

Healthy Workplace

Your monthly Anthem wellness newsletter

June 2021 Edition



Let's Talk About Men's Health

June is Men's Health Month, and June 14—20, 2021 is Men's Health Week. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Pump Up The Blue.

Wear BLUE Day 2021: Friday, June 18th

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue.

If June 18 doesn't work for you pick any other day of the month and start a fun **Wear BLUE** day at work.

Health Tips for Men

An expert offers advice on how to take care of your health, rev up your workouts, and live better.

Take charge of your health, gents. The sooner you do it, the better. "It's not cool for a guy to wait until he's 50 to see a doctor," says Steven Lamm, MD, the medical director of NYU Langone Medical Center's Preston Robert Tisch Center for Men's Health. "Men need to care about their health above the waistline as well as below." Here are his top tips.

Find a doctor. Choose one you're comfortable with, so you can "openly discuss all aspects of your health, from your mental state to your sexual function to your overall wellness," Lamm says.

See that doctor. "Just because you are feeling well doesn't mean you are well. Have a tendency toward denial? Don't

ignore things like black stools, vision loss, or chest pain. Unfortunately, men have a tendency to do just that."

Get informed. "You do want to be knowledgeable and understand that you shouldn't ignore symptoms or complaints, but you don't want to self-diagnose."

Vary your workouts. "The body gets very comfortable when you always do the same workout. You have got to keep varying your exercises, and they have to be an age-appropriate mix of aerobics, muscle training, and stretching."

Eat to thrive. Getting enough nutrition is crucial. "It's more important than anything else except maybe sleep," Lamm says. "Focus on nutrients rather than calories," and eat a variety of healthy foods. "You can't achieve optimum nutrition with limited choices."

Prioritize sleep. "Get at least 7 hours. That's not something you should compromise. Men think they can overcome sleep deprivation by exercising or whatever," but that's a bad idea, he says.

Check your head. "Mental health is really, really important. Think about several things: Are you drinking too much? Are you paying attention to signs of depression or bipolar disorder, which often get missed? If you have a family history of mental illness, suicide, and/or substance abuse, you really need someone to help you review the signs and symptoms."

Care for your prostate. "The prostate grows as you get older. You'll almost certainly have symptoms, like urinary problems. A really healthy, low-fat diet will reduce the likelihood of prostate growth and may reduce the risk of prostate cancer."

Enjoy yourself. "Look forward to every day, to doing something for yourself every day, whether it's a run or listening to an audiobook or practicing meditation or yoga. Don't save up all of your fun for vacation."



Slow Cooker Salsa Chicken

I have been making this recipe (do two ingredients even count as a recipe?) for several years now and always get compliments on how good it is. It is so simple almost feels like cheating. If you love Mexican style shredded chicken this is a must try!!



INGREDIENTS

- 3-5 Chicken breasts
- 1 16 oz. jar salsa of choice

INSTRUCTIONS

Place chicken breasts in the slow cooker, add salsa on top, and toss until the chicken is covered. The ratio of chicken to salsa is pretty flexible! Cover and cook on high for 4 hours (or low for 6-8 hours), or until the chicken shreds easily with a fork. Shred the chicken right in the slow cooker and toss with remaining salsa and juices.

Serve and enjoy with your favorite fixings! This makes a great chicken taco, burrito, salad topping, you name it!

Refrigerate in an airtight container for up to 5 days, or this freezes well also.

GOT LEFTOVERS?

This is also a great meal prep addition that is so simple to prepare!



Wellness Corner

Hello everyone! This is Steph from New Hampshire.

I am here with a couple reminders about the benefits of such a simple thing—getting outside for a walk! I am someone who has probably put too much pressure on myself over the years to “get a better workout” than walking. Lately, I have realized this might have worked against me in the fact that if I didn't feel like going for a run or doing an otherwise intensive workout I would end up skipping it all together. But not anymore!

For any of you working from home as I still am, you may have noticed your daily steps are much lower than if you were going into your workplace. You may have also noticed your mental health has been impacted by the change. Getting out for a daily walk can have major benefits on your physical and mental health. Here are some ways:

Walking reduces stress and improves mood. If you've ever gone out for a walk after a stressful situation and come back more calm and collected, you know firsthand how walking is a great way to cope with stressful events.



You can lose weight walking just 30-minutes a day. Walking is also one of the best exercises for losing weight — it's relatively easy to do, easy on the joints, it's free and you have to do it every day anyway.

