

NEWSLETTER



Resilient. Purposeful.

Life is busy, but busy does not necessarily mean productive. Busyness, defined as “long hours of remunerated employment and lack of leisure time,” is associated with higher levels of stress and poorer quality of life.

White space, or intentional blank spaces, can be good for your health. Space provides time for processing thoughts and ideas. In many cases, white space can also lead to higher levels of productivity and creativity.

Here are some ways to create more space:

Schedule personal time off in advance. Reserve time on your calendar for vacations and personal time off as early as possible in the year. Blocking time in advance is easier than rearranging your schedule to make time later.

Decline invitations. Sometimes creating space means declining invitations to events and gatherings. It may also involve declining opportunities that require more time or energy than you have capacity for. Learning how to decline invitations with grace can help you preserve or create space.

Delegate. Delegating tasks that do not require your specific skills can also free up space. Whether it is a task at home or at work, determine if it can be delegated to someone else who may be better suited to handle it.

Clear the clutter. Sometimes life feels overwhelming because of clutter. Cluttered physical spaces can be just as stressful as cluttered calendars. Clearing the clutter from your physical spaces can help reduce distractions and feelings of overwhelm.⁴



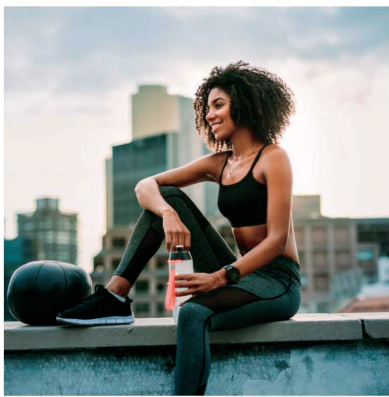
Protect your space. Creating space is one thing, but honoring and protecting it is another. Unless you safeguard the space you create, you will not get the results you desire.

Mentor
Public Schools

4. <https://www.psychologytoday.com/us/blog/the-right-mindset/201910/the-rise-and-grind-hustle-culture>



DEDICATE TIME TO YOUR SELF



Active Days = Healthy Life = Happy You

Engaging in regular physical activity has been linked to countless health benefits, and new [research](#)⁷ has discovered that happier people are more physically active than those who are inactive. Put simply, the more active you are, the healthier and happier you will be.

According to [experts](#)⁸, most adults need at least 150 minutes of moderate-intensity aerobic physical activity each week. Examples of this [level](#)⁹ of activity include walking briskly (about 3 miles per hour), water aerobics, vacuuming, playing tennis, ballroom dancing, or bicycling (about 10 miles per hour).

Do you want to feel healthier and happier? Here are a few easy tips to gradually include more activity in your daily life.

Talk with your doctor

Always seek guidance from your doctor before dramatically changing or increasing your level of physical activity. Voice any concerns you have, and ask questions about the best level of exercise for your unique health needs.

Walk

Walking is the most popular, not to mention the easiest, form of physical activity. It is also the most frequently reported type of activity used by those who have been successful with [weight loss](#)¹⁰. Instead of holding one-on-one meetings in a conference room or by phone, schedule walking meetings to weave more movement into your day.

Hire a trainer

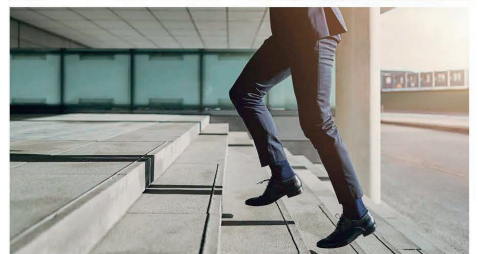
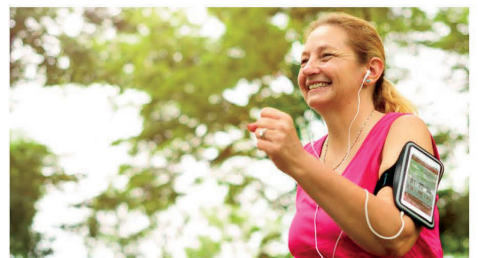
If you struggle with accountability, hiring a personal trainer may help you increase consistency with your physical activity routines. Exercise specialists can offer guidance for gradually increasing your level of intensity and duration of exercise.

Take the stairs

Taking the stairs can have a dramatic positive impact on your health. Climbing just two flights of stairs daily has been shown to reduce weight by roughly [6 pounds](#)¹¹ over the course of a year.

Organize a healthier happy hour

Instead of organizing a traditional happy hour after work, invite your colleagues out for a game of tennis, bike ride, or fitness class.



7. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0160589>

8. https://www.who.int/dietphysicalactivity/factsheet_adults/en/

9. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults#.XXfAnChKg2w>

10. <http://www.nwcr.ws/research/>

11. <https://hr.duke.edu/wellness/exercise-fitness/take-stairs/benefits-taking-stairs>



Goals: You Should Have Some

Goals call us to take Action. They give us a reason to invest our time and energy in specific activities and behaviors for specific results. Simply put, goals [motivate](#)¹ us to achieve something. Without goals, our energy remains unfocused and can bring random results. That is why sitting down at least annually to take a look at the areas of your life that you want to change can help you stay focused on your goals.

