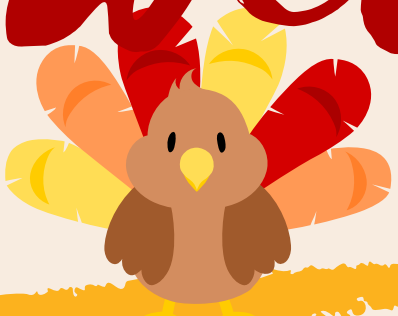


Wellness NEWSLETTER



November 2023

Enjoy this Month's Newsletter.

In the autumn, as the weather turns refreshingly cooler and the landscape transforms with vibrant foliage and bountiful harvests, many of us relish the seasonal joys. However for some with Seasonal Affective Disorder (SAD), the dismal onset of darker mornings, shorter days, and reduced time outside overshadows any perceived benefits. Maintaining a regular healthy routine during the seasonal shifts can be a delicate balance of yin and yang and arming yourself with the tools you need to keep the balance is the first step toward boosting your body and your mood.

What is Seasonal Affective Disorder?(SAD)



**FOR MORE INFORMATION ON (SAD)
CLICK ON THE LINK**

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

Seasonal Affective Disorder is a mood disorder and a type of depression that is characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year.

8 WAYS TO COPE WITH SEASONAL AFFECTIVE DISORDER (SAD)

You don't need to be SAD anymore! Beat the blues with these simple tips

- 1 EXERCISE**
Join a gym, go for a walk or simply start practicing yoga home! The endorphins released during workout will help you feel happier.
- 2 EAT HAPPY FOOD**
Food therapy works best here. Minimize your sugar intake, and switch to more proteins and fruits; specially bananas. And yes, go grab some dark chocolate, because it helps lifting mood up!
- 3 EMBRACE LIGHT**
Keep curtains and blinds open during the day. Though a bit difficult but try waking up early in the morning!
- 4 REMAIN ACTIVE**
Engulf into activities you enjoy, go out meet friends, sit with your mom and tell her all about your day! In short, keep yourself busy and spend time with your loved ones!
- 5 HAVE A PET**
Believe it or not, having these little adorable souls is a therapy in itself! Pets promote touch and have a soothing presence.
- 6 PLAY MUSIC**
Music works wonders in elevating your mood. Play your favorite tracks and sway to the rhythm.
- 7 COLOR YOUR BLUES AWAY**
Adult colouring books are common now, get one and direct your energy towards art. You might end up adopting this as your hobby!
- 8 TALK TO A PROFESSIONAL**
SAD can get serious, when you feel nothing else works, seek professional advice.

Here are some signs to look out for

For winter-pattern SAD, additional specific symptoms may include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)

Diabetes Awareness Month



November is Diabetes Awareness Month, a time when we come together to raise awareness about diabetes, a condition that affects millions of people worldwide. In this edition of our wellness newsletter, we're here to provide valuable information and resources to help you understand and manage diabetes.

