

NEWSLETTER



GRATITUDE JOURNALING AND YOUR HEALTH

Gratitude journals have become popular in recent years. This might be due, at least in part, to the wealth of research showing a beneficial link between journaling and health.

Here are just a few ways gratitude journaling can support your wellbeing:

Improved Sleep

Gratitude journaling has been associated with better sleep. In one study², researchers found that journaling for two weeks improved sleep quality. If you struggle with falling or staying asleep, journaling¹ about what you are thankful for may be a helpful strategy.

Reduced Inflammation

Another study³ found a link between gratitude journaling and reduced bio-markers for stress and inflammation. This is important because inflammation has been tied to an increased risk for heart disease and other chronic conditions.⁴

Reduced Aggression

Keeping a journal may also help reduce aggression related to hurt feelings. Some research suggests that gratitude journaling is protective against the kind of emotional distress that often leads to aggressive reactions.

Increased Optimism

Increased optimism has been tied to journaling as well. Focusing on what you are grateful for helps you see the positive aspects of your life more clearly.

Strengthened Relationships

There is also evidence that gratitude journaling can improve the quality of relationships. People who express gratitude frequently tend to feel more comfortable voicing concerns earlier in relationships. This helps resolve issues before they become a bigger problem.



6 Ways to Express Gratitude

Gratitude is an expression of appreciation. It is an acknowledgement of kindness that can be an extremely powerful form of positive reinforcement.

It has been described as an emotion, a temporary feeling⁵, and a personality trait, but some believe it to be much more than that. Gratitude is one of the most effective tools for building successful teams and organizations. To cultivate a more collaborative culture in the workplace⁶, gratitude needs to play a central role. Being grateful has also been associated⁷ with greater happiness and increased⁸ life satisfaction.



Here are some easy ways to express gratitude:

1. Say Thank You

Everyone likes to be acknowledged and saying 'thank you' is one of the easiest ways to do so. This simple gesture can go a long way to building rapport and trust in relationships.

2. Write a Gratitude Letter

Thank you notes are another way to express gratitude. When you write a letter, be sure to include what the other person did to deserve your thanks.

3. Make a Gratitude Visit

If letter writing is not appropriate, consider making a face-to-face visit to express your gratitude in person.

4. Start a Gratitude Journal

The expression of gratitude does not always have to involve another person. Journaling offers a safe space for you to express your gratitude privately.

5. Give a Gift

Gift giving can also be a gesture of kindness. Similar to writing letters, whenever you give a gift, be sure to include a note explaining the reason behind it.

6. Do a Random Act of Kindness

If the source of your gratitude is not specific to a single person, you could opt to do a random act of kindness to brighten someone else's day instead.

The expression of gratitude does not have to be complicated. A few thoughtful words or actions are simple ways to show others how much you appreciate them.

5. <https://www.psychologytoday.com/us/basics/gratitude>

6. <https://greatergood.berkeley.edu/article/>

7. <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

8. <https://doi.org/10.3389/fpsyg.2019.02480>



WHAT IS TOXIC POSITIVITY?

Most people understand the value of maintaining a positive mindset, but the belief that we should always be positive has many mental health experts raising red flags.

The term 'toxic positivity' refers to minimizing⁹ denying, or invalidating negative feelings. Psychologists describe¹⁰ it as "the excessive and ineffective over-generalization of a happy, optimistic state across all situations."

Unfortunately, positivity is not as effective as many believe. When we suppress or ignore negative feelings, they can intensify. That is why mental health experts often advise *against* adopting a "good vibes only" sentiment, which can be damaging to your relationships and to your wellbeing.

Here are a few tips to help you avoid toxic positivity:

Acknowledge All Emotions

Pretending everything is okay when life feels hard only prolongs negative emotions. When you allow all emotions to exist without judgment, you can process them more easily and focus your efforts on solutions.

Listen Without Fixing

Most of us have a natural tendency to want to help others, whether it be through advice giving or attempting to remedy the situation directly. The problem with this approach is that it communicates to the other person that you do not believe they are capable of solving the problem on their own. When someone you care about comes to you with a problem, focus on listening rather than fixing.



Ask Questions

Asking questions is a good way to demonstrate active listening. The next time a friend comes to you with a problem, try asking them this question: "What can I do that would be the most helpful for you right now?" Questions encourage honest dialogue and the open expression of emotions, even the negative ones.



Chronic Complaining and Your Health

Complaining, or the expression of dissatisfaction, is natural. Everyone vents from time to time. If you are a chronic complainer though, it may be having a negative impact on your health.

Chronic complainers fixate on what is not going well rather than what is. They are quick to point out the downsides of situations and often resist solutions and suggestions.

