

# Healthy Workplace

Your monthly Anthem wellness newsletter

December 2018 Edition

Happy Holiday's



## 5 Tips to Quit Smoking

So you've decided to quit smoking. Great! It's one of the best things you can do to improve your health and add years to your life. It's not easy — but you can do it. You're more likely to quit for good if you prepare for your last cigarette and the cravings, urges and feelings that come with quitting.



Get ready to stop smoking for good with these five steps — just remember to take it one step at a time:

**1. Set your "Quit Day" and sign the No-Smoking Contract.** Choose a date within the next seven days when you'll quit smoking — that's now your "Quit Day." Complete and sign the No-Smoking Contract in front of people who will support you on your path to quitting. Use the time until your Quit Day to prepare and to gradually cut down on the number of cigarettes you smoke.

[Complete the No-Smoking Contract \(PDF\)](#) - American Heart Association

**2. Choose your method for quitting.** There are three ways to quit smoking. You can choose one or use them in combination — whatever you think will work best for you.

- I. **"Cold turkey."** Stop smoking all at once on your Quit Day. This method doesn't prolong the quitting process.
- II. **Cut down** the number of cigarettes you smoke each day until you stop smoking completely. For example, if you smoke 20 cigarettes each day, cut down to 10 per day for two to three days. Next, cut it down to five cigarettes for two to three days. Then on your Quit Day, stop smoking completely.
- III. **Smoke only part of each cigarette**, reducing the amount until you stop smoking completely. Count how many puffs you normally take from each cigarette, then reduce the number of puffs every two to three days. On your Quit Day, stop smoking completely.

**3. Do your research and decide if you'll need medicine to help you quit.** Your medical plan will cover tobacco cessation medications at 100% if you meet with your provider and create a quit plan.

**4. Make a plan for your Quit Day.** Use the prompts below to help with Quit Day planning.

Have healthy foods to eat when I quit smoking, such as:

- Fresh fruits
- Fresh vegetables
- Sugar-free chewing gum
- Other healthy foods I like: \_\_\_\_\_

Finish the following:

Each day I don't smoke, I plan to celebrate my success with one (or more) of these activities:

- Watch a movie.
- Visit my friends.
- Take a walk
- Enjoy a hobby
- Do other activities I enjoy: \_\_\_\_\_
- Plan to get rid of every cigarette, match, lighter, ashtray and butt from your house and car.

**5. And finally, quit smoking for good on your Quit Day!**

## Quit Resources Nationally and Locally:

The North American Quitline Consortium is a network of toll-free hotlines and websites. Find your state quitline and resources at <http://map.naquitline.org>

- **Quit Now CT**- <https://www.quitnow.net/connecticut/> 1-800-QUIT-NOW
- **BecomeAnEx** - <https://www.becomeanex.org/#>
- **American Lung Association**: <https://www.lung.org/>
- **American Cancer Society**: [www.cancer.org](http://www.cancer.org)



# Roasted Delicata Squash

## & Onions

Delicata Squash—you may have seen this vegetable in your local grocery store but maybe you've never prepared it! This easy recipe is great and my favorite part about delicata squash is that you can eat the rind!

Delicata squash also known as Bohemian squash, sweet potato squash, or peanut squash, is low in carbohydrates, high in vitamin A and C, and is also fat and cholesterol free. Delicata is a gluten-free, fiber-rich food full of health benefits perfect for anyone following a healthy and gluten free diet.



### Ingredients

- 2 pounds delicata squash (about 2 large)
- 1 medium red onion, sliced
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1 teaspoon chopped fresh rosemary
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard

### Directions

1. Preheat oven to 425°F.
2. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into 1/2-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet.
3. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.
4. Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

**Easy cleanup tip: To save time and keep your baking sheet looking fresh, line it with a layer of foil before you bake.**

### Nutrition

**Serving size:** about 1 cup

**Per serving:** 164 calories; 7 g fat(1 g sat); 7 g fiber; 26 g carbohydrates; 2 g protein; 42 mcg folate; 0 mg cholesterol; 8 g sugars; 3 g added sugars; 21,510 IU vitamin A; 31 mg vitamin C; 91 mg calcium; 1 mg iron; 204 mg sodium; 599 mg potassium



# Wellness Corner

Happy Holidays, everyone! Sarah from Maine here, currently enjoying the fresh snow!

As we near the end of the year, I have been reflecting on my 2018 New Year's Resolution—putting myself “out there” and challenging myself to try new things. This winter, I am keeping up with my resolution to try downhill skiing for the first time! While I love Maine, staying active and happy in the winter has always been a struggle. The past couple of years I have been making it a point to get out and do more, even when the weather is less than ideal.

