



How to Unplug During Vacation

Work is important, but so are your mental and physical health needs. That is why time away from work is critical.

A Framingham Heart Study shows that over the long term, working long hours without taking a vacation is linked to a significantly higher risk of heart attack. The same study found that going without a vacation for just one year could lead to an increased risk of heart disease.

The key is to *actually* get away from work. If you have trouble truly unplugging during time off, try these tactics:

- **Make it a year-round habit.** Set the tone for yourself, your coworkers, and your leader by consistently logging off at the end of each workday and rarely (if ever) replying to work emails outside of work time.
- **Plan ahead.** It may be exhausting, but get as much work done before you leave as possible. For work that needs to be done while you're out, create a clear plan for who will do what in your absence.
- **Set your out-of-office reply.** In the reply, be clear that you won't check in with work while you're gone. Make sure to give the contact information for your backup in case something urgent pops up.
- **Hide work apps.** Just turning off notifications from work-related apps may not be enough to keep you from instinctively checking them. If you can't uninstall these apps entirely, move them to a different folder on your phone—out of sight will hopefully be out of mind.

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Taking time off from work has been found to lower rates of depression and reduce job stress. It can also make you more productive when you're at work. So make unplugging a priority. Your health—and your career—could depend on it.



Scale Back on Screens

If you cringe when your weekly screen time report pops up on your phone, you're not alone. Many of us spend more time than we should looking at screens—from smartphones to computers to TVs.

Unfortunately, time spent looking at a screen usually means time not spent enjoying nature, being active, and connecting with family and friends. Excess screen time also comes with health risks. It can get in the way of a good night's sleep, cause vision problems, and contribute to mental health issues like depression.

If you're looking for a way to step away from screens, try these tactics:

Track your screen time. Keeping track of how much time you spend looking at a screen will help you decide how much screen time to cut—and help you track your progress.

Turn off all but critical notifications. Do you really need to know immediately when someone likes a social media post? App notifications are intended to get us to use the app more, so turn off all but true must-see alerts.

Delete time-sucking apps. If you find yourself spending more time than you would like on an app, try deleting it entirely. You can always download it again later if you decide it's really necessary.

End all screen time well before bedtime. Screens emit blue light. This can suppress your body's melatonin production, which can disrupt your sleep cycle. To prevent this, avoid extended screen time in the two hours before you want to sleep.

Put your phone on the other side of the room. This will help you prevent those “I-didn't-even-know-I-was-doing-it” phone pickups.

Plan face-to-face activities. If you're interacting with people, you're probably not looking at your phone.

Life is short

Our time here on Earth is very limited. Spend as much of your time as possible doing what truly brings you joy—not staring at a screen.





Need a Hobby?

When you do unplug from work, whether it's after-hours or during vacation, what do you do? Is your time filled with ferrying kids, running errands, and cleaning the house? If so, you may feel more drained than energized when it's time for work again.

A hobby can be a great way to recharge—both mentally and physically. Research has shown that hobbies and other leisure activities are associated with improved mood, wellbeing, and life satisfaction. They also help to decrease stress, boost cardiovascular health, and help you make new friends.

Do some self-discovery

Finding a hobby that works for your interests, your schedule, and your budget isn't always easy. If you're struggling to think of an activity that checks all the boxes, ask yourself these questions.

- What did I enjoy as a child?
- Is there anything I always wanted to do?
- What's my idea of fun?
- Do I wish I was better at an activity I enjoy?
- What's the opposite of what I do for work?



Consider these options

Here are some time- and budget-friendly hobbies that could work for you.

- Gardening
- Hiking
- Camping
- Playing a musical instrument
- Dancing
- Scrapbooking
- Roller skating
- Cooking
- Thrift shopping
- Pickleball
- Quilting

Take it easy

A hobby should be enjoyable and relaxing. Don't put pressure on yourself to be the "best" at your hobby. Just focus on the fun!



Beyond Positive Thinking: How to Manage Your Mindset

Positive thinking has been endorsed by personal growth gurus for decades, but how exactly does your mindset play a role in your physical wellbeing?

According to Martin Seligman, the director of the Positive Psychology Center at the University of Pennsylvania and the father of the positive psychology movement, positive psychology is “the scientific study of the strengths that enable individuals and communities to thrive.” In other words, positive thinking involves a focus on what is good, or what is going well.

From a wellbeing standpoint, there are many benefits that come with positivity. Researchers¹ have found that positive thinking is protective against cardiovascular disease. For example, the more optimistic you are, the less likely you are to have a heart attack. It has also been linked² to reduced rates of depression and improved immune function.

