

NEWSLETTER



Why Giving is Good for You¹

Being generous with your time, money, and other resources is undoubtedly good for those on the receiving end of your goodwill. Did you know that giving also benefits your physical and mental health?

How generosity helps the giver

Research published in March 2020 showed that volunteering isn't only associated with a higher level of wellbeing. It actually leads to a positive change in wellbeing.

Another study showed that people who were more generous reported having more close friendships (vs. people who were less generous) and felt closer to their co-workers.

Giving social support has also been linked to:

- Lower blood pressure
- Greater self-esteem
- Less depression
- Lower levels of stress
- Longer life

The biology behind the effect

How exactly does giving do all these wonderful things for the giver? One reason is what happens with the chemicals in our brains. When we are giving to others, our brains produce "feel-good" chemicals like serotonin, dopamine, and oxytocin.

Giving also activates areas of the brain that are linked to trust, social connections, and pleasure. In one study, MRIs were done on people who had just donated to charity. Researchers found that their giving activated the brain's reward center. That makes your brain release endorphins, which creates a euphoric feeling.

A positive cycle

The positive feelings we get from giving reinforce that behavior—making us want to continue our generosity. It's a pretty great cycle that benefits everyone involved!

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Mentor
Public Schools

1. <https://health.clevelandclinic.org/why-giving-is-good-for-your-health/>
 2. <https://www.forbes.com/sites/tracybrower/2021/11/28/giving-is-good-for-others-but-also-for-you/?sh=4e97998623a1>
 3. <https://link.springer.com/article/10.1007/s10902-020-00242-8>



Finding Ways to Give

If you would like to help others more, your next step is deciding how. There are a lot of options, so look for a way to give back that is meaningful and achievable.

Giving financially

With more than 1.5 million nonprofit organizations in the U.S., finding a few charities to support financially can be easy—or mind-boggling. After all, you want your dollars to go to worthy organizations.

To make sure you donate to a reputable nonprofit, keep these tips in mind:

- **Do your research.** Don't give to a charity about which you know nothing. Ask for financial statements and other documentation. Also, make sure you're not donating to a copycat organization with a name similar to a legitimate nonprofit.
- **Ask where your money will go.** Find out what percent of donations are used for overhead and what percent goes directly to the cause.
- **Donate directly to the organization.** If a middleman or other third party is involved, they may take a cut of your donation.
- **Don't bend to pressure.** Reputable charities do not pressure donors to give immediately. If you feel overly pressured, say no.

Donating your time

The options for volunteering your time are almost limitless. Pitch in on a community project. Share your professional expertise. Help out an aging neighbor. Read to kids at the local school. Be a mentor. Organize a fundraiser.

Whatever you choose to do, keep your other commitments in mind. Overloading your schedule will only shortchange the people you are trying to help and others who depend on you—making you exhausted and stressed in the process.

Online resources

You don't have to do all of the research on your own. You can find a wealth of information on nonprofits online. Two good resources are CharityNavigator.org and CharityWatch.com.



1. <https://www.forbes.com/sites/tracybrower/2021/11/28/giving-is-good-for-others-but-also-for-you/?sh=4e97998623a1>

2. <https://www.charitywatch.org/charity-donating-tips>



Thank
you!

The Joy of Random Acts of Kindness

Imagine you're having one of those days. Maybe you are sad about a recent loss or stressed over a to-do list that just keeps growing.

Then a complete stranger does something nice for you, out of the blue, for no reason at all. Although your day still isn't great, you feel somehow lighter. Valued. Cared for.

That's the simple (but very real) joy of a random act of kindness. Even better—the stranger feels joy, too.

Given how wonderful this small gesture can make the giver and the recipient feel, why don't more of us do it? One study revealed that givers tend to estimate the impact of a random act of kindness based on the *value of the gift*—such as a cup of coffee. Recipients also consider the fact that someone did something nice for them. That makes the gesture a lot more meaningful to them.

