



MAKE THOSE RESOLUTIONS STICK .

It happens every year: On January 1st, you set some goals and look forward to a better you. And then February arrives and you realize you've already lost sight of those goals. But maybe the problem isn't your ability to stick to your goals; maybe the problem is the goals you're setting.

To improve your odds of holding to resolutions, psychologist Lynn Bufka encourages you to set "small, attainable goals throughout the year, instead of a singular, overwhelming goal on Jan. 1."

The American Psychological Association backs up that advice with a few tips for making it possible:

Start Small. Don't start with giant goals. Set goals you know you can attain with a little work.

Go one at a time. Don't try to change everything in your life at once. Isolate a series of goals and achieve them individually.

Source: <https://www.apa.org/helpcenter/resolution>. Accessed 16 December 2019.

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Share. Let family and friends know about your goals. The accountability will help you hold to them.

Take it easy on yourself. You will most likely have a setback. Don't beat yourself up.

Ask for help. Sometimes the change you need in your life is more than you can handle alone. Enlist assistance from professional counselors or coaches, if need be.

Take this approach, and you just might find that you're still on track with your resolutions in February ... and March, April, and beyond.

Smart Facts

9.2%

of people achieve their New Year's Resolutions.

THE #1

resolution among Americans is "lose weight/eat healthier".

80%

of people give up on resolutions by February.

Source: <https://www.runtastic.com/blog/en/new-years-resolutions-statistics-and-tips/>. Accessed 16 December 2019.



BEAT THE MIDWINTER BLAHS .

The holidays are now only a memory. The skies seem to be perpetually gray. The spring thaw is still a couple of months away. And you feel ... meh.

You're not alone. The midwinter blues seem to visit just about everyone at one time or another. For some folks, this cold-weather letdown can get serious, turning into depression. For others, it can be a matter of low energy, ambivalence, and a vague sadness. Regardless, it's not something you have to accept. Take action to fight off the blues. Here are some steps you can take:

Eat better. Sugar might seem like a pick-me-up, but it often results in a drag on your system. Eating fresh fruit and vegetables while getting plenty of protein will perk you up.

Get moving. Our biggest midwinter enemy might be inertia. Exercise is the cure. Get moving and you might move right out of your blues.

Treat yourself. Doing something nice for yourself – a trip to the spa, a mid-day movie, a visit with old friends – can give you a boost when you're in a rut.

Socialize. We're often tempted to hunker down at home, but isolation can feed the blahs. Make a point to get out and get together with friends.

Plan for spring. Shift your focus from how awful today is to how nice things will be in a few weeks. Plan a garden, order new spring clothes, set up a spring visit with out-of-town family ... anything to point yourself toward spring.

Travel. A change of scenery can change your mood. Even if you can't get to the beach, get away. It can make a big difference.

Soak up some sun. Experts say the midwinter blues might be tied to a decrease in the vitamins and other benefits we get from the sun. Get out and catch some rays. Even on cold days, the sunshine can boost your mood.

Of course, if your midwinter blues turn into serious depression – with symptoms such as an inability to get out of bed, loss of appetite or thoughts of harming yourself – get help from a healthcare or mental health provider. And, remember: Even the darkest winter eventually leads to spring.



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<https://www.psychologytoday.com/us/blog/hope-relationships/201501/five-tricks-beating-winter-depression>. Accessed 16 December 2019.

<https://www.realsimple.com/health/mind-mood/emotional-health/winter-blues>. Accessed 16 December 2019.

https://www.huffpost.com/entry/5-tips-on-beating-the-win_b_6581542. Accessed 16 December 2019.

MANAGE YOUR WEIGHT .

Some of us would like to lose a few pounds so we look better in a swimsuit, fit into an old outfit or just feel better. But for others, weight loss is a medical necessity: In America, nearly 70% of adults are classified as overweight or obese, and nearly two-fifths of adults (and 17% of children) are considered obese. For those people, finding a way to lose weight can be a matter of life and death.

Fortunately, employee benefits often can help. Here are a few areas in which your benefits might help you reduce your weight ... and improve your health and overall well-being.

Health screenings. Before you start a weight-reduction program, see your primary caregiver and ask specifically about your weight. If you include this conversation as part of your annual physical, it likely will be covered 100% as part of preventive care coverage.

Nutrition plans. Many benefit programs cover the cost of a nutritionist or registered dietician who can help you put together a healthier diet.

Exercise. If your caregiver prescribes an exercise regimen with a physical therapist, it could be covered by your health plan. Even if it's not, most plans offer some form of gym membership discount or reimbursement.