To manage your mindset, remember these two simple tips: Observe and choose again.



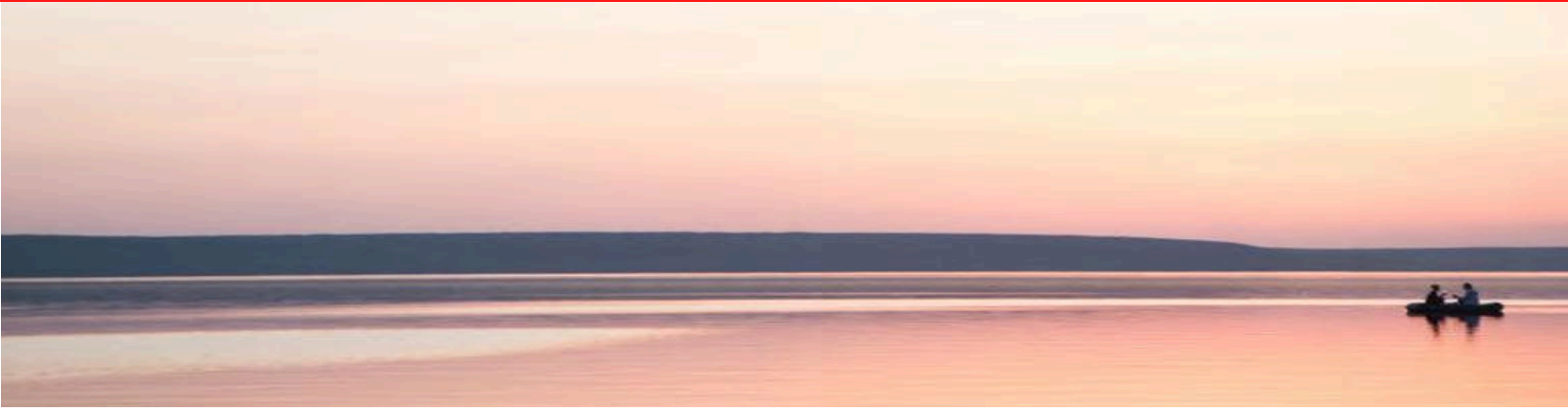
Observe

Pay attention to how you respond to the things that happen around you. In his book *A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted*, author Will Bowen suggests using visual cues to acknowledge your thoughts. For example, move a bracelet from one wrist to the other whenever you notice yourself complaining. You can also create a journaling practice or use a habit tracker to identify patterns in your thinking.

Choose again

Whenever you do happen to catch yourself in a negative thinking pattern, think of it as an opportunity to choose differently. Thoughts and words are powerful. In the moment, reframe your thoughts, or rephrase your words, to make the correction. Managing a healthy mindset³ is not only about positive thinking. It goes much deeper than that. Since your thoughts ultimately drive your actions, do your best to focus on the positive results you want. That is where your energy will go.

1. <https://www.scientificamerican.com/article/can-positive-thinking-be-negative/>
2. <https://pubmed.ncbi.nlm.nih.gov/22506752/>
3. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>



Building Resiliency

Resiliency has become a popular topic within wellness circles. That is because there is strong evidence suggesting that resilient people are better at managing stress and moving through life's difficult moments.

Psychological resilience is defined⁵ as the ability to adapt when faced with adversity. To build resilience, you need to understand how stress impacts you, so you can develop specific strategies to work your way through those difficult situations.



Here are a few ways to strengthen your resilience:

Practice Self-Care

Create a list of self-care strategies you can lean on when times are tough. Eating well, exercising, and getting enough sleep can dramatically improve your ability to deal with stressful situations. When you have a plan in place before you face a challenge, it is much easier to navigate your way through it.

Strengthen Your Circle

Having a trusted support system to turn to when you face tough circumstances can alleviate stress and help you find solutions more quickly. Research has shown that simply having a strong support network makes you more resilient.

Focus on Solutions

It can be tempting to focus your energy on problems, but giving your attention to solutions is a much better use of your energy. By refocusing your lens on solutions, you will be able to find your way through challenging circumstances more easily.

Give Yourself Space

Sometimes the best thing you can do when facing an overwhelming circumstance is give yourself space. Go for a walk. Sit in silence. Press the pause button to see the problem more clearly.

Building resiliency can change the way you respond when life-changing situations arise.



