

# NEWSLETTER



## Maintaining Healthy Self-esteem

Your self-esteem can have a big impact on your life. It can affect how you make decisions, the quality of your relationships, and your physical and emotional wellbeing.

Key aspects of healthy self-esteem include:

- A clear grasp of your own abilities
- Realistic expectations of yourself
- Knowledge of your own needs—and the ability to express those needs

### Maintaining healthy self-esteem

How can you keep your self-esteem at a healthy level? Incorporate these practices into your daily life:

- **Accept your whole self.** Humans are complex beings. Recognize that you are unique—with your own strengths, weaknesses, talents, and imperfections—and accept yourself as you truly are. No better, no worse.
- **Avoid negative self-talk.** Thinking (and saying) negative things about yourself only serves to tear down your self-esteem. Try to recognize negative self-talk when it arises, and counter it with more positive thoughts.
- **Stand up for yourself.** Your feelings and needs have value, and you deserve to be heard.
- **Try new things.** Exploring new places, activities, foods, and so on can help you discover new things about yourself.

- **Learn from your mistakes.** We all make mistakes—every day. Try to learn from yours instead of beating yourself up over them.
- Do something nice for someone else. Helping another person can do a lot for your own self-esteem.
- **Take care of yourself.** Factors outside your control can chip away at your self-esteem. Practicing good self-care can help you be more resilient when challenges arise.

### You are worth it

Devoting time to maintaining healthy self-esteem is one of the best investments you can make. You deserve it!

*Recognize that you are unique—with your own strengths, weaknesses, talents, and imperfections—and accept yourself as you truly are.*

**Mentor**  
**Public Schools**





# Imposter Syndrome: How to Overcome It

You may have heard high-achieving people like business leaders, actors, and others talk about how they sometimes feel like phonies. A part of them feels as if any minute, someone will realize that they aren't good enough.

This is called imposter syndrome, and it is something many people experience. Imposter syndrome is a belief that you don't really deserve what you've achieved. This feeling can persist despite objective evidence that you're well-qualified.

## Signs of imposter syndrome

The following can be signs of imposter syndrome:

- You minimize your own expertise.
- You obsess over the smallest flaws.
- You think you'll eventually be discovered as someone who is faking it.
- You are very sensitive to criticism or even helpful suggestions.
- You chalk up your success to luck or other external factors.

## Overcoming imposter syndrome

Feelings of being a fraud are often deeply ingrained, but you can still move beyond them. These techniques may help.

- **Talk about it.** One of the best ways to overcome irrational beliefs is to talk about them with someone else.

- **Challenge your thoughts.** Ask yourself if your thoughts are logical—or if you are not giving yourself enough credit.
- **Avoid comparing yourself.** When we compare ourselves to others, we usually compare how we feel on the inside to how we perceive others on the outside. Limiting your use of social media will help you minimize comparisons.
- **Keep going.** Do not let your feelings hold you back. Recognize that just because you *feel* like you don't belong, that doesn't mean it's true.

## Therapy can help

If you have tried to overcome your feelings of inadequacy and are still struggling, consider therapy. A certified therapist can help you identify the causes of your beliefs, challenge those beliefs, and overcome them.







# Practicing Real Self-care

The term “self-care” is used a lot these days. It is especially prevalent on social media—often accompanied by a selfie of someone wearing comfy clothes and holding a glass of wine.

Self-care isn't just about taking a night off for yourself. It also isn't about using alcohol to relax, since alcohol can actually increase anxiety, disrupt sleep, and raise blood pressure.

Real self-care means making healthy choices on a daily basis so you can feel your best physically and emotionally. It isn't always fun or selfie-worthy, but the rewards can be tremendous. Good self-care may help you have better physical health, improved productivity at work, an easier time coping with stress, and a longer, happier life.

## Key aspects of self-care

Follow these guidelines consistently for good self-care:

- **Stay physically active.** More and more research shows that exercise is key for good mental *and* physical health. Find a form of exercise you don't mind doing, and work it into your schedule several times per week.
- **Eat and drink well.** Eat mostly vegetables and fruit and only minimal (if any) processed food. Drink lots of water, and limit soda and alcohol.
- **Get plenty of rest.** Sleep affects health and vice versa. Getting enough sleep can give you more energy, help you focus, and make you feel happier.