Will Bowen, the author of *A Complaint-Free World*, points out that complaining can have a negative effect on your wellbeing. The book is geared toward helping you recognize your complaining tendencies so you can change your habits. Bowen also reminds readers that complaining about other people's complaining is also a form of complaining.⁴

“If complaining made people feel better, then the biggest complainers would be the happiest people.”

Will Bowen

There are many reasons people complain. Complaining can be a short-term coping strategy that offers temporary relief from intense emotions. It can also foster bonding and friendship. Complaining with a trusted person tends to highlight shared experiences, which can strengthen relationships.

There are some drawbacks to complaining. Complaining can be contagious. Have you ever noticed how quickly attitudes and beliefs can grow among groups? Complaining can have negative consequences within teams and organizations.

Research has shown that chronic complaining leads to a decrease in mood. In general, complainers are unhappier than those who engage in complaining only frequently.

According to Bowen, the opposite of complaining is gratitude. The next time you are tempted to complain about something, try offering a solution or expressing gratitude instead.⁵



4. <https://www.psychologytoday.com/us/blog/significant-results/201706/the-three-types-complaining>

5. <https://www.semanticscholar.org>



Peanut Butter Oatmeal Cookies with Chocolate Chips

Ingredients

- 2 cups old-fashioned or regular rolled oats ½ cup cane sugar* (may sub coconut sugar)
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- 2 whole eggs
- ¼ cup unsalted butter, softened (may substitute coconut oil for dairy-free)
- 1 teaspoon pure vanilla extract
- 1 cup natural peanut butter, room temperature or heated slightly to achieve
- pourable consistency
- ¾ cup dark or semi-sweet chocolate chips

Instructions

1. Preheat oven to 350 degrees. Line two sheet pans with parchment paper.
2. Combine the ingredients in a medium bowl, except for the chocolate chips. You can also use a stand-up mixer. Mix until well combined.
3. Fold in the chocolate chips.
4. If the dough is real sticky, let it sit for 5 minutes or place in the fridge.
5. With a small cookie scoop, scoop dough onto pans to make about 2 dozen cookie. With hands, slightly flatten each cookie dough mound to form a round cookie shape.
6. Bake for 10-15 minutes or until cookie centers are done and outsides are golden. Baking time will depend on the size of the cookies. Start with 10 minutes and add time as needed.
7. After removing from the oven, let the cookies set on pan for 10 minutes before transferring to a cooling rack.

Prep time - 10 minutes

Cook time - 10 minutes

Servings- 30

NUTRITIONAL Facts *Per cookie*

Calories 135
Total Fat 9g
Sodium 65mg
Carbohydrate 13g
Dietary Fiber 2g
Sugar 5g
Protein 4g

SOURCE: Navigate Wellbeing Solutions recipe
library courtesy of Megan Roosevelt,

<https://therealfooddietitians.com/peanut-butter-chocolate-chip-oatmeal-cookies/#tasty-recipes-10175>



GRATITUDE

RESILIENCE RESOURCES

APPS



Gratitude

Gratitude is your personal journal app where you can write about things that you are grateful for. Being grateful or expressing gratitude helps to focus your attention on the positive things in your life.

Cost: Free, with in app offers || **Available on:** Apple App Store, Google Play Store



365 Gratitude Journal

Using tools such as daily gratitude journals, engaging stories, AI chatbot and an amazing self-care community we'll act as your life coach, so that you can focus on developing habits that increase positivity and reduce mental health issues like stress and anxiety.

Cost: Free, with in app offers || **Available on:** Apple App Store, Google Play Store



Day One Journal

Keeping a journal is an act of love. It makes you aware of your surroundings, cognizant of your actions, and open to adapting to all the changes around you. Day One is the journal that redefines journaling. Discover how Day One lets you to capture life as you live it.

Cost: Free, with in app offers || **Available on:** Apple App Store



Reflectly

How you are feeling on a daily basis matters. Reflectly is a personal journal and diary driven by artificial intelligence to enable you to deal with negative Reflectly uses positive psychology, mindfulness and cognitive behavioural therapy to make you thrive in life and to give you the personal tools and mindset to overcome negative thoughts and build a habit of positivity through a journal into your life.