5. <https://www.apa.org/topics/resilience>

[Register for the Series Here!](#)

Health Coaching
Webinars

SUMMER

Cooking Demo Series

JUNE

6/7 Cooking with Kids: Frozen Treats
6/25 Chilled Soups & Salads

JULY

7/12 Cooking with Kids: Lunchbox Snacks
7/25 Picnic Time: Grilling & Chilling

AUGUST

8/9 Cooking with Kids: Energy Bites
8/21 Make-Ahead Meals



- All sessions will start at 12pm EST
- Grocery lists & recipes provided in advance
- All sessions will be recorded



MENTOR CITY SCHOOLS PRESENTS

FARMER'S MARKET TRIPS

Health Coaching In-Person Events

Meet at the Mentor Farmers Market to peruse local and seasonal ingredients, and leave with a few recipes!

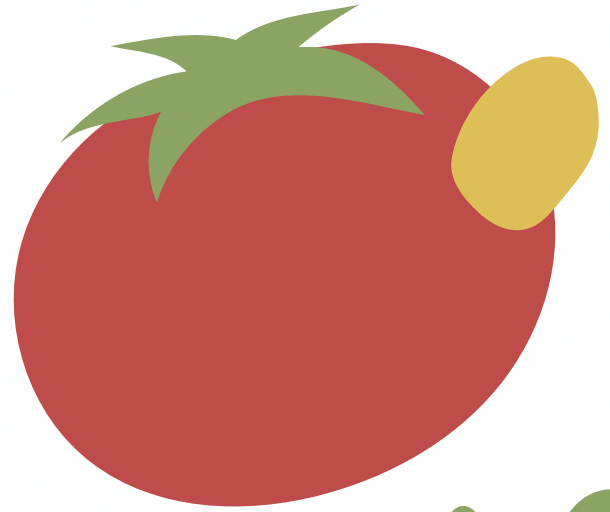
6/14

2:00PM - 3:00PM



7/26

2:00PM - 3:00PM



Recipe

CAPRESE CHICKEN

Prep Time Cook Time Servings
10 minutes 10 minutes 3

Ingredients

- 3 chicken breasts
- 2 roma tomatoes
- 1 cup shredded mozzarella cheese or goat cheese
- ½ cup balsamic syrup
- 2 tablespoons basil
- salt and pepper

Instructions

1. Start by pounding your chicken breasts thin between two pieces of plastic wrap. Trim off any fat.
2. Heat a nonstick skillet over medium-high heat.
3. Salt and pepper chicken breasts on both sides and place in hot skillet. Cook for about 4-6 minutes per side depending on how thick they are. You want to get some good browning on each side.
4. When chicken is cooked through, drizzle with the balsamic syrup, and top with the mozzarella and tomato. Turn off heat, put lid on and let the cheese melt for a minute or two.
5. Serve with more balsamic syrup if desired. Top with basil.



Nutrition Facts

Calories	443
Total Fat	14g
Cholesterol	174mg
Sodium	498mg
Carbohydrate	20g
Total Sugars	9g
Protein	56g

Recipe

CUCUMBER BASIL MOSCOW MULE MOCKTAIL

Servings
1 mule

Ingredients

- 12 cucumber slices
- 8 large basil leaves, plus more for garnish
- ¼ cup fresh lime juice (about 4 limes)
- 16 ounces ginger beer (may substitute ginger kombucha*)
- 16 ounces sparkling water
- Ice cubes

Instructions

Place 2 cucumber slices, and 2 basil leaves in the bottom of each of four copper mugs or other short glasses.

Using a cocktail muddler or the handle of a wooden spoon gently muddle the ingredients together. Tip: You just want to bruise them up a bit, not make a mash.

Fill each mug ½ full with ice. Add 1 tablespoon lime juice to each mug.

Add 4 ounces ginger beer to each mug then top each one with sparkling water. Stir gently. Garnish each mug with a cucumber slice and basil leaves.



Nutrition Facts

Calories	94
Total Fat	0g
Sodium	11mg
Carbohydrate	9g
Dietary Fiber	0g
Protein	0g



Summer Virtual Health Coaching

Bridget Eastep, Mentor's dedicated Health & Lifestyle Medicine Coach, is available during the summer for virtual 1:1 appointments.

Book an appointment (or multiple!) to discuss your well-being goals and how to accomplish them!



[BOOK AN APPOINTMENT](#)

Questions?
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 LiveHealthOnline. Psychiatrists on LiveHealthOnline will not offer counseling or talk therapy.

3. LiveHealthOnline 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. LiveHealthOnline does not offer emergency services.

LiveHealthOnline 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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 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

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