

Healthy Workplace

Your monthly Anthem wellness newsletter



Helping a Smoker Quit: Do's and Don'ts: Tips for Friends and Family

From the American Cancer Society

Do respect that the quitter is in charge. This is their lifestyle change and their challenge, not yours.

Do ask the person whether they want you to ask regularly how they're doing. Ask how they're feeling – not just whether they've stayed quit.

Do let the person know that it's OK to talk to you whenever they need to hear encouraging words.

Do help the quitter get what they need, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept in the refrigerator.

Do spend time doing things with the quitter to keep their mind off smoking – go to the movies, take a walk to get past a craving (what many call a “nicotine fit”), or take a bike ride together.

Do try to see it from the smoker's point of view – a smoker's habit may feel like an old friend that's always been there when times were tough. It's hard to give that up.

Do make your home smoke free, meaning that no one can smoke in any part of the house.

Do remove all lighters and ash trays from your home. Remove anything that reminds them of smoking

Do wash clothes that smell like smoke. Clean carpets and drapes. Use air fresheners to help get rid of the tobacco smells – and don't forget the car, too.

Do help the quitter with a few chores, some child care, cooking – whatever will help lighten the stress of quitting.

Do celebrate along the way. Quitting smoking is a BIG DEAL!

Don't doubt the smoker's ability to quit. Your faith in them reminds them they can do it.

Don't judge, nag, preach, tease, or scold. This may make the smoker feel worse about him or herself. You don't want your loved one to turn to a cigarette to soothe hurt feelings.

Don't take the quitter's grumpiness personally during their nicotine withdrawal. Tell them that you understand the symptoms are real and remind them that they won't last forever. The symptoms usually get better in about 2 weeks.

Don't offer advice. Just ask how you can help with the plan or program they are using.

Check out cancer.org for much more information.

Save the Date! November
16th
The Great American
Smokeout

4 Incredibly Easy Ways to Practice Everyday Gratitude

Article by Catherine Pearson,
huffingtonpost.com

With Thanksgiving here, now is the time when many of us pause to reflect on all that we have and give thanks. But research shows there are major benefits to practicing gratitude — which Robert Emmons, a professor in UC Davis' psychology department and author of *Gratitude Works*, defines as an **“awareness of how we are supported and sustained by others, and a desire to give back the good that we have received” — throughout the year.** It boosts well-being, improves sleep and may even help improve immune system function. Here are four simple ways to work gratitude into your daily life now — and throughout the year.

Write a letter...

Steven Toepfer, an associate professor in the department of human development and family studies at Kent State University, has investigated the close connection between gratitude and well-being. In a 2011 study of more than 200 relatively happy undergraduate students, he and his team found that those who wrote one meaningful letter of gratitude per week over the course of three weeks — spending about 15 to 20 minutes on each — experienced significant gains in happiness and life satisfaction, and a decrease in depressive symptoms.

“You don't even have to mail the letters,” Toepfer says. “The process is about reflecting, in a conscious way, on the things you are grateful for.”

...or get out your journal

There's a reason why Oprah is such a vocal proponent of the gratitude journal: Emmons' research has found that men and women who wrote a few lines each week about things that had occurred recently that made them feel grateful tended to feel more optimistic



and better about their lives overall. (If pen and paper isn't your style, try one of the many gratitude apps available now, Emmons urges.) As *Forbes* reports, studies have even found that keeping a gratitude journal may help improve sleep.

“We all have this store of gratitude, and if we let it sit dormant, it's not going to benefit us,” Toepfer says. “All these ‘gratitude inductions’ do is help us tap into that wonderful reservoir we have.”

Watch what you say

Gratitude is as much about what you don't say as what you do, according to Emmons — and indeed, as NBC has reported, studies suggest that complaining about one's problems may be linked to depression and anxiety. Of course, research has also found that there can be benefits to venting, so it's all about striking a balance.

“Grateful people have a particular linguistic style,” Emmons says — they tend to talk about things like gifts, givers, blessings, fortune and abundance.

“Ungrateful people, on the other hand, tend to focus on deprivation, deservingness, regrets, lack, need, scarcity [and] loss,” he adds. “The trick is to watch your mouth! We are what we say.”

Immerse yourself in it

If you still need an extra push to actually make gratitude a part of your daily life, reading inspirational materials can be a powerful means of, as Emmons puts it, “massaging the truths contained in them deep into our bones.” Everyone from Ralph Waldo Emerson to Charles Dickens has weighed in on the importance of giving thanks, and spending a few minutes reading others' reflections on the importance of the practice will help you take it seriously in your own life, Emmons says.