Random ideas

If you would like to spread joy through small acts, here are some ideas to get you started:

- Send an encouraging text to a friend who is struggling
- Give a compliment
- Offer to take someone's shopping cart back for them
- Let someone cut in front of you in line
- Take time to genuinely thank your server
- Drop off flowers to an older neighbor
- Do that one chore your partner just hates doing

Don't overthink it

Research also shows that some people talk themselves out of random acts of kindness. They may worry that it won't be well-received by the recipient, but that's very rarely the case. So the next time you have an instinct to do something nice for someone else, don't overthink it. Just do it.





HEALTH COACH REMINDERS

April 2023



Webinar Connection

Discuss the meaning of connection and the impact it has on our physical and emotional health, as well as ways to create meaningful connection.

4/13 @ 4:30pm
Register Here!



In-Person Event Community Involvement

Volunteering can provide a healthy boost to self-confidence, self-esteem, and life satisfaction - come learn how and why to get involved.

4/26 @ 4:30pm
Register Here!

Sometimes YOU are the one that needs help . . .



Free Tools for Community Organizations

Claiming Your Program

Get access to your programs!

- Go to www.findhelp.org/claims.
- Enter the name of your program or organization, then click "Search."
- Select the program(s) you'd like to claim and click the "Claim" button.
- Create an account by entering your name, work email, and password.

My Program Tools

Once you're logged into your [findhelp.org](http://www.findhelp.org) account, navigate to the top right corner and locate "My Program Tools."

This menu is your central navigation. You have access to all your tools, reporting, and editing capabilities from here!



Program Analytics

- **Screener Dashboard:** Review reporting on screening form. (This must be enabled before use.)
- **My Activity Dashboard:** See an overview of your search activity.
- **Claimed Program Dashboard:** Find search trends and inbound referral statistics on your claimed programs.

Suggest a Program

Not seeing your program?

- Go to www.findhelp.org/find_a_program.
- Search and verify your program isn't listed.
- Fill out the section titled "Review the program you searched for."
- Click the "Suggest a Program" button at the bottom of your screen.

You should hear from us within two business days!



Inbound Referrals

- Go to "My Program Tools" > "Inbound Referrals."
- Click the folder of the program with a new referral.
- View the details of the person reaching out.
- Update the status of each referral. (This translates to your program analytics.)
- Have you claimed your programs on [findhelp.org](http://www.findhelp.org)? www.findhelp.org/claims

Edit Your Program Listings

In “Edit Contact Settings,” you can make changes and updates to programs; hours and locations; and contact information.

Make sure there is an email address in the second box labeled “What address should we send their info to?” This email address only gets notifications from findhelp.org letting your program know someone has reached out. It is NOT visible in public search.

Screening Form

Go to “Edit Program Listings.”

- › Click “Edit Contact Settings”
- › Select “Customized Screening Form” button.

You’ll be able to create and customize your screening form, with over 80 standard questions available to help you get started!



My Teams

Give members of your organization access to edit programs, see analytics, and benefit from all other claimed provider resources without having to go through the process of claiming the program(s).

To add a team member, click the “Invite Team Member” button in the top right.

- › **Admins** can gain full access to view and edit details associated with your programs.
- › **Workers** will have the same access as above, but cannot add additional team members.

One-Step Referral

Go to “My Program Tools.”

- › Click “Edit Program Listings”
- › Click “Edit Contact Settings”
- › Select “send us their name and contact information”

One-step referrals are a standard low barrier inquiry, enabling you to receive contact information by email when someone makes a referral on findhelp.org or other platforms powered by findhelp.

Scheduler

Go to “Edit Program Listings.”

- › Click “Edit Contact Settings” for the program you wish to update.
- › Select “Intake Scheduler”

A findhelp team member will help you configure this tool.

- › Set custom availability for individual team members.
- › People in need can book appointments directly from findhelp.org.
- › The Scheduler includes Google Calendar and Outlook integrations.

Need Help?

If you can’t find what you’re looking for, or need additional step-by-step instructions, you have access directly from your findhelp.org account!

In the top right corner, select “Support” and navigate to “Support for Community-Based Organizations” to find additional articles and videos.

Have you claimed your programs on findhelp.org? Visit www.findhelp.org/claims to get started!