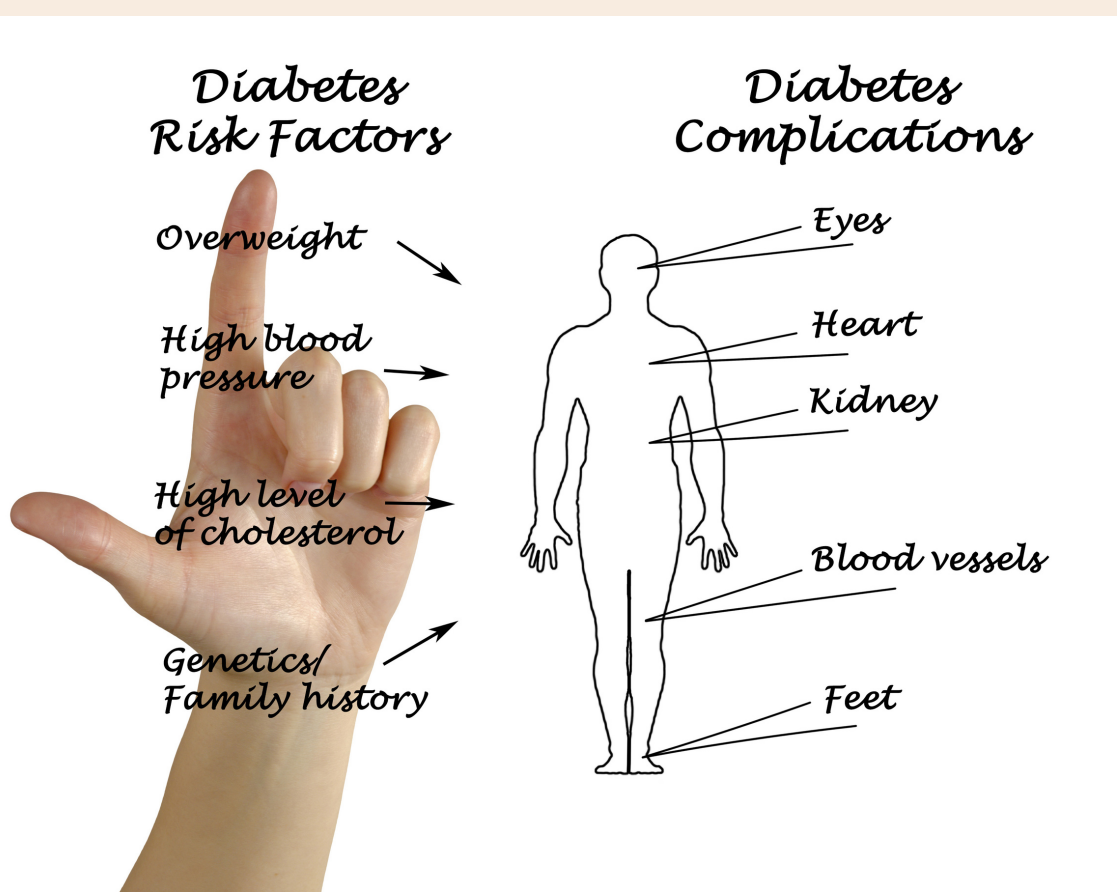
The Importance of Awareness

- Early detection is crucial for effectively managing diabetes and preventing complications.
- Being aware of the risk factors and symptoms can lead to a healthier lifestyle and reduced risk.
- Raising awareness reduces the stigma associated with diabetes and fosters understanding and support.

Know the Risk Factors

Some common risk factors for Type 2 diabetes include:

- Family history: If you have a family member with diabetes, your risk is higher.
- Weight: Being overweight or obese increases your risk.
- Physical inactivity: A sedentary lifestyle can contribute to Type 2 diabetes.
- Unhealthy eating: A diet high in processed foods and sugar can be a contributing factor.
- Age: Risk increases with age, particularly after 45.



FOUR EATING HABITS To Impact Risk For Diabetes

THERE ARE FOUR EATING HABITS THAT CAN HAVE A BIG IMPACT ON LOWERING RISK FOR TYPE 2 DIABETES:

1. **Choose whole grains and whole grain products over refined and other highly processed carbohydrates.** The bran and fiber in whole grains make it more difficult for digestive enzymes to break down starches into glucose. This leads to lower, slower increases in blood sugar and insulin.
2. **Skip sugary drinks and choose water, coffee or tea instead.** Sugary beverages lead to weight gain and may contribute to chronic inflammation, high triglycerides, decreased “good” (HDL) cholesterol, and increased insulin resistance.
3. **Choose healthy fats.** Trans fats found in margarine, packaged baked goods, fried foods and most fast-food restaurants can affect the development of diabetes. Healthy fats such as polyunsaturated fats found in liquid vegetable oil, nuts and seeds can help ward off type 2 diabetes.
4. **Limit red meat and avoid processed meat.** Choose nuts, beans, whole grains, poultry or fish instead.

Keeping weight under control, exercising more, eating a healthy diet and not smoking, can greatly impact diabetes prevention.



“To eat is a necessity but to eat intelligently is an art.”

Francois de la Rouchefoucauld

What Can You Do?

- **Get Screened:** Regular check-ups and blood sugar tests can detect diabetes early, allowing for prompt treatment.
- **Maintain a Healthy Lifestyle:** Incorporate regular physical activity, choose a balanced diet rich in fruits and vegetables, and manage stress.
- **Seek Support:** If you or a loved one is living with diabetes, support and education are vital. Consult with healthcare professionals and consider joining a support group.
- **Spread Awareness:** Share your knowledge with friends and family to help raise awareness and reduce the stigma surrounding diabetes.