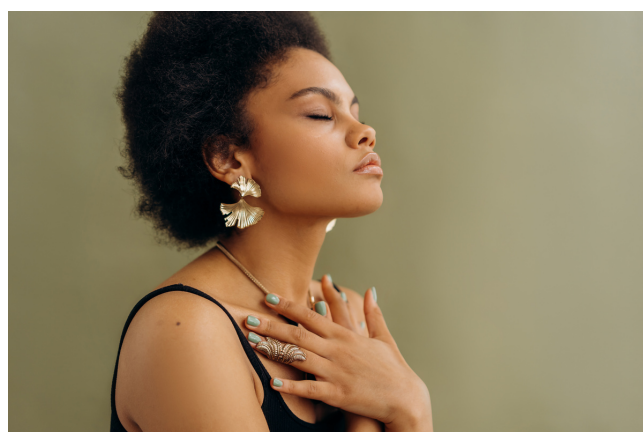
## • Make social connections.

Humans are social beings. In today's screen-intensive world, it is more important than ever to focus on building and maintaining connections with other people.

## Prioritize your self-care

It is easy to put our own wellbeing behind jobs, family, friends, and other responsibilities. But by practicing real self-care consistently, you will be better equipped to be your best—for yourself and everyone else in your life.

*Real self-care means making healthy choices on a daily basis so you can feel your best physically and emotionally.*



1. <https://www.healthline.com/health/alcohol-and-anxiety>  
2. <https://www.sleepfoundation.org/nutrition/alcohol-and-sleep>  
3. <https://www.everydayhealth.com/self-care/>  
4. <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>



# THE BEST CHOCOLATE CHIP COOKIE RECIPE EVER

Prep Time	Cook Time	Servings
10 minutes	8 minutes	36

## Ingredients

- 1 cup salted butter softened
- 1 cup white (granulated) sugar
- 1 cup light brown sugar packed
- 2 teaspoon pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon sea salt
- 2 cups chocolate chips (or chunks, or chopped chocolate)

## Instructions

1. Preheat oven to 375 degrees F. Line a baking pan with parchment paper and set aside.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add chocolate chips and mix well.
7. Roll 2-3 tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just BARELY starting to turn brown.
9. Let them sit on the baking pan for 2 minutes before removing to cooling rack.

## Nutrition Facts

Calories 183  
Total Fat 8g  
Sodium 153mg  
Carbohydrate 26g  
Total Sugars 18g  
Dietary Fiber 1g  
Protein 2g

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

Source: <https://joyfoodsunshine.com/the-most-amazing-chocolate-chip-cookies/#recipe>





# HEALTH COACH REMINDERS

## June 2023



### Webinar Burnout

Without changing your job or your family dynamic, there are things you can do immediately to reduce burnout. Learn how it occurs and how we can prevent it in the future.

**6/20 @ 9:30am**  
**Register Here!**



### In-Person Event Outdoor Walk

Join us at Mentor Headlands Beach State Park for a summery beach walk!

**6/15 @ 9:00am**  
**Register Here!**

# RELAX & REFRESH OPTIMIZE YOUR ENERGY

## FREE SUMMER HEALTH COACH PROGRAM



Mentor Public Schools is offering its staff and their partners/spouses a FREE well-being program this summer break!

Join Health Coach Bridget Eastep who will guide you through group and self-paced tasks to optimize your mind and body.

### EARN 1500 VIRGIN PULSE POINTS

Full program participation is 1500 Virgin Pulse points! Earn 100 points and receive a Summer Recipe Booklet upon registration!

# 2

### INCREASE YOUR ENERGY

Reinforce your health and well-being, physical & emotional, during whatever stage of life you're in.

### TAKE TIME FOR YOURSELF

8 weekly 45-minute webinars each Tuesday accompanied by self-paced time reflecting and creating your plan.

