



Self Trust Is The First Secret to Success.

-Ralph Waldo Emerson

Do you trust yourself? Have you ever asked yourself that question before. Trusting yourself isn't as easy as it seems.

We certainly place our trust in others like our family, our friends and even our co-workers, but have you ever thought about placing trust in yourself? And really believing it.

Our path is never a straight line in life, nor should it be. But somewhere along that crooked line we have to look inward and see what is really there. Do we truly trust we are making the right decisions for ourselves or are you looking for or relying on others to help you make that decision. One of the biggest indicators that we do not trust ourselves is our ability to put ourselves down either silently or to other people.

So how do we start earning our own trust? You have to tell yourself every day that "I am enough". The more you start telling yourself that, the more you believe it. It may take days, weeks or even months; trusting yourself is hard work and takes dedication and won't it happen overnight. You must explore your feelings and take them for what they are, feelings. You cannot change how you feel about something, but you can examine the reasons why you feel that way. And it's okay to feel jealous, angry, sad, happy, etc.

Speak to yourself with self-compassion; I have said this before and it bears repeating. Stop beating yourself up for things you did or said or didn't do. We all make mistakes and trusting yourself is learning about the mistakes and forgiving yourselves.

Be honest with yourself! Set up personal boundaries so others don't cross them but most important is that you don't cross them yourself. Personal boundaries allows you to show people how to treat you and how to behave. And teaches you how to behave, respect yourself and recognize your own needs so you can meet them.

These are just a few ways to learn to Trust Yourself. Click here to learn more:

<https://www.psychologytoday.com/ca/blog/shyness-is-nice/201809/why-self-confidence-is-more-important-you-think>

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The Importance of TRUSTING YOURSELF

Trusting Yourself and the Process

In my June newsletter, I had a brief blurb about my new activity of lifting. I didn't really give a lot of details, but last October I hired a lifting coach/trainer to help write a program for me. I went through a lot of testing and measurements before we started the program to see where I was and what my maximum lifts were. To be honest, I wasn't really sure this was for me, but wanted to give it a try. It was super difficult and I certainly didn't trust myself or my ability in lifting. However when you have a coach that believes in you, it helps with the process. What I learned about myself more than anything is that I had to trust her process and in doing so, I learned how to trust myself. I have built a lot of confidence around lifting and can push myself more than I thought.

There are days I don't want to lift at all, it's hard and I want to give up. I have to talk myself into one more set, one more rep, one more exercise. There are also days, I am happy to be in the gym and lifting. At the end of any day, I am always glad I went. I have built confidence in what I am doing. The biggest thing about lifting in a gym full of college age kids, is that it can be super intimidating. A lot of kids are strong and built and young! Here I am a 51 year old woman lifting amongst those kids. But I keep telling myself, I am 51 and I am in this gym lifting to get strong and healthy! I never care what those kids think, but I am slightly competitive so it helped to motivate me to continue. The more you tell yourself something, the more you believe it. I even had the confidence to ask kids to switch sets on a machine with me. (They of course like to do their rest set sitting on a machine on their phone.) I was trying to get my lifting done in a reasonable amount of time.

When I went back for testing in January, I couldn't believe how much my max squat and max bench press increased. I know I felt like I was gaining, but it's hard to tell sometimes. I was very excited to see that and then I truly thought I am working hard, building self-confidence and doing something I never thought I would do.

I am heading back to be tested again in September and haven't lifted as much in the last month due to being away and working Little League, but I am going to trust the process that I have built so far so I can take more steps forward.

So the moral is, trust in your own abilities and intuition. If you fail at something, try again! The more you work hard at trusting yourself, the easier it gets. You will build your resilience. And guess what, the next time you do something, that trust in yourself will be there and it will be easier!

Sometimes you have to state your goals out loud so you can trust yourself to get it done. My goal is to be able to do a pull up unassisted by next summer!

What is your out loud goal-tell someone so we can work on it together!



Embrace Your Path to Wellness

Can you believe that we are in our 11th year of wellness already? If you haven't participated before, maybe this is your year. I hear people say I am healthy, I don't need to participate. Well programs like Embrace Your Path help you to strive to be the best and healthiest person you can be, either physically, emotionally, financially, etc. Everyone can improve their health in some shape or form. Olympic athletes certainly don't stop once they think they reach their peak; they try harder to improve. I have also heard the other end of the spectrum-I'm not that healthy and don't really want to know. The greatest thing we have is our health until we don't. We all have to start somewhere on our health journey and the best place to start is creating an account at health advocate and learning where we can improve. Small steps lead to big changes.

Health advocate made some changes to their site so it is more user friendly and creates pathways based on what you want to do in the site. There are more things to complete online for points in the website. Please go to healthadvocate.com to get started today.

For information on the Embrace Your Path program, click here health.iu17.org Why not get started today to venture down your healthy path and start accumulating points.

Platinum forms are due by 12/1/23 so don't wait until the last minute, go ahead and email it to me. If you decide later you do not want to attain that level, just email me and I will remove you from that.

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Health Advocate Platform Zoom sessions

There will be two information sessions on zoom on the Embrace Your Path program and the health advocate platform. This is not a platinum class nor do you receive points. But I know people like to have the information and if you cannot attend one of these at your school, I thought it might be easier to do on zoom. You must register for the zoom course:

Tuesday, September 5th 3:45-4:30pm <https://www.elnrn.org/Register.aspx?ScheduleID=5982>

Tuesday, September 5th, 4:45-5:30pm <https://www.elnrn.org/Register.aspx?ScheduleID=5983>

Platinum Course

For our first platinum course, Join Sandra Lentz, CRNP from UPMC Magee-Womens for a discussion on women's health, including peri-menopause and menopause.

