

November

Member Newsletter

Defining success for yourself

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.

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:

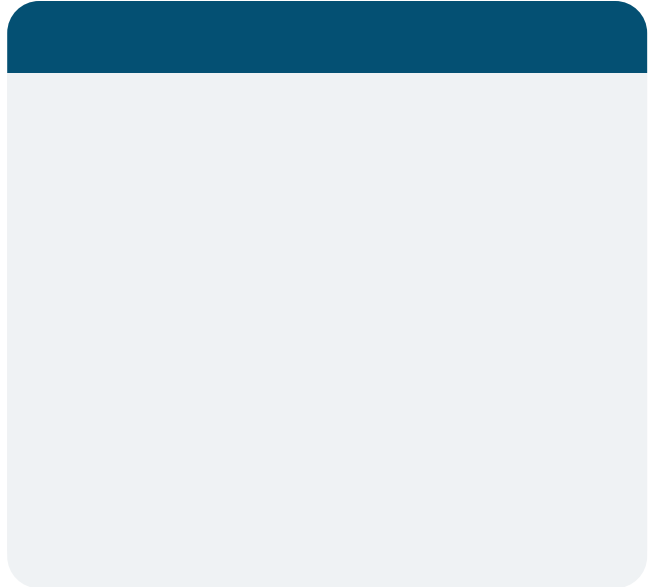
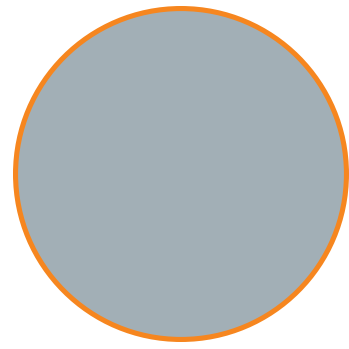
Boosts the feel-good hormones. The hormones prompted by gratitude activate positive feelings and are also linked to better sleep, as well as lower anxiety, depression, and everyday stress.

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 M, ... A a ... R. a c C. . .)

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.



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

FREE Webinar: Create a Mindset for Success

Visit HealthAdvocate.com/members to log onto your member website and access the EAP+Work/Life homepage. **Click on Webinar.**



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>