Regular walking lowers blood pressure, improves sleep and energizes you. It's been proven that regular walkers have fewer heart attacks and strokes, lower blood pressure, and higher levels of HDL (healthy cholesterol) than non-exercisers. Walking is also known to improve the quality of your sleep and keep you energized while you're awake!

The faster, farther and more frequently you walk, the greater the benefits. Brisk walking is a great way to get aerobic activity, improve your heart health and increase your endurance while burning calories. You can also alternate periods of brisk walking with leisurely walking. This type of interval training has many benefits, such as improving cardiovascular fitness and burning more calories than regular walking.

So, if you haven't already, I recommend taking a few minutes to get out for a walk today! I will be.

Wellness Bites for your Quick Wellness Needs!

Tapping the Power of Optimism

What is optimism?

Optimism is a hopeful, positive outlook on the future, yourself, and the world around you. It is a key part of **resilience**, the inner strength that helps you get through tough times.

By definition, optimism helps you see, feel, and think positively. But it has extra benefits you might not know about—optimism helps keep up your physical health too.

You don't have to be a "born optimist" to use the power of optimism. In daily life, or when faced with a crisis, you can choose a positive viewpoint to make the most of what life brings your way.

Can you make optimism work for you?

Even if you tend to focus on the negative side of things, "realistic optimism" can work for you.

With realistic optimism, you don't just expect the best and hope that things will go well. Nor do you let yourself see and expect only the worst. Instead, you look at the "big picture," the good and the bad. You then:

- Decide what is realistic to expect.
- Decide what you can do to make things go as well as possible.
- Choose to focus on the positives, and on your strengths, as you go forward.

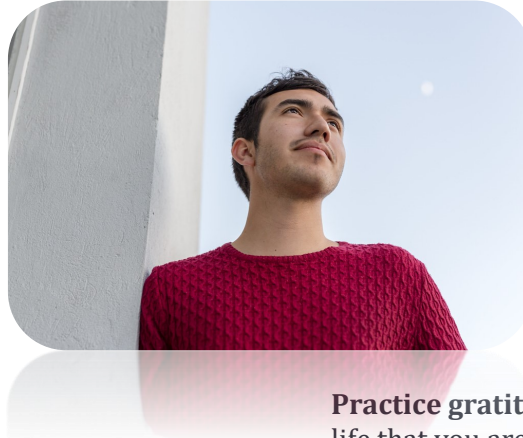
For example, let's say you are about to have a knee surgery. You can choose to be optimistic about your recovery, rather than let fear or hopelessness take hold. Imagine how you want to feel 6 or 12 months after surgery—strong and active. Picture what you want to be doing, how you want to be moving around. Keep these positive, hopeful pictures in your mind.

A positive attitude can also help you keep up a positive mood, which can help with healing. But optimism alone is only part of a good recovery. It's also important to know what to do, such as physical therapy exercises, and what to be careful about. And if you need support or advice, you can plan ahead with the right people before the surgery.

When practicing optimism, remember to keep a flexible frame of mind. Expect change, and be ready to adjust.

How can you practice optimism?

Whenever you're having trouble with thinking negative thoughts, expecting the worst, or feeling powerless, try any of these exercises for a few days.



Focus on what's going well. Write down three things that have gone well in the past day. These can be large, like getting a raise, or small, like "I talked with an old friend." Describe the cause of each event, and credit yourself for the part you played in it, such as "I made that phone call I've been putting off for a long time."

Practice gratitude. Write down three things in your life that you are grateful for. This kind of focus on what enriches your life can help keep your thoughts and feelings more positive.

Look for the benefits. Think of a negative event from your near or distant past. Write it down. Now think of something positive that has or could come of it. Write it down. For the positive thought, use larger handwriting or a favorite color.

Look ahead. Picture yourself doing something that feels good. Expect good things to happen.

Build yourself up. When you need it, lean on others or your faith to build more strength. Say to yourself often, "I am strong."

The Science Behind the Smiles

The idea of optimism leading to better health has been studied. Researchers reviewed the results of over 80 studies to look for common findings. They found optimism had a remarkable impact on physical health. The study examined overall longevity, survival from a disease, heart health, immunity, cancer outcomes, pregnancy outcomes, pain tolerance, and other health topics. It seemed that those who had a more optimistic outlook did better and had better results than those who were pessimistic.



The message is that having a positive attitude can boost your physical health, no matter what might be ailing you. The researchers also noted that optimism seemed to have consistent benefits for people regardless of demographic factors such as income level or overall health status.