Resources for You

American Diabetes Association: www.diabetes.org

International Diabetes Federation: www.idf.org



November 13th - World Kindness Day

November 13 is World Kindness Day. Research shows being kind boosts your mental and emotional health. It also shows kindness can be contagious.

Featured Podcast by Optum



Journaling for Self Compassion



Journaling practice can increase self-awareness, reduce stress, enhance cognitive functioning, boost memory, inspire creativity, and improve mental health.

<https://tinyurl.com/Journaling-Podcast>

Now Let's Practice Some Journaling!

Here are a few questions to get your mind thinking.



What am I grateful for?
What makes me happy?
What am I feeling?
What am I thinking?

7 Easy Ways to Make Someone's Day (Including Your Own!) Article By Giselle Alexander, LCSW, AbleTo Program Advisor



Share the love

In the spirit of kindness, here are 7 simple ways to spread joy and, in turn, feel that joy yourself.



Tell someone they're doing a great job

From leaving a thank you note for your mail carrier to writing a Yelp review about a great waiter, noticing the work someone is putting in and saying thank you can make a huge difference in their day.

Let someone else go first

Slowing down often opens up opportunities to be kind. Maybe it's letting a car merge in front of you in traffic. Or, letting a person with fewer items at the grocery store check out before you. There are countless ways being a little patient can make all the difference to someone else.

Give something other than money

What do you own that you can give away? Consider carrying items like granola bars or new socks that you can give to unhoused folks. Or, pack up used amenities that are still in good condition, like towels and sheets. Many animal shelters accept old linens to keep their animals warm.

Pay someone a compliment

It's human nature to think that when someone is looking at you, they're judging you. Flip this perception on its head. The next time you're loving a stranger's style, let them know.

Do someone else's chores

Whether it's a roommate, family member, or colleague, everyone gets overwhelmed. Sometimes just doing something small, like the dishes, when it's not your turn can help someone else catch their breath.

Offer up your time

Everyone needs a break sometimes. If you know someone with kids or pets, offering to babysit or pet sit for free can be a huge help. Or you can get creative with how you offer up your donated time. Help someone clean out their closet, weed their garden, or even move house.

Get in touch

Lots of people touch our lives without ever really knowing their impact. If there's an old teacher, coach, or friend that changed your life, send them a message of gratitude. It could be exactly what they need that day.

Want to show yourself some kindness?

Sign up for [Self Care from AbleTo](#), a mental wellness app that puts evidence-informed self-care tools at your fingertips. Whether you log in from your phone or a computer, meditations, breathing exercises, and more are available whenever and wherever you need them. Best of all, it's available to you and any covered dependents (ages 13+) at no additional cost. [Sign up](#) and give yourself the care you deserve use **CODE: 11040**

Featured Recipe of the Month

Leftover Turkey Stew



INGREDIENTS

1 tablespoon olive oil

1 ½ cups chopped yellow onion

4 cups unsalted chicken broth

2 cups leftover gravy (see Tip)

4 cups leftover roasted vegetables, cut into bite-size pieces

3 cups shredded cooked turkey

2 tablespoons chopped fresh flat-leaf parsley

¼ teaspoon salt

¼ teaspoon ground pepper

DIRECTIONS

Heat oil in a large, heavy pot over medium-high heat. Add onion; cook, stirring occasionally, until softened and starting to brown, about 6 minutes. Add broth and gravy; let the mixture come to a boil, stirring occasionally. Stir in leftover vegetables and turkey; cook, stirring occasionally, until heated through, 2 to 3 minutes.

Stir in parsley, salt and pepper.

Equipment

Large, heavy pot

Employee Assistance Program

www.liveandworkwell.com

Access code 11040

8 free sessions are available to speak with a counselor

BRIEF VIDEO EXPLAINING WHAT IS OFFERED TO

Click Link down below

https://players.brightcove.net/1475651770001/04Dx9R6BK_default/index.html?videoid=6286779283001

HEALTH TIP OF THE DAY

Drink some coffee

As it turns out, your cup of daily java may not be as bad for your health as you may think. Plain coffee can benefit your health as it contains antioxidants, which protect your cells from damage. Plus, coffee intake temporarily increases alertness and may even reduce depression.

HAPPY THANKS GIVING

QUOTE OF THE DAY

“Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.”

-Mark Halperin

