

Healthy Workplace

Your monthly Anthem wellness newsletter

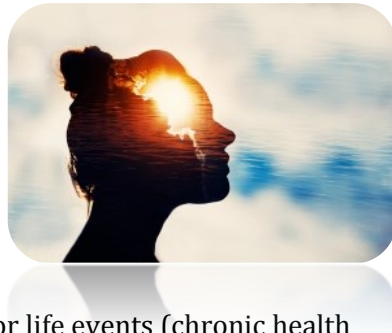
April 2018 Edition

Mindfulness and Resiliency

Mindfulness and self resiliency are two pillars of stress

management for both everyday life stresses

(traffic, work, children, etc.) and the stress of major life events (chronic health diagnoses, death of loved one, divorce, etc.).



When we learn to successfully navigate the stress in our lives and become more resilient, we make a shift towards greater well-being.

Every human being has three basic needs—

safety, satisfaction, and connection—that are grounded in our ancient evolutionary history. While our circumstances have changed enormously over the last 200,000 years, our brains have remained largely the same. The neural machinery that enabled our ancestors to satisfy their need for safety by finding shelter, for satisfaction by getting food, and for connection by bonding with others is alive in our brains today.

A particular need is best met by inner strengths that are *matched* to it—and these mental resources are what make us resilient.

To meet our need for **safety**, we can draw on:

- **Compassion:** Being sensitive to the burdens and suffering of others and ourselves, along with the desire to help with these if we can.

Image from: <https://greatergood.berkeley.edu/article/item/>

To meet our need for **satisfaction**, we can draw on:

- **Mindfulness:** Staying present in the moment as it is, rather than daydreaming, ruminating, or being distracted.
- **Gratitude:** Appreciating and feeling good about what already exists.
- **Motivation:** Pursuing opportunities in the face of challenges.
- **Aspiration:** Reaching for and achieving results that are important to us.

To meet our need for **connection**, we can draw on:

- **Learning:** Growing and developing, a process that allows us to cultivate all the other strengths.
- **Confidence:** Feeling a sense of being cared about, worthy, and self-assured.
- **Intimacy:** Being open to knowing and being known by others.
- **Generosity:** Giving to others through altruism, compassion, and forgiveness.

To start cultivating more resilience, pick a challenge in your life, and then consider the needs at stake in it, in terms of safety, satisfaction, and connection. You may be dealing with an external challenge, such as a relationship conflict, a stressful job, or a health problem. Or you could be facing an internal challenge, such as harsh self-criticism or feeling unwanted. Sometimes there's a one-two punch. For example, tension with someone might be stirring up self-criticism inside you.

Adapted from: https://greatergood.berkeley.edu/article/item/how_to_hardwire_resilience_into_your_brain

Five-Spice Turkey & Lettuce Wraps

Servings: 4

These fun wraps can be a great appetizer for entertaining or made into a meal with an additional side of rice and vegetables. You can find the Five-Spice blend in your grocery store spice section.



Ingredients

- 1/2 cup of water
- 1/2 cup of instant brown rice
- 2 teaspoons sesame oil
- 1 pound 93% lean ground turkey
- 1 tablespoon minced fresh ginger
- 1 large red bell pepper, finely diced
- 1 8-ounce can water chestnuts, rinsed and chopped
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoon hoisin sauce
- 1 teaspoon five-spice powder (often a blend of cinnamon, cloves, fennel seed, star anise, and Szechuan peppercorns)
- 1/2 teaspoon salt
- 2 heads Boston lettuce (or Romaine) leaves separated
- 1/2 cup chopped fresh herbs such as cilantro, basil, mint, and or chives
- 1 large carrot, shredded

Preparation

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
3. To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.

Nutrition Facts: 276 calories; 10g fat, 4g fiber, 21g carbohydrates

Wellness Corner

Mindfulness in the Moment.



Sarah from Maine here! Mindfulness and Stress Reduction has been on my radar for the past couple of years. It has been a personal goal to explore different ways to be mindful. Below are some of the things I have learned and continue to practice.