Enlist the [Power of 8](#)² to map out your goals and intentions for the coming year. Consider what would have the greatest positive impact on your health.

“A dream is just a dream. A goal is a dream with a plan and a deadline.”

Harvey MacKay

Which of the following areas of your life need the most attention right now?

Physical

How could you improve your level of physical fitness and wellbeing?

Mindfulness

What could you do to incorporate more mindfulness into your daily life?

Nutrition

Are you adequately nourishing your body? What, if anything, needs to change with regard to your food choices?

Social

Consider your network of friends and family. Does your current social support circle support you adequately?

Balance

Does your life feel balanced? Are each of the important areas of your life getting enough attention?

Financial

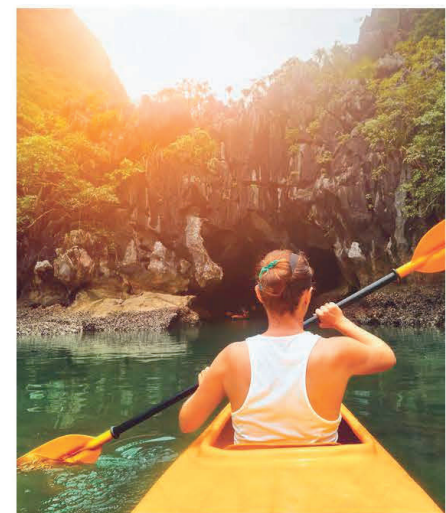
How is your financial wellbeing? What needs do you have in terms of financial security?

Community

How connected are you? Are you actively engaged in your community?

Purpose

What could you do to give your life a greater sense of purpose?



1. <https://www.psychologytoday.com/us/blog/the-moment-youth/201803/goal-setting-is-linked-higher-achievement#targetText=In%20the%20same%20way%2C%20goal,at%20higher%20levels%20of%20difficulty.&targetText=A%202015%20study%20by%20psychologist,formulated%20outcomes%20in%20their%20heads.>
2. <https://www.navigatewell.com/navigate>



VOLUNTEER

DEDICATE TIME TO YOUR COMMUNITY

Beyond the Holidays: Year-Round Volunteering

After the holidays, many charitable organizations seem to disappear as quickly as the decorations. While some groups may be more active during certain seasons, there are plenty of year-round volunteer opportunities to help you stay connected to your community.

Volunteerism has been [associated](#)¹ with numerous health benefits, including reduced risks for depression, improved self-esteem, and an enhanced sense of purpose and meaning. One study showed that individuals who volunteered at least 200 hours over the past 12 months had lower blood pressure, highlighting the importance of being consistent with healthy behaviors when it comes to improving your health.

Whether you choose to volunteer your time or money, investing in giving back has the potential to improve not only your health but the health of your community as well.

Here are a few ideas to help connect with year-round volunteer opportunities in your area:

Food Banks

Check with your [local food pantry](#)² to see if they need additional help. Many food banks rely on volunteers to help restock shelves, make deliveries, and ensure that food is stored safely.

Hospice

[Hospice volunteers](#)³ support patients who are in the final stages of life, along with their families. Since there are both direct care and non-direct care opportunities available, you do not have to have a health background to help.

Animal Rescue Shelters

Animal shelters and rescue organizations like the Humane Society International ASPCA have a wide variety of volunteer roles, from advocacy activities to field operations.

Habitat for Humanity

Building homes with [Habitat for Humanity](#)⁴ offers an opportunity to be physically active while you simultaneously connect with those in your community.



- <https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/helping-people-changing-lives-the-6-health-benefits-of-volunteering>
- <https://www.feedingamerica.org/find-your-local-foodbank>
- <https://hospicefoundation.org/Volunteer>
- <https://www.habitat.org/volunteer/hear-you/find-your-local-habitat>

Recipe

Cocoa Peanut Butter Banana "Sushi"

INGREDIENTS

- ¼ cup shelled pistachios
- ¼ cup peanut butter
- 4 bananas
- ¼ cup cacao nibs

INSTRUCTIONS

1. Roughly chop ¼ cup of pistachios.
2. Spread 1 tablespoon of peanut butter in a thin layer on top of each banana.
3. Evenly sprinkle 1 tablespoon of chopped pistachios + 1 tablespoon of cacao nibs on top of the peanut butter layer.
4. With a sharp knife, cut banana into "sushi" rounds.