Putting ourselves out there and trying new things can be really intimidating. Here are my tips for moving past those fears.

1. **Find a friend!** I cannot stress the importance of support! When learning new things, I like to ask a lot of questions. A good friend of mine used to teach skiing to children and is someone who can help walk me through the steps. 1:1 learning time is how I learn best.
2. **Find a compelling reason!** Hiking is my favorite outdoor activity, I see this as an opportunity to spend more time on the mountains!
3. **Normalize mistakes.** When we are more accepting of mistakes, the fear of perfection is minimized. Any new task we take on takes time, practice, and patience.
4. **Reflect on previous accomplishments!** I joined a sport's league last spring and it was so much fun I've continued to play year round.
5. **Take a deep breath.** It will be scary but I know any new goal I (and you!) am working towards will be worth it!



**My wellness question to you—what is a new wellness activity you could try?**



# Wellness Bites for your Quick Wellness Needs!

## Self Care Holiday Wish List

For many of people this week marks the beginning of a very active, exciting season. Unfortunately, in addition to all the fun and joy, stress levels also tend to rise. That makes this a perfect time to pause for wellness.

Putting your health and wellbeing on your "to do" list doesn't have to be difficult or time consuming. You can boost personal wellness by consistently doing simple things. Here are some quick and easy wellness tips to use during the holiday season.



1. Calm your mind and body by taking a few deep, centering breaths throughout the day.
2. Have realistic expectations for yourself and for others.
3. Don't beat up on yourself if you eat something that isn't very healthy. Forgive yourself, say good-bye to guilt, and make a better choice next time.
4. Simplify things. The sun will come up tomorrow if you make one less dish, buy fewer presents, or use a mix instead of making something from scratch.
5. Prioritize getting enough sleep. Being well rested is a necessity not a luxury, especially during stressful times. It will help you feel more energetic and help your immune system stay strong.
6. Create new, self-supportive traditions. For example, if you don't feel like cooking or hosting a big dinner, make reservations at your favorite restaurant instead.
7. Be prepared: If you know there is a strong possibility that you will have to interact with someone who is a bit challenging for you to deal with, have a strategy for maintaining healthy interactions, or for keeping a healthy distance.
8. Decide what this season means for you. If you start to feel stressed, focus on what's important.
9. Keep easy, healthy stress management tools nearby. Some ideas: A journal so you can write about your thoughts and feelings. Your favorite music so you can dance or sing to work off tension. Some funny cartoons. Laughter really is great medicine.
10. Take a quiet walk.

## Getting Back to Holiday Basics

***There are many unique ways to celebrate the holidays without spending too much money or becoming exhausted in the process.***

The true meaning of the holidays can easily get lost in the details. While many of the diverse festivals and feasts we celebrate are designed to be times for celebrating life, new beginnings, traditions, and landmark occasions, those sentiments can be swept away by the stress of overloaded to-do lists and seemingly never-ending holiday obligations. Yet there are many unique and satisfying ways to celebrate the holidays without spending too much money or becoming exhausted in the process. Whereas the media, and possibly even loved ones, may encourage you to do and buy more, concentrating on the spirit of faith, giving, love, and hope during the holidays can help you do more with less. You can create new holiday traditions that help you focus on what you find important.



Holidays can be a wonderful time for taking stock of what matters most to you. This can include family, community, helping those less fortunate, and loving the earth. If you feel driven to give the people in your life gifts, consider presents that encourage positive living or whose impact will continue to be felt long after the holidays. Think about donating your effort to making someone else's life better by hosting a party for seniors or volunteering at a homeless shelter. You can also make a charitable donation or plant a seedling tree in a loved one's name. Instead of giving your friends and family material goods, give them the gift of your time. Organize get-togethers that include relatives or acquaintances that you seldom see and emphasize togetherness, fun, and celebration. Time spent making homemade gifts can give you a chance to reflect on what you treasure about your loved ones.

When exploring the true meaning of the holidays and getting back to the true spirit of the season, allow yourself to alter existing traditions. Even a blessing before a meal or a walk under the stars can help you reconnect with the holidays. Do what fulfills you and then stop before your celebration becomes more of a hassle than a happy occasion. Get back to the basics of generosity and goodwill, and your holiday will certainly be a rewarding one.

***Anthem wishes you and your loved ones joy this holiday season and a Happy New Year***