Cost: Free, with in app offers || **Available on:** Apple App Store, Google Play Store



GRATITUDE

RESILIENCE RESOURCES

ARTICLES

- » ["Giving thanks can make you happier"](#)
Harvard Medical School
- » ["The Research on Gratitude and Its Link with Love and Happiness"](#)
Positive Psychology
- » ["7 Scientifically Proven Benefits Of Gratitude That Will Motivate You To Give Thanks Year-Round"](#)
Forbes
- » ["Science Proves That Gratitude Is Key to Well-Being"](#)
Psychology Today
- » ["How Practicing Gratitude Can Make You More Resilient"](#)
Thrive Global

BOOKS

- » ["Words of Gratitude for Mind, Body, and Soul"](#)
Robert Emmons, Joanna Hill
- » ["The Psychology of Gratitude"](#)
Robert Emmons, Michael McCullough
- » ["The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life"](#)
Janice Kaplan
- » ["Living Life as a Thank You"](#)
Nina Lesowitz
- » ["The Gifts of Imperfection"](#)
Brené Brown
- » ["Option B"](#)
Sheryl Sandberg, Adam Grant
- » ["Living in Gratitude"](#)
Angeles Arrien
- » ["Gratitude"](#)
Oliver Sachs
- » ["The Little Book of Hygge"](#)
Meik Wiking



GRATITUDE

RESILIENCE RESOURCES

PODCASTS



The Gratitude Podcast

Gratitude is the one thing that helped me most in my life from all the personal development and spiritual practices that I did and that's why I want to inspire 100,000 people to discover how to feel grateful more often and live a happy life.

Listen Now: [iTunes](#) | [Spotify](#) | [Stitcher](#)



Wake Up with Gratitude

Struggling to be inspired? Want to learn how to wake up with gratitude? Does self-love sound like an impossible dream? Join your host Julie Boyer, Gratitude Guru, as she interviews amazing entrepreneurs who share their struggles, how they have overcome them and are using self-love and gratitude daily.

Listen Now: [iTunes](#) | [Spotify](#) | [Stitcher](#) | [Website](#)



Never Not Grateful

Never Not Grateful is a podcast about how to find gratitude and make it a daily practice in your life. We will explore how people from all walks of life use gratitude in order to make the world a better place, both personally and globally.

Listen Now: [iTunes](#) | [Spotify](#) | [Stitcher](#)



Resource Advisor is here with help for life's issues

Receive personalized counseling, financial, and legal help

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** 1-888-209-7840
- **Online:** www.ResourceAdvisor.Anthem.com
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

Life and Disability products are underwritten by Anthem Life Insurance Company. In Georgia, Life and Disability products are underwritten by Greater Georgia Life Insurance Company using the trade name Anthem Life. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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ABUNDANCE

GRATITUDE

RESILIENCE

Much more

than a health insurance plan

At Medical Mutual, our goal is to help our members make the best health choices possible while minimizing healthcare costs. We offer a variety of programs, discounts, tools and resources designed to do exactly that. Take a closer look at what's available beyond your comprehensive benefits.

Many Ways to Save

While Medical Mutual continuously looks for ways to make your health insurance plans more cost effective, there are several things you can do to help reduce your healthcare expenses.

Stay in Network

You can save money by using doctors, hospitals, and other healthcare providers and facilities covered under your Medical Mutual plan. Going outside your network may cost you more out-of-pocket and some services may not be covered at all. Find providers in your network before undergoing any treatment or procedures.

Avoid the ER for Minor Illnesses and Injuries

For injuries or illnesses that are not life threatening, seeing your doctor or visiting an urgent care facility or convenience clinic for treatment can be a cost-effective alternative to the emergency room. ER visits can mean long wait times and expensive out-of-pocket costs due to higher copays.

Know What's Covered

Before you have a service or procedure, be sure to review the benefits covered in your plan, which can be found in your Summary of Benefits and Coverage (SBC). An SBC is a document that summarizes important information about coverage in straightforward language. You can also speak to one of our Customer Care Specialists to make sure a treatment is covered under your plan.

Take Care of Yourself

Preventing a disease is less of a burden than treating a disease. That's why checkups with your doctor are so important. Your plan includes preventive benefits that offer coverage of well visits and screenings and immunizations. The amount of coverage may vary depending on your particular plan, but out-of-pocket costs will most likely be lower than the cost of treating a condition that has progressed.



Programs & Discounts

Chronic Condition Management Program

If you are managing a chronic condition, this program offers both digital and telephonic options that are customized to meet your needs and help you achieve your personal health goals. The following conditions are eligible for the program:

- Asthma
- Heart Failure (HF)
- Coronary Artery Disease (CAD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Hypertension

Maternity Program

If a new baby is on the way, our Maternity Program offers digital education and support. The program includes access to a specially-trained maternity health coach who can provide valuable knowledge, advice and comfort during the pregnancy if any risk is detected.

Both the Chronic Condition Management and the Maternity programs are available at no additional cost. Call 1-800-590-2583 to learn more or to enroll. Our care management specialists are available Monday through Friday from 8 a.m. to 4 p.m. (confidential voicemail available 24/7).

