



November

Member Newsletter



Defining success for yourself

Feeling that you are successful and fulfilled in life can only be determined by you, not by your upbringing, schooling, society or anyone else. If the pursuit of a high-powered job or luxurious car or home, for instance, leaves you feeling dissatisfied or out-of-sync with your true self, it's time to re-evaluate what success really means to you. These tips can help you in your quest:

Start with self-exploration. Ask yourself what it means to have success in key areas. Your answers can give you clues about what goals to aim for.

- **Emotional:** Are you feeling in balance?
- **Social:** Are you feeling connected with people you can depend on?
- **Job:** Are you content with your work?
- **Financial:** Are you able to afford the things you need and want?
- **Community:** What about the well-being of your friends, family, and larger community?

Uncover your values and inspiration. What makes you feel happy and energized? What past accomplishments made you feel the proudest and fulfilled?

Determine what actions are needed. If your goal for success is having fulfilling work, for example, you may need additional schooling/training or volunteering to gain experience, perhaps in a new area of interest.

Create a short-term and long-term plan to reach your goals. Include specific steps to achieve them within realistic timelines--weekly, monthly and yearly.

Stay open to any opportunities along the way. Responding to all messages or invites that appear intriguing relating to your goal could lead to the right people and information to help you reach it.

Surround yourself with supportive people. Limit time with the naysayers!

Take a break. Being successful doesn't mean pushing yourself around the clock! Give yourself time for rest and recreation.

Feeling dissatisfied and stuck? Ask your health practitioner for a referral to a counselor or contact a licensed counselor for guidance and support.



Top tips to reduce your diabetes risk

Diabetes is a condition in which the body does not properly use glucose (blood sugar) for energy. Normally, your body makes a hormone called insulin that helps the glucose enter cells to be used for energy. With type 2 diabetes, the body can't use the insulin properly. As a result, glucose builds up in the blood and, if left untreated, can lead to serious health problems. While diabetes can be hereditary, there are steps you can take to reduce your risk. Changing these lifestyle factors can help you lower your risk of type 2 diabetes and also help you be healthier in general.

- **Maintain a healthy weight.** Excess weight, including being overweight or obese, can raise your risk of type 2 diabetes. Even losing just a few pounds can help lower your risk.
- **Be active.** Keep moving as much as you can and reduce your time spent sitting. Aim to exercise 150 minutes a week. Talk to your doctor first if you are new to exercise.
- **Eat healthy.** Choose balanced meals with plenty of fruits, vegetables, and other high-fiber foods. Eat consistent, moderate amounts of food at regular intervals. Limit added sugars.
- **Quit tobacco.** People who quit smoking reduce their risk of Type 2 diabetes by up to 40%!

If you already have type 2 diabetes, controlling your blood sugar through diet and exercise can help reduce your symptoms and may slow the disease's progression.

Source:

Centers for Disease Control and Prevention.

<https://www.cdc.gov/tobacco/campaign/tips/diseases/diabetes.html>

How gratitude changes you and your brain!

Reflecting on gratitude for the people, opportunities and other gifts in your life doesn't just trigger joy, but can actually change your brain, promoting better health and well-being. Whether you express your appreciation through journal writing, a letter, or a smile, integrating gratitude into your everyday life can offer the following benefits:



Boosts the feel-good hormones. The hormones prompted by gratitude activate positive feelings and are also linked to better sleep, as well as lower anxiety, depression, and everyday stress.

Resets a bad mood. The positive emotions sparked from writing a letter of appreciation to someone, for example, can shift you away from negative emotions like resentment and envy that can make you feel sad and alone. *(UCLA Mindfulness Awareness Research Center)*

Rearranges your priorities, boosting energy. Focusing on what you do have vs. what you don't have can be invigorating!

Prompts you to discover sources of gratitude you've taken for granted. Feeling gratitude can expand to include anything that brings you joy and a sense of "feeling right in the world." This could include the tree outside your window, or the smile from a passing stranger!

Boosts your resilience. Reminding yourself of what you are grateful for helps you bounce back more readily from unpleasant experiences in your everyday life.

Tips to cultivate gratitude

- **Keep a daily gratitude journal.** Write down three things that you are grateful for that day.
- **Make a list of your skills, talents, values, or beliefs you use daily for which you feel grateful.** Maybe it's your creative abilities, allowing you to make art, music, or a cozy living space or your belief in helping those in need, improving the world in small or big ways.
- **Write letters/emails/texts to express appreciation**
- **Increase your everyday "thank you" and smiles**

For more help, talk to Health Advocate, your health practitioner or a licensed counselor.

November is National Diabetes Awareness Month



At present, about 1 in 10 Americans have diabetes, yet 1 in 5 people with diabetes don't know they have it. Additionally, about 1 in 3 Americans have prediabetes, yet 8 in 10 adults with it don't know they have it. Make an appointment to get your blood sugar levels checked regularly! If you're at risk, follow the tips mentioned above. If you already have diabetes, these same measures can help you better manage it! Learn more: <https://www.cdc.gov/diabetes/library/spotlights/diabetes-facts-stats.html>