Recipe

BBQ PEACH AND CHICKEN NAAN PIZZAS

Servings

1 pizza

Ingredients

- 1/2 tablespoon extra-virgin olive oil
- 1 boneless, skinless chicken breast (8 oz.), cut into thin slices
- 4 whole wheat naan (3 oz. each)
- 1/2 cup no sugar added barbecue sauce
- 1/2 medium red onion, peeled and thinly sliced (about 2 cups)
- 1 1/3 cups shredded part-skim mozzarella cheese, divided
- 2 firm, ripe peaches, pitted and cut into thin slices (15 to 18 slices each)
- 1 1/3 cups arugula or other favorite salad green
- Kosher salt, to taste
- Black pepper, to taste

Instructions

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil and set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, stirring frequently, until cooked through, 4 to 5 minutes. Season with a pinch of Kosher salt and a few cranks of black pepper, to taste.
3. Place all four naan on prepared baking sheet. Spread barbecue sauce evenly on top of each. Layer with chicken, red onion, half the cheese, peach slices, and remaining cheese on top.
4. Bake until cheese melts and naan are crispy, about 10 minutes. Remove from oven, top with arugula and serve.



Nutrition Facts

Calories	550
Total Fat	15g
Sodium	550mg
Carbohydrate	69g
Total Sugars	27g
Dietary Fiber	6g
Protein	31g

Mentor Public Schools



Bringing evidence-based theories and concepts to our employee population, the Mentor Schools Health Coach will support you in building the habits needed for improved behavior change in all areas of wellbeing.

This dedicated coach will use psychological practices proven to align wellbeing to the things that matter most to you, supporting your individual goals.

With a holistic and broad understanding of healthy living, the health coach will partner with employees who are seeking self-directed, lasting changes aligned with their values, which promote health and wellness and, thereby,

enhance wellbeing.

Introducing Bridget Eastep

Senior Health Coach/ Wellness IQ

Bridget is an experienced facilitator and human performance & life coach with a demonstrated history of designing and delivering highly engaging employee training programs driven towards changing behavior. Bridget brings over 12 years of training experience to WellnessIQ.

She began her career at a Cleveland based software company that was among the Fortune 100 Best Places to Work list for six of the ten years she worked there. Within the L&OD and Internal Training teams, Bridget designed, implemented and facilitated an onboarding program that successfully welcomed 1,300+ technology professionals around the world.

Bridget is proud to have facilitated over 4,500+ hours of content for participants both in-person, virtual, recorded and live. As a certified Life Coach through the Academy of Modern Applied Psychology, and Human Performance Coaching through Theory of Me, the more recent years of her career have given her the opportunity to create life-changing coaching programs and instill sustainable behavior change in thousands of individuals. Bridget's passion for learning what drives and inspires her participants leads to a highly engaging experience.

Bridget's strengths are creating and maintaining meaningful connections rooted in empathy, adapting to situations while accepting them in a positive way with a commitment to make the best of them, and never leaving a good dose of humor out of things.

Why Would I Visit the Health Coach?

Topics of support:

- Goal setting- Sustaining improved behavior change, Finding purpose in health and wellness
- Physical Health - Movement, Nutrition, Sleep & Recovery
- Emotional Health - Stress management, Resiliency, Recognizing toxicity in your life, Emotional Health State & Action Plan
- Family Health & Wellness support & planning

Below are a few examples of why you might visit the health coach. However, anything related to improved behavior change around physical and emotional health is a worthy reason to make an appointment!

- To meet a specific wellness goal, such as run a marathon
- To develop my "why" behind improved behavior change
- To learn what healthy behaviors can improve my biometric screening numbers
- To learn how to implement a healthier diet
- To learn new cooking techniques for healthier meals
- To focus on time management for supporting my health and wellbeing
- To learn the benefits of a wellbeing activity such as meditation
- For support and accountability in my wellbeing journey
- To identify wellbeing challenges in and blind spots in my life
- To implement healthy sleep and regular recovery patterns
- To build a foundation for improved health and wellbeing for myself and/or my family
- To implement a healthy exercise routine

Contact Bridget at beastep@wellnessiq.net



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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