WW® Program

Medical Mutual can save you almost 50 percent off the regular cost of a WW membership. You can choose from Digital (web-based) or Digital + Studio (formerly Meetings) programs to help achieve your health goals. We also offer a WW for Diabetes program if you've been diagnosed with Type 2 diabetes. For more information, call 1-800-251-2583 or visit [MedMutual.com/WeightWatchers](https://www.MedMutual.com/WeightWatchers).

QuitLine Program

If you need help giving up your tobacco habit, our program can help. One-on-one coaching, a personalized plan and educational materials are available with no out-of-pocket costs. You may even qualify for nicotine patches or gum at no cost to you. Learn more by calling 1-866-845-7702.

24-Hour Nurse Line

If you have a health question, minor injury or medical question, you can get answers 24-hours-a-day from a clinical expert. Staffed by fully qualified registered nurses, our Nurse Line is available at no charge to members. Just call 1-888-912-0636 and have your member ID number ready.

Fitness Discounts

Exercise can play a vital role in your health and happiness. That's why we've partnered with several health club chains to offer valuable discounts and benefits. Make fitness a new part of your routine with a membership discount at Curves®, or find a discounted gym membership at more than 10,000 fitness clubs throughout the U.S. through our national partner, GlobalFit®.

Other Discounts

We've partnered with several vendors to offer discounts on a variety of unique health products and services including baby items, fitness club fees, hearing aids and other health products. You can find more details on My Health Plan.

AmericanFitness.net

A full selection of top brand exercise equipment to help you reach your fitness goals.

Beltone™ Hearing Aids

A full line of innovative hearing products that fit your lifestyle.

Safe Beginnings®

A large selection of items to help you keep your baby safe in your home.

YogaAccessories.com

High-quality yoga, meditation, spiritual, wellness and holistic living supplies.

Discover Additional Savings

Medical Mutual Member Discounts

As a Medical Mutual member, you have access to discounts on a variety of items to help maintain or improve your health and well-being, including fitness clubs, hearing aids and more.

When you log in to My Health Plan at [MedMutual.com/Member](https://www.MedMutual.com/Member), you will find discounts on health and wellness products. Click Healthy Living, then Discounts to see current opportunities to save.

AmericanFitness.net

Save 5 percent on exercise equipment, home gyms, exercise machines and weights when you order through AmericanFitness.net. Enter the coupon code "medmutual" at checkout. In addition, receive free shipping on orders of more than \$69 when shipped in the continental U.S.

Beltone

Get up to a 20 percent discount on all hearing aid models. To receive the discount, show your member identification card at participating Beltone locations. Call 1-800-BELTONE, or 1-800-235-8663, for locations and information.

Fitness Discounts

Save money and get active with a membership discount at Curves® or GlobalFit®, which gives you access to local and national fitness club memberships.

Vitamix®

Whether you're looking to make healthier family meals or transform ingredients into foods you actually want to eat, a Vitamix machine can help. As our member, you can buy select machines for a discounted price. Shop online at [Vitamix.com](https://www.Vitamix.com) using discount code "MMOvitamix" at checkout, or visit the Vitamix store in Solon, Ohio. Call 1-866-278-5772 to speak to a Vitamix Customer Champion if you have questions.

YogaAccessories.com

Get 15 percent off yoga apparel, mats and more from YogaAccessories.com. All products come from companies dedicated to offering goods and services that emphasize the environment, a sustainable economy and alternative healthcare. Order at [YogaAccessories.com](https://www.YogaAccessories.com) and use coupon code "MED15" at checkout.

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ARE YOU READY TO LIVEHEALTHY?

LiveHealthy at UH Brunner Sanden Deitrick Wellness Center is a medically based fitness center staffed with exercise specialists, personal trainers and other friendly, helpful health professionals.

OUR MEMBERS ENJOY ACCESS TO:

- Individualized exercise prescriptions developed by our degreed exercise specialists
- Six-lane lap pool, recreation pool, warm water therapy pool and whirlpool
- Saunas and steam rooms
- Fitness equipment and free weights
- Multipurpose gym space
- Indoor track
- Group exercise classes including yoga, Zumba®, cycling, intervals, strength and aquatic classes
- Monthly nutrition and fitness education seminars
- Youth fitness area
- Babysitting (free for children who are included on a family or single-parent membership)
- Rock wall, with a free clinic to help you learn to climb safely.

LIVEHEALTHY

Hours of Operation

Monday - Friday:

5:30 am - 9 pm

Saturday & Sunday:

7:30 am - 5 pm

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call 440-375-8777

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here soon!

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and experience the rewards of living
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