feedback like a trainer would.

If you're curious about using AI for exercise, treat it like you would a first meeting with a coach. The more details you give, the better the personalization.

Be specific about things like:

- Your age and fitness level
- Any injuries or health conditions
- Your workout goals
- What equipment you have available

THE TAKEAWAY: AI is a convenient, cost-friendly way to jump-start your workout routine. Just remember, it doesn't replace the expertise of a fitness professional, who can help make sure your workouts are safe and tailored to your goals.



CARE YOU CAN COUNT ON

Loma Linda University Medical Center – Murrieta provides trusted, compassionate care before, during and after your baby's arrival. Learn more at murrieta.lluh.org/services/womens-health/mother-baby.



Common illnesses that don't need antibiotics

As coughs, sniffles and sore throats make the rounds this winter, remember that antibiotics aren't the answer for every illness. These trusted infection fighters can do more harm than good when taken unnecessarily.

Let's look at when to skip antibiotics — and how to ease symptoms at home.

When antibiotics won't help

We all get sick now and then, especially during the colder months. And while it's tempting to ask your healthcare provider for a prescription, many common

infections clear up on their own — or don't respond to antibiotics at all.

You don't need antibiotics for:

- Colds and runny noses
- The flu
- Most sore throats
- Sinus infections
- Most chest colds (bronchitis)

Relief without a prescription

Recovery often comes down to rest and basic comfort measures. Try these simple strategies to help you start feeling better:

	Colds and the flu	Sore throat	Sinus infection	Bronchitis
Rest	✓	✓	✓	✓
Drink plenty of fluids (water, tea, clear soups)	✓	✓		✓
Add honey to warm liquids	✓	✓		✓
Suck on throat lozenges or cough drops	✓	✓		✓
Use a humidifier, saline nasal spray or saline nose drops	✓	✓	✓	✓
Breathe in steam from a bowl or hot water or shower	✓		✓	✓
Gargle with warm salt water	✓	✓		
Put a warm compress over your nose and forehead			✓	
Ask your provider about over-the-counter meds (pain relievers, fever reducers, cough and cold medicines, etc.)	✓	✓	✓	✓



Use with caution

Antibiotics are powerful medicines, but they aren't without downsides.

Use them with care. They can:

- Upset the balance of healthy bacteria in your gut
- Cause side effects like rashes or nausea
- Fuel antibiotic resistance, making future infections harder to treat

The less we overuse them now, the better they'll work when we really need.

KNOW YOUR NEXT STEP

If your symptoms don't improve after 10 days, contact your healthcare provider.

You should also check in if any symptom feels severe or concerning to you.

LIVE IT!

HOW TO STAY HEALTHY

For more simple ways you can live healthier and longer, visit murrieta.lluh.org.

Plank your way to a stronger core

A plank a day can do wonders for your body. This simple, no-equipment move targets your abs, arms and back while building strength and stability. Start with 10 seconds and work up to 30 as you get stronger. Add a quick plank break to your workday or finish your workout with one to feel the benefits.

Learn more ways to stay active at drayson.llu.edu.



Did you get your flu shot?

A yearly flu shot helps protect you and those around you. It can make symptoms milder and help you bounce back faster if you do get sick. Everyone 6 months and older should get vaccinated — especially older adults, young children, pregnant people, and those with heart disease, asthma or diabetes. Talk with your doctor about whether you also need a pneumococcal vaccine.



Why colorectal screenings matter

Colon cancer has a 90% survival rate when it's found early. Even better, a colonoscopy can actually prevent cancer by removing precancerous polyps on the spot. The American Cancer Society recommends most people should have their first screening at age 45. You may need to start earlier if you have a family history or other risk factors.



GET THE LATEST HEALTH TIPS

To hear more from Loma Linda University, visit murrieta.lluh.org/patients-visitors/health-wellness or scan this QR code:



MAKE IT TODAY!



Apple cranberry crumble

INGREDIENTS

- 4 medium-sized baking apples (like Pink Lady), cored, sliced thin, skins on
- 2 tbsp. lemon juice
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- ¼ cup dried cranberries
- Vegetable spray
- ½ cup rolled oats
- ¼ cup ground flaxseeds
- 3 tbsp. honey
- 2 tbsp. coconut oil or unsalted butter

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl, stir apples with lemon juice, then add cinnamon, vanilla and cranberries.
3. Spray glass or ceramic pie pan with vegetable spray. Pour in apple mixture.
4. In a food processor fitted with a standard cutting blade, add oats, flaxseeds, honey and coconut oil or butter. Pulse for 30 seconds or until well combined.
5. Sprinkle oat mixture on top. Bake for 30 to 40 minutes, until lightly browned on top and apples are soft, with juice bubbling up.
6. Let cool for five minutes.

PER SERVING

Serves eight. Each serving provides: 175 calories, 6 g fat, 3 g saturated fat, 0 mg cholesterol, 3 mg sodium, 31 g carbohydrates, 19 g sugar, 5 g fiber, and 3 g protein.

Search for more healthy recipes at llu.org/live-it.

Living Well is published by Loma Linda University Medical Center – Murrieta to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician. ©2025. Printed in the U.S.A.

Jonathan Jean-Marie, MHA, FACHE

Senior Vice President
and Administrator
Loma Linda University
Medical Center – Murrieta



Heather Valentine

Editor-in-Chief

LOMA LINDA
UNIVERSITY
MEDICAL CENTER
—MURRIETA

Bailey Hawkins

Managing Editor



Printed on Recyclable Paper.
Developed by WebMD Ignite.

11052M



LOMA LINDA
UNIVERSITY

BEHAVIORAL HEALTH

Many Strengths. One Mission.

When anxiety, stress and depression become overwhelming it's hard to see the light. But at Loma Linda University Behavioral Health, our patients find strength. Strength in facing difficult emotions. Strength in overcoming a traumatic past. And strength in innovative therapies that offer a brighter path. Too many people suffer in silence. It's time to speak up. We're listening.

To learn more, visit LLUBMC.org/Murrieta.