



Wellness Checklist



Why care about wellness?

Going well beyond lack of illness, personal wellness is pivotal to protecting your mental health, staying physically sound and maintaining balance in everyday life. Ultimately, wellness can help you build resilience against serious challenges, maximize your personal potential and enjoy your life to the fullest.

Most models of wellness include at least seven dimensions that together lead to holistic health. Here are some practical ways you can focus on every day:

- ✔ **Physical — Nourish your body.** Choose balanced nutrition, daily exercise and proper rest. Maintain a strong relationship with your health care provider. Keep yourself and others safe — for example, driving defensively.
- ✔ **Emotional — Know your feelings.** Give yourself a mental health check. Journal writing may help defuse stress. Find quiet time to relax your mind, and your body will follow.
- ✔ **Spiritual — Find purpose in life.** Identify and live by your personal beliefs and morals. Stay connected to yourself through a few minutes of mindfulness training every day.
- ✔ **Intellectual — Keep learning.** Seek opportunities that present new experiences and stimulate your thinking. Read and learn every day.
- ✔ **Occupational — Make the most of your professional skills.** Gain personal satisfaction through your work. Combine a commitment to your job with your total lifestyle.
- ✔ **Social — Build healthy relationships.** Interacting with others can be rewarding and challenging; learn to express your needs and opinions appropriately. Make time for friends, or join groups where you can meet others with similar interests.
- ✔ **Environmental — Respect nature.** Take part in preserving and improving environmental conditions — reduce noise, pollution and unnecessary consumption of natural resources.

Learn more at globalwellnessinstitute.org/what-is-wellness.

“There will always be obstacles and challenges that stand in your way. Building mental strength will help you develop resilience to those potential hazards so you can continue on your journey to success.” — Amy Morin

BEST bits



Observe Dental Hygiene

Month in October with a commitment to good oral health. This includes keeping bacteria at bay to reduce your risk of developing tooth decay, gum disease and other issues. Protect your teeth and mouth four ways: For effective brushing, tilt your brush at a 45-degree angle. Move your brush back and forth gently (not too rough). Brush everywhere — inside, outside, top, bottom and in between. Brush your tongue, too; it's a source of bacteria and bad breath.



October is National Cybersecurity Awareness

Month, a reminder to learn how to protect your identity, passwords and other information when you shop, bank, socialize — everything you do online. The internet makes life easier but sometimes unsafe. Learn more about reducing your risk of becoming a cybercrime victim at cisa.gov/cybersecurity.

Turn back your clocks: Daylight Saving Time (DST) ends on Sunday, November 7, at 2 a.m. It was first used in Canada, the UK and Europe in the early 1900s. About 40% of countries worldwide use it to make better use of daylight and to conserve energy; start and end dates vary across the globe. To help your body ease transitioning back an hour, reverse your bedtime 15 to 20 minutes each night two to three nights before DST ends.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date pandemic information visit coronavirus.gov.

Reduce Your Breast Cancer Risk

Make sure you're up to date on your breast cancer screening and learn how to lower your risk for breast cancer, the most common malignancy in American women (except for skin cancers).

Of course, you can't control all risks, such as female gender, being age 55 or older, or certain genetic factors. Women who haven't had children, or had their first after age 30, have a slightly higher breast cancer risk, too.

Lifestyle changes can reduce your breast cancer risk. Eating a healthy diet rich in vegetables, fruits and fiber can go far in reducing health risks for everything from heart disease and type 2 diabetes to several types of cancer, including breast cancer.

More ways to lower breast cancer risk:

• **Reduce or eliminate alcohol.** The more alcohol you drink, the higher your breast cancer risk. One drink daily raises the risk slightly; two to three drinks daily increase risk by 20%, according to the American Cancer Society (ACS).



- **Get serious about weight control.** Pre-menopause fat tissue makes little estrogen. After menopause, if you're overweight, most estrogen comes from excess fat tissue, increasing breast cancer risk.
- **Get moving.** Studies suggest even a couple of hours of exercise a week can lower risk, although more activity appears to be best. The ACS recommends 150 to 300 minutes of moderate-to vigorous-intensity exercise a week.
- **Hormone therapy for menopausal symptoms may increase breast cancer risk.** Ask your health care provider about other therapies that may be right for you.

