

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Emotional Health

Emotional health is an important part of life. People who are emotionally healthy, are aware of their emotions, thoughts, feeling and behaviors. Having proper emotional health skills takes practice and one can develop techniques to manage both positive and negative feelings.

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Self-Compassion

Changing your lifestyle habits can be a very challenging process. Maybe you lost 20 pounds last summer and have gained the weight back. Or, maybe after you've been tobacco-free for six months, you started smoking again. It is important to understand that setbacks are part of the change process, and how you respond to them determines whether you accomplish your goal(s).

Charles R. Swindoll said it perfectly, "Life is 10% what happens to you and 90% how you respond to it."

You have a choice in how you respond to these setbacks. We don't need to see setbacks as failures, but rather learning experiences. Most of the people who have been huge successes "failed" on their way to success. Thomas Edison, for example, who was one of the most successful innovators in American history, stumbled many times when inventing the lightbulb. In response to a question about his missteps, Edison once said, "I have not failed 10,000 times. I've successfully found 10,000 ways that will not work."

Fit Tip of the Month

Yoga and Emotional Health



The main benefits of yoga can be summarized in three categories: body, mind and spirit.

Physical benefits of yoga include increased flexibility, increased strength and weight reduction. However, yoga also has positive effects on the mind and spirit.

- **Peace and Serenity** – breathing helps to relax you. It helps to calm and view things from a different perspective.
- **Reduces Stress** – Cortisol, a hormone produced by stress, is reduced. High levels of stress and cortisol are bad for your health.
- **Self-Esteem Improvement** – yoga helps you to get rid of negative thoughts and fill your mind with more positive thoughts. Yoga is a great tool for seeing things with more clarity. Additionally, it increases your energy and your confidence in your abilities.
- **Improves Sleep Quality** – both melatonin (a hormone that helps regulate sleep cycles) and serotonin (a neurotransmitter that helps regulate mood and appetite) become more balanced because of yoga. Because of

Rather than letting setbacks stop you from reaching your goals by beating yourself up with criticisms and judgements, let those setbacks teach you and practice being more self-compassionate towards yourself.

Many people are reluctant to be self-compassionate because they think that they will let themselves get away with anything, like treating yourself to a big bowl of ice cream after a stressful day at work. However, it is quite the opposite. Self-compassion involves three components, which you can put into place next time you are being too hard on yourself.

- **Self-kindness:** respond to your failure by being warm and understanding with yourself, rather than ignoring your pain and being harshly critical or judgmental of yourself
- **Common humanity:** compassionately remind yourself that failure is part of the shared human experience - things we all experience, rather than things that only happen to “me.”
- **Mindfulness:** hold your experience in a balanced manner, rather than ignoring or exaggerating your thoughts and feelings.

Being critical and judgmental about your setbacks will only serve to discourage you from pursuing your goals. So, instead of letting your setbacks stop you, be kind with yourself and let them teach you how you can do things differently next time.

Resources: [Self-Compassion](#), Kristin Neff, Ph.D.

Anna Garcia, RD, LDN, CDE, CHWC – Registered Dietitian/Health Coach

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this, you will sleep better at night

- **Improves Intellectual Abilities, Mood and can even help Improve Relationships** – regular practice is said to improve your ability to reason, make decisions, improve concentration and think clearer. Additionally, the mood booster neurotransmitter, Serotonin is increased which helps overall mood and brings a more positive you to all your relationships.
- **Helps prevent Neurodegenerative Diseases** – yoga and meditation increase the size of brain structures called telomeres. Some studies say that with just 15 minutes/day, you can make telomeres grow. This may contribute to preventing diseases like Alzheimer's.

So why not start practicing yoga today?! Namaste!

Resources: [Yoga Journal](#); [Step to Health](#)

Suzanne Toon MS, CPT Health Coach

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Preventive Focus

Flu Vaccine

Millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. Even healthy people can get very sick from the flu and spread it to others.

All persons aged 6 months and older are recommended for annual vaccination, with rare exception. Vaccination is particularly important for people who are at high risk for serious flu complications from influenza. Young children, adults aged 65 years and older, pregnant women, and people with certain chronic medical conditions are among those groups of people who are at high risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

It is best to get the flu vaccine before it starts to spread in your community. The Center for Disease Control recommends that people get the vaccine by the end of October. Getting vaccinated later can still be beneficial and vaccination should continue to be offered throughout the flu season.

Resources: [Center for Disease Control](#)

Lynn Friedman, RN

Build Better Boundaries



Do you struggle with saying no to yourself or others? Setting boundaries is essential for good self-care and for having healthy relationships both personally and professionally. This webinar will explore the role of boundaries, what prevents asserting them, and steps you can take to build them.

Date: Thursday, September 20, 2018
Time: 12:00pm - 12:45pm Central

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

Recipe of the Month

Baked Apple

Gone apple picking and not sure what to do with all those apples? Baked apples are an easy treat and perfect for a fall day. Enjoy these baked apples alone or with a scoop of low-fat yogurt.

Ingredients

- 4 large baking apples, Rome or Golden Delicious
- 3 Tbsp brown sugar
- 1 teaspoon cinnamon
- ¼ cup chopped pecans
- ¾ cup boiling water



Directions

1. Pre-heat the oven to 375 degrees Fahrenheit
2. Rinse and dry apple and cut out cores with a knife or apple corer
3. Combine brown sugar, cinnamon, and pecans in a small bowl and stuff each apple with mixture
4. Place the apples in a baking dish and pour boiling water in the bottom of the dish. Bake in the oven for 30-45 minutes or until apples are cooked through.

Nutritional Information Per Serving (Serves 5)

Calories: 220

Total Fat: 5 grams

Saturated Fat: 0 grams

Cholesterol: 0 milligrams

Protein: 2 grams

Total Carbohydrates: 46 grams

Dietary Fiber: 6 grams

Sugars: 35 grams

Sodium: 3 milligrams

Erica Lokshin, MS, RDN, LDN
Registered Dietitian/Health Coach

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Active Insights

If you haven't visited lately, here's what you've missed:

Stay up to date with client, member, personal, and policy insights.

[Member Quits Chewing Tobacco with Help of Coach](#)

Before Andrew, an employee of Mercy Health in Oklahoma, first met with his health coach, he was worried he would be judged for his chewing tobacco habit. He was pleasantly surprised when his health coach was understanding and helped him realize that he didn't have a good reason to continue his habit. With the encouragement of his coach, he started chewing nicotine gum and eventually stopped using tobacco altogether.

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