Weight-loss programs. If your caregiver directs you to a medical weight-loss program, it likely will be covered under your healthcare plan. In addition, some plans offer reimbursements or discounts on commercial weight-loss programs such as WW (formerly Weight Watchers).

Stress-reduction programs. For many people, poor nutrition and exercise habits are a reflection of out-of-control stress. By tapping into your benefit plan's Employee Assistance Program, you will likely find a number of options that can help you in dealing with stress, including one-on-one counseling opportunities.

That last point includes a good overall tip: Employee Assistance Programs (EAPs) often are a great resource for employees seeking to improve their lives in any number of ways. Not only can you access specific services, but your EAP often can serve as a guide to benefit features you didn't know you had.

Of course, your HR team might be the best place to start. They can help you understand what is available to you through your benefits and how to make the most of it. So, while they are not weight-reduction specialists, they should be able help you get started on your weight-reduction journey.

<https://www.businessgrouphealth.org/topics/well-being/physical-health/weight-management/>. Accessed 16 December 2019.

https://www.shrm.org/resourcesandtools/tools-and-samples/toolkits/pages/designingandmanagingwellnessprograms.aspx?_ga=2.35458401.1148197681.1576594813-245478337.1576594813. Accessed 16 December 2019.



National Healthy Weight Awareness Month

What's your healthy weight? The truth is, few of us probably know, but your healthcare provider can help you find out...and help you set a plan for achieving it. One tip? The process of maintaining your healthy weight usually begins at the grocery store. Learn more at <http://chcw.org/january-is-national-healthy-weight-awareness-month/>.

<http://chcw.org/january-is-national-healthy-weight-awareness-month/>. Accessed 16 December 2019.

HARVEST OF THE MONTH: BROCCOLI

If you've finally taken your mom's advice and started eating broccoli, you're in good company. Broccoli consumption in the U.S. has reportedly increased more than 940 percent in the last 25 years. This increase likely is due to the fact that the vitamin and nutrient-packed veggie has been praised as a "superfood" that helps fight cancer.

While it's an ancient food source (it's been around for about 2,000 years), broccoli has only been grown in the U.S. for a couple of centuries. First cultivated on the nation's East Coast, it eventually made its way west, and now roughly 90 percent of all U.S. broccoli production takes place in California, where they grow about 1.8 billion pounds of it each year.

To pick out the best broccoli, choose floret clusters that are a consistent color, nice and tightly clustered and free of bruises. Look for firm and consistently-colored stems and stalks, and avoid any stalks that have slimy spots on them. If you see yellow flowers on a broccoli stem, pass it by, that means the broccoli is overripe.

Storing broccoli is simple: Put it in a plastic bag, remove as much air as possible, and place it in the refrigerator. It should be good for about seven days.



Sources: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9>. Accessed 16 December 2019.
<http://www.foodreference.com/html/artbroccoli.html> Accessed 16. December 2019.



Recipe: Cream of Broccoli Soup

Ingredients:

3 tablespoons unsalted butter
2 medium leeks, white and light green parts only, sliced and rinsed
½ cup thinly sliced celery
1 clove garlic, finely chopped
8 cups broccoli florets
4 cups low-sodium vegetable broth or low-sodium chicken broth
1 teaspoon whole fresh thyme leaves
½ teaspoon salt
1 cup half-and-half
2 teaspoons thinly sliced chives

Directions:

1. Melt butter in a large saucepan over medium-high heat.
2. Add leeks and celery; cook, stirring occasionally, until softened, 6 to 8 minutes.
3. Add garlic; cook, stirring constantly, until fragrant, about 1 minute.
4. Add broccoli and broth; bring to a boil.
5. Reduce heat to medium; cover and cook until the broccoli is tender, about 12 minutes.
6. Stir in thyme and salt.
7. Puree the soup with an immersion blender until smooth, about 2 minutes.
8. Add half-and-half and process just until incorporated, about 15 seconds.
9. Serve immediately, topped with chives.

Nutrition Information:

CALORIES: 157; **FAT:** 10.4G; **SATURATED FAT:** 6.3G; **CHOLESTEROL:** 29MG; **CARBOHYDRATES:** 13.4G; **SODIUM:** 351MG; **POTASSIUM:** 441MG; **FIBER:** 3.5G; **SUGAR:** 6G

Source: <https://thestayathomechef.com/cranberry-salsa/>. Accessed 1 November 2019.