You don't have to sit and meditate everyday to be mindful. Mindfulness is the act of being aware. While it helps to have a foundation in the basics of meditation, you can find moments through-out your day to pause, reflect, and refocus.

Breathing can help center you through-out the day. When I feel my stress rising, I take a moment to stretch my arms and breathe deeply. It is the easiest way to helps me refocus.

Take a moment to "thank" something or someone. Expressing gratitude is a great way to bring our attention to the present and live in the moment. It may sound silly, but I've been known to "thank" the stop lights for staying green during my commute. Expressing gratitude is me taking a moment to be thankful for everything I have.

Get outside.

Always bears repeating. Our connection to nature is important and it can be very relaxing to sit outside (for even 5 minutes) and enjoy the beauty of our natural world. My favorite place? The ocean.

Someone else's opinion of me is none of my business.

A concept easier said than done. We can get caught up in the worry of someone else's opinion, creating additional stress. Try to let it go and see how you feel.



Wellness Bites for your Quick Wellness Needs!

Ways to Volunteer

National Volunteer Week is April 15th—21st! Did you know volunteering can impact your health in a positive way?

Benefits of volunteering: 4 ways to feel healthier and happier



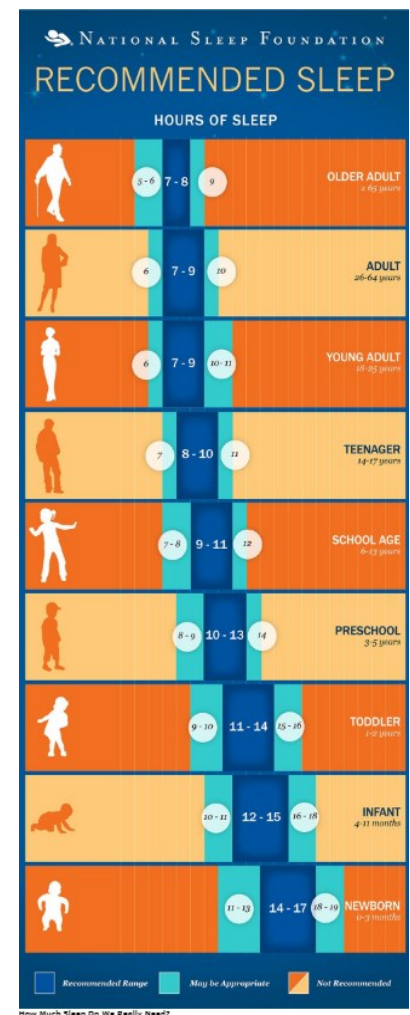
- Volunteering connects you to others.** You can make new friendships or strengthen existing ones and increase your social and relationship skills.
- Volunteering is good for your mind and body.** It can increase your self confidence, counteract the effects of stress, anger, and anxiety. It can also help keep you physically healthy by increasing physical movement and help with coping skills.
- Volunteering can advance your career.** It can help strengthen public speaking, communication, and marketing skills.
- Volunteering brings fun and fulfillment to your life.**



Healthy Sleep Habits

Healthy sleep habits can make a big difference in your quality of life! Below are some great “sleep hygiene” tips.

- Stick to a sleep schedule** of the same bedtime and wake up time, even on weekends.
- Practice a relaxing bedtime ritual** such as reading, light yoga, or your own version of self care.
- Exercise daily**
- Evaluate your room**—it should be cool (60—67°F) and free from light and distractions (cellphone)
- Avoid alcohol, cigarettes, caffeine and heavy meals** in the evening—preferably 2 to 3 hours before bedtime.
- If you cannot sleep**, go in another room and do something relaxing (not electronic based).
- Avoid bright lights in the evening.** It can disrupt your circadian rhythm that helps with falling asleep.
- If you still have trouble sleeping**, don't hesitate to speak with your primary care provider. They may suggest keeping a “sleep diary” to help you evaluate patterns that are disrupting your sleep.



Adapted from: <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips> Image from: sleepfoundation.org

National February Health Observances

Website for More Information

National Alcohol Awareness Month

<https://www.ncadd.org/about-ncadd/events-awards/alcohol-awareness-month>

National Public Health Week

<http://www.nphw.org/>