Total Time:
15 minutes

Servings: 4



NUTRITION INFO

(per serving)

Calories kcal	244
Carbs g	36
Fat g	12
Protein g	6
Sodium mg	85
Sugar g	17

Source:

[https://breadish.com/recipes/banana-sushi/?fbclid=IwAR0HwnK08jmJSWh7yyKSouRDe1Xav5w-6ZCB1wof8xF4P#fbclid=IwAR0HwnK08jmJSWh7yyKSouRDe1Xav5w-6ZCB1wof8xF4P](https://breadish.com/recipes/banana-sushi/?fbclid=IwAR0HwnK08jmJSWh7yyKSouRDe1Xav5w-6ZCB1wof8xF4P#fbclid=IwAR0HwnK08jmJSWh7yyKSouRDe1Xav5w-6ZCB1wof8xF4P#fbclid=IwAR0HwnK08jmJSWh7yyKSouRDe1Xav5w-6ZCB1wof8xF4P)

This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.



PURPOSE

RESILIENCE RESOURCES

APPS

Life Purpose

App

Life Purpose

The Life-Purpose System explores key universal laws — universal principles specific to each life path — that help you clarify the past, understand the present, and shape your future. It can generate a quantum leap in self-understanding and may even change the course of your life. Visit: LifePurposeApp.com for more information.

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



Motivate

Motivate's goal is to help you make the first steps toward a more driven, focused, inspired life. The app features thousands of handpicked motivational videos from mentors around the world. Use the customizable notifications to build your daily habit and start discovering what works for you.

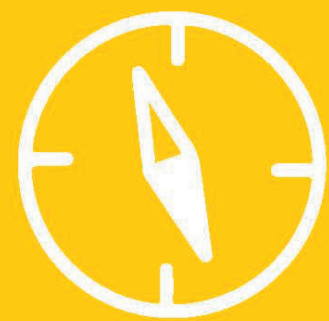
Cost: Free, with in app offers || **Available on:** Apple App Store, Google Play Store



iWish

With a collection of over 1,200 ideas, iWish helps you set smart goals and keep track of your accomplishments. Use the app to stay organized with to-do lists, priorities, and reminders, and create vision boards and your very own mission statement for motivation.

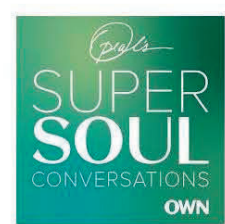
Cost: Free, with in app offers || **Available on:** Apple App Store



PURPOSE

RESILIENCE RESOURCES

PODCASTS



Oprah's SuperSoul Conversations

Awaken, discover and connect to the deeper meaning of the world around you with SuperSoul. Hear Oprah's personal selection of her interviews with thought-leaders, best-selling authors, spiritual luminaries, as well as health and wellness experts. All designed to light you up, guide you through life's big questions and help bring you one step closer to your best self.

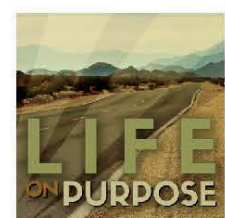
Listen Now: [iTunes](#) | [Spotify](#) | [Stitcher](#)



True Calling Project

John Harrison is a professional psychotherapist and coach. He brings his insight and experience from his former career as a military officer, 9-5 office worker, and his current career as a therapist and coach, in interviews with professionals, psychology experts, and those living their higher potential. Each week you'll get discussion, stories, and insights on finding your "why", how to optimize your life and business, and the mental and emotional challenges that can keep you stuck. He and his guests explore the practical and spiritual aspects of engaging in a satisfying career and a meaningful life.

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



Life on Purpose

Life on Purpose presents in-depth conversations with entrepreneurs, creatives, seekers, and thought leaders from around the world. In each episode, we'll discuss how those guests are being purposeful with various aspects as their lives- whether in their daily habits, work and running a business, relationships, health, travel, money, or just how they move through their day. My goal is to offer inspiration and concrete examples that listeners can apply to their own lives.

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



COMMUNITY

Recommended Podcasts



The Kindness Podcast

The Kindness Podcast is a guaranteed mood boost. Host Nicole Phillips, who is based in Ohio, uses the podcast to explore how kindness can be used to solve problems and help others. Listen to half-hour episodes every week produced by WOUB public media. In a recent episode, Phillips sits down with martial arts instructor Stan Haehl to discuss how the self-defense practice is also an outlet for kindness.

Source: www.therenewalproject.com



Doing Good Better

Doing Good Better is a limited run podcast—it's just three hour-long episodes. But each episode is a deep dive into what it means to help people and how to do it better. The podcast was created by the nonprofit Centre for Effective Altruism, a UK nonprofit. Despite the small number of episodes, the guests are wide-ranging and include a French Buddhist monk, investigative science journalist, and a moral philosopher.

Source: www.therenewalproject.com



People Helping People

People Helping People is a podcast designed to inspire greater social change in the business world. Host Adam Morris interviews small business owners who are using their organization's to give back make a difference. The conversations center around ideas for how to create social change and practical advice on entrepreneurship. Episodes range from a half-hour to 45 minutes.

Source: www.therenewalproject.com

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THE NEXT BIG THING



our paragraph text



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ARE YOU READY TO LIVEHEALTHY?

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- Saunas and steam rooms
- Fitness equipment and free weights
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- 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.

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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.

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