# 3

# 4

### RELAX & REFRESH

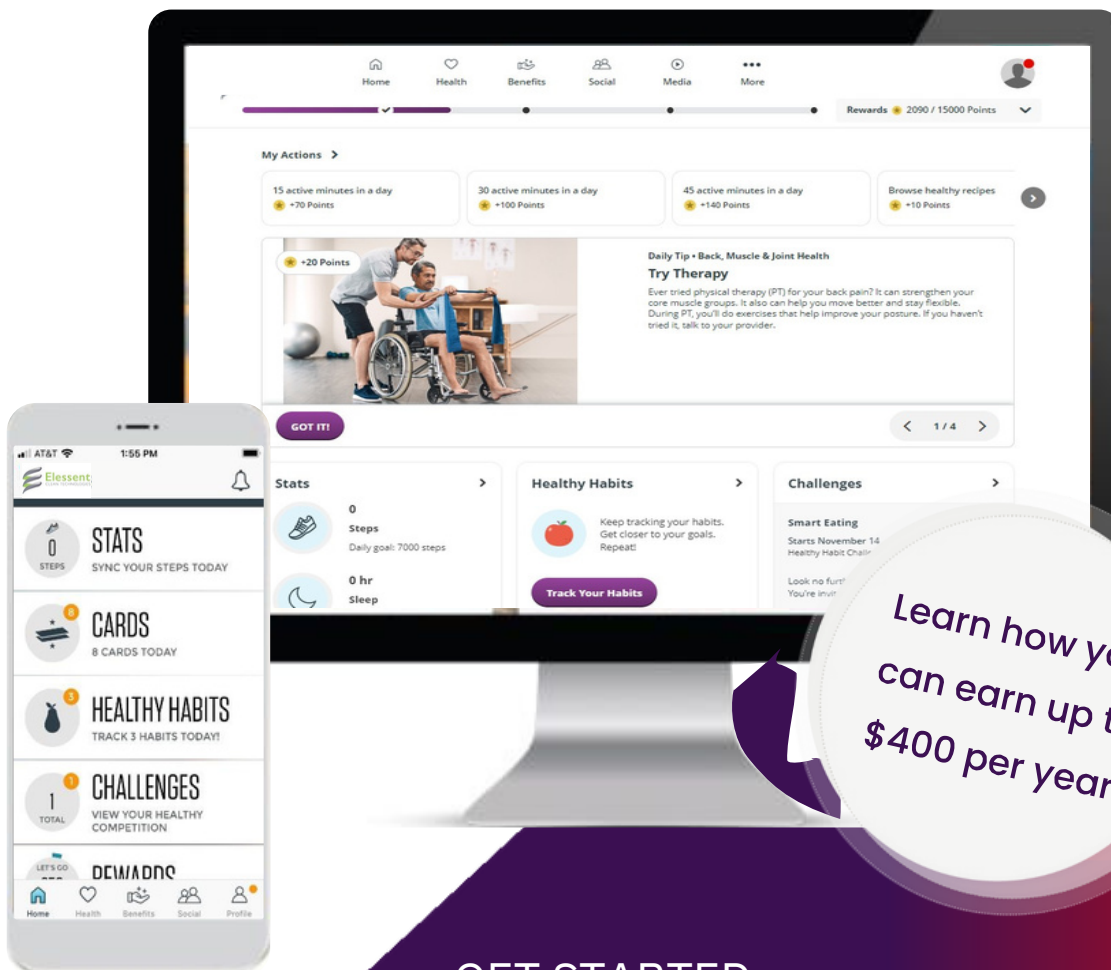
Focus on movement, nourishment, rest, emotions, full engagement, and work/life integration!

**LEARN MORE & SIGN UP**



# IT'S YOUR TIME TO THRIVE

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded



## GET STARTED

- ➔ Register for your Virgin Pulse account at [join.virginpulse.com/mentorschools](https://join.virginpulse.com/mentorschools)
- ➔ Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities and make progress on your goals –whether it be getting fit, eating better, staying hydrated, sleeping enough, and more!
- ➔ Earn points by making healthy decisions. The more you make, the more you earn!





# 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](http://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](http://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](http://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.

 Cut out this wallet card and keep it with you when you travel.

**AnthemLife** 

## Resource Advisor

Receive support, advice and resources, 24/7

1-888-209-7840

[www.ResourceAdvisor.Anthem.com](http://www.ResourceAdvisor.Anthem.com)

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