

Healthy Workplace

Your monthly Anthem wellness newsletter

January 2018 Edition

Setting Goals in the New Year

1. Set Goals that Motivate You! No one wants to be told what to do so when it comes to setting goals, be sure your goal is motivating to YOU.

2. Set SMART goals. We often create lofty goals (ex. I'm going to lose X pounds in the New Year!) without ever taking the time to narrow it down. Use the steps below to help track out your goals.

Specific – set a clear and well defined goal

Measureable – include precise amounts, dates, and so forth. *How* are you going to track and measure your success?

Attainable – make sure it is possible to achieve your specific goal in the measured time.

Realistic/Relevant – goals should reflect on the direction you want your life and career to take. Focus towards the future will create realistic and relevant goals.

Time Bound – your goal must have a dead line!

3. Set Goals in Writing. Writing down your goals make them real and tangible. Frame your goal in a positive way to increase your chances of success!

4. Make an Action Plan. When writing out your goals be sure to include an action plan! Writing out individual steps it takes to reach a goal allows you to see your progress and keep motivation high!

5. Stick with it! Goal setting is an ongoing activity and does not stop when we are done crossing of our action steps! Take a moment to revel in your success and keep going!



What happens when I don't find my goal motivating, like deep cleaning my house?

Sometimes we do need to set goals that are not

our most favorite activity such as cleaning.

When those types of goals come up, ask yourself *why?* Why do I want to deep clean my whole house? Once you figure out “whys” you can then move to creating more tangible goals. Often times we set the bar high “I'm going to deep clean my whole house!” without creating small actions steps and in turn become overwhelmed.

1. Start small. If your goal is to deep clean your whole house, pick one area to start and finish. Go through your closet, organize the fridge... even scrub the tub! The accomplishment that comes with finishing one task will motivate you to continue!

2. Set a timer. We can do anything for 1 minute, 10 minutes, even an hour! Setting a timer gives your brain a specific timeline for completing a task (such as cleaning, exercising, meal planning, etc.). When the timer goes off you feel an instant reward and sometimes find that you can stay with an activity for even longer!

3. Combine the good with the bad! Want to listen to your favorite podcast or songs but feel you never have time? Play it while you clean! When we add meaning to often menial tasks, our motivation to complete the task increases.

Adapted from: https://www.mindtools.com/pages/article/newHTE_90.htm

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Shrimp Tacos



Blackened Shrimp Tacos take a Cajun spin in preparation and flavor. These tacos are so easy to put together and make a nice addition to your dinner rotation.

Servings: 4

Ingredients

- 2 tablespoons buttermilk
- 2 tablespoons canola mayonnaise (such as Hellmann's)
- 1/2 teaspoon minced garlic
- 1/2 teaspoon white vinegar
- 2 ounces queso fresco, crumbled (about 1/2 cup)
- 2 teaspoons paprika
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground red pepper
- 1 pound medium shrimp, peeled and deveined
- Cooking spray
- 8 (6-inch) corn tortillas
- 1/2 cup diced plum tomato
- 1 ripe avocado, peeled and roughly mashed

Preparation

1. Combine first 5 ingredients in a small bowl; set aside.
2. Combine paprika and next 6 ingredients in a large zip-top plastic bag. Add shrimp to bag; seal and shake well to coat. Remove shrimp.
3. Heat a grill pan over high heat. Coat pan with cooking spray. Add shrimp; cook 2 minutes per side or until done.
4. Working with 1 tortilla at a time, heat tortillas over medium-high heat directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Divide shrimp evenly among tortillas; divide tomato, avocado, and sauce evenly among tacos.

Notes: Tacos are a great quick, versatile meal! To up your veggie intake, try adding peppers, red cabbage, beans, or kale.

Wellness Corner



Each month Anthem will feature one of our Health and Wellness Managers and what we personally are doing for our own health!

With Goal Setting as our featured article, this month

Sarah from Maine is walking through the SMART goal steps for her current fitness goal!

My goals: Walk 5 times and exercise 3 times a week

Are my goals.....

Specific – Yes! I have planned out how often I want to walk and exercise.

Measurable – Yes! I know how often I want to walk/exercise. I also use my calendar at work and put marks for each day I hit either goal.

Attainable – Yes! In December I hit my weekly goal of walking 4x a week and exercising 3x a week and know I can succeed in January!

Relevant – Yes! Since I am currently working on this goal, I know I can add another day of walking.

Time Bound – Yes! I'll know each week if I am reaching my goal!



A snowshoeing trip I took last winter!
Looking forward to more trips this year!

Wellness Bites for your Quick Wellness Needs!

New Year, New Kitchen

The New Year is a great time to de-clutter, toss the junk (looking at you... half-eaten bag of kettle chips!), and organize your pantry and kitchen to set you up for clean-eating success. An organized kitchen filled with healthy foods can help you reset your diet and stick with it.

Here are must-haves to help you prepare healthy, fast, and flavorful meals this year:

- Fresh fruit and vegetables like garlic, onions, oranges, apples, berries, leafy greens, and carrots
- Plain Greek yogurt
- Nuts
- Extra Virgin Olive Oil
- Whole grains: like brown rice, quinoa, farro, oats, and barley
- Canned beans
- Canned seafood like salmon, tuna, anchovies and sardines
- Pumpkin puree



Adapted from: <http://www.health.com/nutrition/best-healthy-food-new-year>

Make Fitness a Priority in 2018!

This is your year to add simple changes to your daily work routine to make fitness and overall wellbeing a priority!

- Sit for 60, Move for 3
- Park farther away
- Take movement breaks during long meetings – your body and brain will thank you!
- Try a new exercise class or program (or encourage leadership to bring on-site fitness classes to your location)
- Instead of sending an email or IM, visit your co-worker
- Create a walking path at work (both inside and outside for weather dependent days!)
- Develop (or join) your local wellness committee



Carrie Chag, New Hampshire



Carrie is the Health and Wellness Program Manager for Anthem in New Hampshire. She's a Certified Wellness Practitioner and

has been working in wellness for ten years with companies all over America. Find Carrie outside! Hiking in the White Mountains or running the seacoast.

Cerina Savino, Connecticut



Cerina Savino, RD-N, CWPD, CHHC, is a Registered Dietitian, Certified Wellness Program Director and Worksite Wellness Program Consultant for Anthem in CT. She is responsible for developing, implementing and

coordinating customized wellness strategies to increase health awareness and participation in wellbeing programs. It is Cerina's life-long passion to educate, empower and encourage others to make sustainable lifestyle changes.

Sarah O'Blenes, Maine



Sarah is the Health and Wellness Consultant for Anthem in Maine. She is a Certified Health and Wellness Coach and enjoys designing wellness program-

ming and evaluation for her groups in Maine. When she's not at work, you can usually find her outside, visiting family or trying a new exercise class!

National January Health Observances

Cervical Health Awareness Month

National Glaucoma Awareness Month

Website for More Information

www.nccc-online.org

www.glaucoma.org