Tuesday, October 3rd, 5:30-6:30pm

Register here: <https://www.elnrn.org/Register.aspx?ScheduleID=5984>

Where: BLaST IU 17, 2400 Reach Rd, Williamsport, PA



Use code BACKTOSCHOOL for 10% off of delivery meals from www.kitchenrepose.com

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Health Advocate



Our program is
continuously evolving
—just like you!



Health Advocate has been busy updating our wellness program to provide you with an immersive experience featuring enhanced tools, resources and curated content to help you find your path to well-being.

Some of the new, exciting features of our Well-Being Program include:



Personal pathways to
help you take action
for improved
well-being



**All-new challenges,
workshops and pulse
checks** to boost your
well-being knowledge



A Learning Center
including videos and articles
about virtually any health
and well-being topic

We're evolving from the wellness program you've known in the past to a
**total well-being experience driven by you. Your new Well-Being Program is launching
August 2023.**

We can't wait to share it with you!

Yours in good health,
The Health Advocate Wellness Team



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Call • Email • Message • Live Chat

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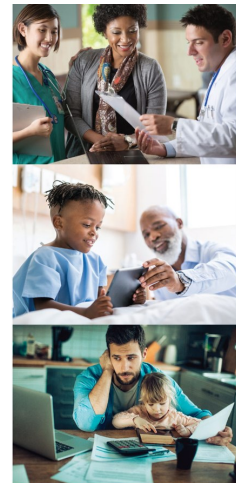
HealthAdvocateSM

Health Advocate

DID YOU KNOW? Health advocate not only helps with our wellness piece, they can do so much more. Health Advocate can provide help for your whole family: employees, spouses, dependents, parents and parents-in-law!

Your Personal Health Advocate can help in the following ways:

- ♦ Coordinate care with your providers
- ♦ Provide support for your medical condition
- ♦ Help you find the right doctors
- ♦ Research and arrange second opinions
- ♦ Help with confusing paperwork issues
- ♦ Provide special help for Mom & Dad



Who are the Personal Health Advocates?

✓ **Registered Nurses**

with experience in clinical care, case management, nursing education, supervision and administration

✓ **Benefits experts**

with experience in claims management and provider group administration

✓ **Full-time medical directors**

✓ **Trained clinical professionals**

including social workers, behavior change counselors, nutritionists, dieticians, dental care and pharmacy

1-866-695-8622

Back to School with the Calm App

Building self-confidence is crucial in caring for your well-being

It can be common to seek external validation but in order to feel truly happy and fulfilled, we need to cultivate our self-confidence from within. It'll empower us to feel fully capable of doing anything that we've set our minds to.

Start building your confidence with these Calm resources that you can easily integrate into your daily routine:

[The Confidence Series](#)

- In this series led by Tamara Levitt, you'll find guided meditations to prepare for life's moments like starting the day, your next big meeting or a crucial performance.

[7 Days of Self-Esteem](#)

- Over the course of seven days, you'll be guided through several sessions to help you find self-acceptance and awaken your inner strength.

[FAST confidence](#)

- In this Daily Jay session, led by Jay Shetty, he shares a formula to help you reframe rejection.

Check out the Calm app for more options that suit your daily needs. Haven't activated your free Calm Premium subscription yet? The Calm App is free for all Full time employees.

<https://www.calm.com/b2b/lcic/subscribe>

Or use the QR code to sign up.



Join one of the [Calm App Webinars](#) to learn how to get the most out of your Calm experience and bolster your overall well-being.

Employee Assistance Program

EAP stands for employee assistance program. It is an employee benefits program provided by a company to help employees resolve issues that could impact their life. The idea is to address personal issues before they interfere with work performance. The employee assistance program is one of the top benefits employers offer in North America—for a good reason. EAPs traditionally have assisted workers with issues like alcohol or substance misuse; however, most now cover a broad range of issues such as child or elder care, relationship challenges, financial or legal problems, wellness matters and traumatic events like workplace violence. Programs are delivered at no cost to employees by stand-alone EAP vendors or providers who are part of comprehensive health insurance plans. Services are often delivered via phone, video-based counseling, online chatting, e-mail interactions or face-to-face.

Examples of situations EAPs support include:

- **Family situations**, such as divorce, adoption assistance, or childcare.
- **Social or professional relationships**, like conflict resolution, networking, family issues, and relationship building.
- **Recovery from substance abuse and traumatic events**, like accidents or the loss of a loved one.
- **Mental wellness support** to help employees cope with stress or mental health issues.
- **Professional development**. EAPs often provide education programs for building a variety of skills.
- **Career transitions**, be it a lateral switch or a promotion. Employees get the support they need to smoothly settle into the responsibilities of the new role.

EAP websites and Phone numbers Listed by Employer

East Lycoming School District/Lyco CTC– EAPEssential, 1-800-460-4374, guidanceresources.com

Jersey Shore School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Loyalsock Township School District-EAPEssential, 1-800-460-4374, guidanceresources.com

Montgomery School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Montoursville School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Muncy School District-EAPEssential, 1-800-460-4374, guidanceresources.com

Pennsylvania College of Technology-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

South Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com