

# Healthy workplace

Your monthly Anthem wellness newsletter



## Three ways to Practice Gratitude – Starting now!

*grat-i-tude*  
*/ˈgrədə,t(y)ōd/*  
The quality of being thankful; readiness to show appreciation for and to return kindness.



Everyone can benefit from making an effort to practice gratitude daily. Enthusiasm, and eagerness to show appreciation for and to return kindness can easily be just another word or habit, but it can be your approach to life that affirms there are many good things in this world after all. The following 3 steps can help you start feeling more grateful and appreciative of the good things in your life:

### Start to Notice and Identify the Things you are Grateful for.

Tune in to the small everyday details of your life and notice the good things you might sometimes take for granted. Try these ideas:

Each day, think of 3 things you are grateful for. Nature, people, community, shelter, a warm bed or a good meal. It's amazing what you notice when you focus on feeling grateful.

Start a gratitude journal. Write down good things each day, you will become more likely to notice good things as they happen.

Practice gratitude rituals. If it seems like nothing is "going right" for you today, this should be your indicator to find something you are grateful for.

Once you're aware of the blessings of everyday life, the next step is to savor them.

### Savor the Feeling of Gratitude

There are moments when you naturally, right then and there, feel filled with gratitude. These are moments when you say to yourself, "Oh, wow, this is amazing!" or "How great is this!" Pause. Notice and absorb that feeling of true, genuine gratitude. Let it sink in. Soak it up. Savor your blessings in the moment as they happen.

### Express Gratitude

Show your heartfelt appreciation. When you thank someone, you're also practicing the first two gratitude skills: you've noticed something good, and you've genuinely appreciated it.

Try this: Show your appreciation to someone who did something nice. Offer a genuine compliment or write your gratitude in a letter. You could also express gratitude by doing a favor for someone. Notice how you feel afterward!

Article from: <http://kidshealth.org/en/teens/gratitude-practice.html>, <http://howtobehappy.guru/why-practice-gratitude/#ixzz4NLMdJIsV>, [oxforddictionaries.com](http://oxforddictionaries.com)



## Save the Date!

### The Great American Smokeout

November 17, 2016

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. They may use the date to make a plan to quit, or they may plan in advance and quit smoking that day. The Great American Smokeout event challenges people to stop using tobacco and helps people learn about the many tools they can use to help them quit and stay quit.

### It's hard to quit tobacco.

Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Telephone smoking-cessation hotlines
- Stop-smoking groups
- Online quit groups
- Counseling
- Nicotine replacement products
- Prescription medicine to lessen cravings
- Guide books
- Encouragement and support from friends and family members

Using two or more of these measures to quit works better than using any one of them alone. For example, some people use a prescription medicine along with nicotine replacement. Other people may use as many as 3 or 4 of the methods listed above. Check out [cancer.org](http://cancer.org) for more information and resources. Article from [cancer.org](http://cancer.org)



### The Connecticut Tobacco HelpLine

One of the hardest things to do is to quit smoking. Quitting is a process and sometimes it takes more than one try. Your call to the Connecticut QUIT LINE is an important first step. If you're having a tough time, the QuitLine offers support that can help you stay tobacco-free for life.

Call the **CT Quitline at 1-800- QUIT-NOW** for help with quitting or **register online** at [www.quitnow.net/connecticut](http://www.quitnow.net/connecticut)

It's free, confidential, and it really works.



## Diabetes Awareness Month – Busting Myths

Article from [diabetes.org](http://diabetes.org)

**Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.**

**Fact:** Being overweight is a risk factor for developing type 2 diabetes, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

**Myth: Diabetes is not that serious of a disease.**

**Fact:** Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications.

**Myth: Eating too much sugar causes diabetes.**

**Fact:** The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include beverages like: regular soda, fruit punch, fruit drinks, energy drinks, sports drinks, sweet tea, other sugary drinks.

These will raise blood glucose and can provide several hundred calories in just one serving!

**See for yourself....**

**Just one 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar!**

**Myth: People with diabetes should eat special diabetic foods.**

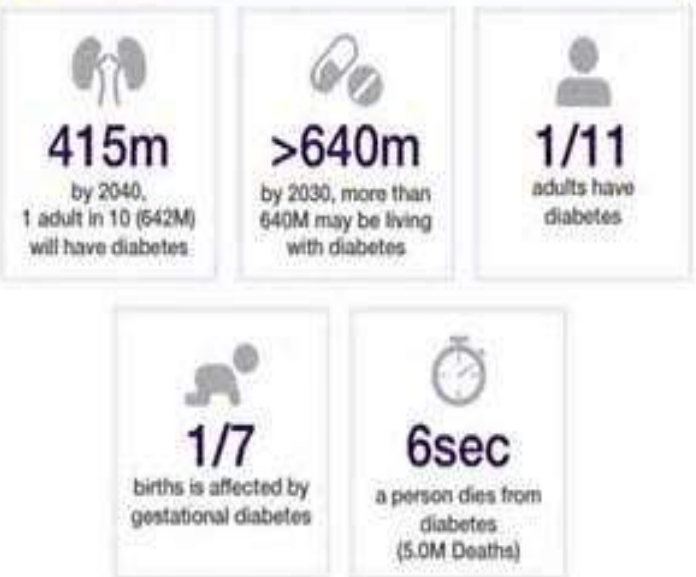
**Fact:** A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

**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.

**STATISTICS**



# Celery Root and Cauliflower Mash



**Serves:** 6

**Total Time:** 32 minutes

## Ingredients:

- 1 1/4 pounds celery roots, peeled and cubed
- 1/2 pound cauliflower florets
- 1/2 pound russet potatoes, peeled and cubed
- 2 teaspoons fresh lemon juice
- 2 bay leaves
- 2 tablespoons unsalted butter
- 3/4 teaspoon kosher salt
- 1/4 teaspoon white pepper
- 1/8 teaspoon nutmeg

## Preparation

1. Combine celery roots, cauliflower, potatoes, lemon juice and bay leaves in a large saucepan; add cool water to cover. Bring to a boil over high heat. Reduce heat to medium and simmer until vegetables are very tender, 20 to 22 minutes. Drain well; let stand for 3 minutes. Shake to remove any excess moisture. Discard bay leaves.

2. Process celery root mixture in a food processor just until smooth, about 1 minute. Stir in butter, salt, white pepper and nutmeg.

## Nutritional Information

**Calories per serving:** 97, **Fat per serving:** 2g, **Saturated fat per serving:** 1g, **Protein per serving:** 3g, **Carbohydrates per serving:** 18, **Sodium per serving:** 384mg

Recipe from Health.com

## Tips for a Healthier Thanksgiving

- **Get Active** – Try to get active 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 your 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, strive to maintain your current weight.

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