Once you've embraced gratitude, give it some time before you expect changes. With most small gratitude practices, benefits emerge at around the three-week mark, Emmons says — “long enough for a behavior to become a habit.” Though few studies have looked long-term, there is evidence that the effects can last for months, even years. “Changes can be permanent,” he says, “as the brain rewires.”

Pre-Diabetes: Signs and Prevention

Pre-diabetes means your blood sugar level is higher than normal, but not yet high enough to be classified as type 2 diabetes. However, without intervention, pre-diabetes can become type 2 diabetes in 10 years or less. If you have pre-diabetes, the long-term damage of diabetes - especially to your heart and circulatory system — may already be starting.



Remember, Small Changes Make A Big Difference!

Find ways to walk more or incorporate light exercise into your daily routine. Be creative and find a support network that shares your goals. You can do it!

Change one habit at a time!

Here's the good news: Progression from pre-diabetes to type 2 diabetes isn't inevitable.

With healthy lifestyle changes — such as eating healthy foods, including physical activity in your daily routine and maintaining a healthy weight — you may be able to bring your blood sugar level back to normal.

STEP ONE: Know the Risks

People who fit the following descriptions are more likely to develop diabetes:

- Overweight
- Exercise fewer than three times a week
- Have a brother, sister or parent with diabetes
- Gave birth to a baby who weighed more than nine pounds
- 45 years old or older

STEP TWO: Find your Healthy Weight

If you're overweight, you're more likely to get pre-diabetes. By losing 5% to 7% of total body weight, you can lower your risk. A good diet can lower your weight and improve overall health.

STEP THREE: Choose the Right Foods

Eat More:

- Fruits and vegetables
- Legumes (beans, lentils, chickpeas, etc.)
- Whole grains
- Unsalted nuts
- Lean meats

Eat Less:

- Salty snacks
- “White” carbs (like white bread, pasta and rice)
- Sugary drinks (like soda, juice and Gatorade)
- Saturated fats and trans-fatty acids

STEP FOUR: Get Active

Even light exercise like walking or swimming can make a huge difference. Try and make regular activity part of your routine.

Anthem's **ConditionCare** program is here to help you manage your diabetes.

Let our nurse care managers help you control your diabetes and live your best life. If you (or a covered family member) get diagnosed with diabetes or already have it, don't worry, you're not alone. ConditionCare can help! There's no added cost to join, so sign up today.

To learn more or to join **ConditionCare**, call us toll free at 866-596-9812.



Slow-Cooker White Bean and Kielbasa Stew



Check out realsimple.com for more recipes!

Ingredients

- 1 pound dried white beans (such as great northern or navy)
- 14 ounces kielbasa, halved lengthwise and sliced 1/2 inch thick
- 4 cups low-sodium chicken broth
- 1 14.5-ounce can diced tomatoes
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 teaspoon dried rosemary
- 5 ounces baby spinach (6 cups)
- Country bread, for serving

Preparation

1. In a 4- to 6-quart slow cooker, combine the beans, kielbasa, broth, tomatoes (and their juices), onion, garlic, rosemary, and 1 cup water.
2. Cover and cook until the beans are tender, on low for 7 to 8 hours or on high for 5 to 6 hours (this will shorten total recipe time).
3. Just before serving, stir in the spinach. Serve with the bread.

Nutritional Information: Calories 426, Fat 13g, Sat fat 5g, Cholesterol 50mg, Sodium 1,091mg, Protein 29g, Carbohydrate 51g, Sugar 3g, Fiber 15g, Iron 6mg, Calcium 158mg

Tips for a Healthier Thanksgiving



- **Get Active** – Get in some exercise before and after your meal with the family. Perhaps a quick dog walk or a game of toss in the yard. Balance your calorie intake!
- **Eat Breakfast** – A small meal in the morning can help you control your appetite and set you up to make better choices when you arrive at the table.
- **Lighten Up Recipes** – Below are a few ideas to reduce fat and sugars at your dinner table.
 - Use fat-free chicken broth to baste the turkey and make gravy.
 - Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods.
 - Reduce oil and butter wherever you can.
 - Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.
- **Police you're Portions** – Look for foods you don't usually have the rest of the year and pause before going back for seconds – can the leftovers wait until tomorrow?
- **Slowly Savor** – Set your fork down between bites occasionally, choose foods higher in fiber and water content to feel full quicker.
- **Go Easy on Alcohol** – Mix in a seltzer or water between alcoholic drinks to reduce calories and stay hydrated.
- **Be Realistic** – Rather than losing weight during the holiday season, maintaining your weight through the “eating season”.

Full article: <http://www.webmd.com/diet/features/10-tips-for-a-thinner-thanksgiving#1>