October is Breast Cancer Awareness Month.



dollarsense Crash Course: Peer-to-Peer Payments

By Jamie Lynn Byram, PhD, AFC

Peer-to-peer payments (P2P) let you transfer money by using an online or mobile app. Peer-to-peer payment accounts are simple to set up. You create an account, select a username and password or PIN, and link your bank account, debit card or credit card to the platform. To send or receive a payment, you share your username, email or phone number with whomever you want to pay or receive money from.

Making or receiving payments is quick and convenient; you don't need to carry cash or have exact change. Most P2P payment services are free, although some charge a low fee. Most allow users to hold money in their account with the system or transfer money to a bank account. Transfers to bank accounts can take one to three days to complete.

Before selecting a P2P payment service, check the type of fraud monitoring the system uses and research the quality of the network's customer support. Also, before sending money, make sure you've selected the right person or account.

Wellness Exam: Do You Need One?

Routine physical exams are generally recommended annually if you're age 50-plus, and once every three years if you're younger than 50 and in good health. If you have a chronic condition, such as diabetes, heart disease or other ongoing medical conditions, you may need to see your health care provider more often, regardless of your age.

The purpose of a wellness exam is to create and manage a personalized disease prevention plan. It can identify and monitor any health risk factors to help you live a longer, stronger life. This type of care focuses on making sure that you're still in good health and detecting any health issues before they progress.

Your health care provider may suggest more or less time between checkups based on personal risk factors, screening test results, current health, family history and lifestyle choices, such as diet, physical activity and tobacco use.

During a routine exam, your provider will typically:

- Check your vital signs.
- Review your medications and allergies.
- Screen for depression or alcohol abuse.
- Update vaccinations. **Tip:** If time permits, get your flu shot while you're there.
- Assess your risk of future medical problems.
- Listen to your heart, lungs and intestines.
- Encourage healthy lifestyle choices.



Good communication between you and your provider is vital to getting good health care. Make the most of your visit by preparing in advance, whether it's in person or through telehealth visits. If you don't understand your diagnosis or treatments, ask questions until you do. And if your provider has a patient portal, set up an account. You can use it to check your test results, request medication refills and often schedule appointments.

Home Office Ergonomics

Ergonomics is the way your body fits and functions in your workspace.

Good ergonomics are important for productivity and your health.

Don't risk neck, back, shoulder, wrist and eye problems by trying to work on a sofa with head bent forward, looking down at your laptop. Instead, work at a desk or a table at home.

Adjust your chair so your feet rest flat on the floor or on a footrest, your thighs are parallel to the floor, and your arms gently rest on armrests with shoulders relaxed.

More ways to practice good home office ergonomics:

- To avoid neck and eye strain, adjust the position of your monitor so the center of the screen is at eye level.
- Put items you need frequently, such as your phone, within easy reach so you're not straining your arms and back.
- If you frequently talk on the phone and type at the same time, place your phone on speaker or use a headset; don't hold the phone between your head and neck.
- Every hour, aim for a five-minute break. Stand up, walk around and stretch.
- Reduce eyestrain by looking 20 feet away for at least 20 seconds about every 20 minutes.

Pay attention to your posture — your body will thank you for it.



One-Dish Meals

By Cara Rosenbloom, RD

Saving time in the kitchen — but still getting a nutritious meal on the table — is a goal for many people. One quick solution is to make sheet pan dinners or one-pot meals. The idea is simple: All of the ingredients are conveniently cooked at the same time. It means fewer pots and pans, which leads to less cleanup.

The most popular options for sheet pan meals include a variety of vegetables paired with a source of protein.

The key is timing. You need to choose ingredients that take about the same amount of time to cook. Try any of these winning combinations at 400°F:

- Jumbo shrimp with asparagus, tomato and zucchini (eight to ten minutes).
- Whole-grain flatbread topped with mozzarella, spinach and artichokes (ten to 12 minutes).
- White fish with sweet peppers and red onion (14 to 16 minutes).
- Dijon salmon with green beans and broccoli (15 to 18 minutes).
- Chicken breast with cauliflower and sweet potato (25 to 30 minutes).
- Chicken thighs with potatoes and carrots (35 to 40 minutes).
- Canned chickpeas with butternut squash and sweet onions (40 to 45 minutes).



If you don't want to turn on the oven, consider one-pot meals on your stove top or slow cooker. One-pot pasta is a popular time-saver: You cook the pasta in tomato sauce (that's genius!). Other popular one-pot meal options include chili, curry, stew, and hearty soups, such as minestrone.

One-pan meals are also a great way to use up leftovers. Got roasted vegetables? Make a one-pan omelet. Use leftover chili to fill taco shells, and leftover salmon, chicken or chickpeas are great on a bed of greens with some vinaigrette.



eating smart

One-Pot Spicy Chicken Pasta

- | | |
|---|---|
| 1 lb. boneless, skinless chicken breast | 1 can (15 oz.) diced tomatoes |
| 2 tbsp extra-virgin olive oil, <i>divided</i> | 2 cups no-salt-added chicken broth |
| 2-3 tsp Cajun spice or chili powder | 3 tbsp cream cheese |
| ½ tsp salt | 3 green onions, sliced |
| 1 onion, diced | ¼ cup fresh chopped cilantro or parsley |
| ½ lb whole-grain penne or rotini | |

EASY recipe



Cut chicken into ¾-inch cubes. **Add** to bowl, and stir in 1 tbsp oil, spice and salt. **In** a large pot, add remaining oil. **Add** chicken and brown for 2-3 minutes. **Add** onion and cook 4 minutes. **Add** pasta, tomatoes and broth. **Stir** to combine. **Bring** to a boil, turn down to a simmer and let cook 10 minutes or until pasta is cooked. **Swirl** cream cheese into the pot. **Top** with green onions and cilantro.

Makes 4 servings. Per serving: 351 calories | 26g protein | 12g total fat | 3g saturated fat | 6g mono fat | 3g poly fat | 37g carbohydrate | 6g sugar | 7g fiber | 527mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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EXPERT advice

— Eric Endlich, PhD

Q: What should I do about my child being bullied?



A: If your child is being hurt or frightened repeatedly and intentionally, it's considered bullying and requires serious intervention.

Recommended strategies include:

- Accepting and normalizing your child's feelings.
- Gently collecting the facts, writing them down and photographing any injuries.
- Teaching your child to respond assertively, not to retaliate or ignore the behavior.
- Not promising to keep the bullying secret.
- Contacting school officials about incidents during the school day and the police about physical assaults. Speak calmly.
- For cyberbullying, taking screenshots and filing a report with the social media platform.
- Avoiding calling the bully's parents.
- Conveying confidence: Let your child know that you will develop a solution together.
- Removing your child from the situation (e.g., school) if nothing else works.

Avoid Gasoline Gaffes

Did you know that gasoline vapors are flammable, heavier than air and can travel long distances to ignition sources? Be careful that you remain outdoors and away from any possible ignition sources when refueling with gas.



Here are some other precautions:

Shut down engines and allow equipment to cool down before refueling.

Never smoke, light matches or lighters, generate sparks or other sources of ignition near fuel storage and handling areas.

Wear safety glasses when handling gas to avoid splashes to eyes.

Clean up spills immediately using absorbent materials, such as rags, paper or sawdust. Dispose of cleanup materials in a safe container.

Wash your skin with soap and water if it makes contact with gas.

Never use gas as a cleaning agent.

Store gasoline in an appropriate container with a tight seal.

Never store it in a glass or non-reusable plastic container.

Keep the container at least 50 feet away from heat sources, including the sun, furnace or other equipment.

Keep storage tanks outside the home — in a shed or detached garage, and out of the reach of children.



TIP of the MONTH One-Pot, Many Meals

If you're making a one-pot meal, double the recipe.

Most pasta, soup, curry and stew recipes can easily be frozen for future meals. Be picky about the size of the container you freeze leftovers in. Use single-portion containers for easy one-person meals, or size up your containers according to the number of diners at the table.