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CONNECTION


Social connection is the feeling that you belong to a group and feel close to other people. It is essential in our lives and according to scientific evidence : it is a core psychological need to feel satisfied with your life.”

So in this upcoming season of holidays, take note of the connections you are making at work, at home and with extended family. Go out of your way to smile and to be kind. You may help someone connect on a deeper level by offering kindness.

In what ways can you provide more connections to the people around you?

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

--Brene Brown

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- Connections
 - Embrace Your Path News and Events
 - Calm App
 - Health Advocate

CONNECT



I am sure everyone's social calendars are filling up at this time. It is a whirlwind 6 weeks from Thanksgiving until after New Years. Think about the positives and the blessings that are in your life at this time. Take the time and listen to the people you are surrounded by. Call a friend you haven't spoken to in a while. Create a family game night for people in town. The last several years have been hard socially and I know we are craving those interactions we used to have. And when New Years is over and we are back at it, remember these interactions and try to continue doing some of these social activities after the holidays are long gone!

SOCIAL ACTIVITIES TO EXPLORE

- Cook together
- Host a game night for friends or family
- Decorate your home in a theme
- Host a progressive potluck with neighbors or friends
- Have a scavenger hunt
- Bundle up and take a walk
- Get a group and volunteer somewhere
- Have a gingerbread house making contest
- Make a craft
- Go Bowling

What are others you can think of or already do?

Upcoming Events

Embrace Your Path

Health Screening/Flu shots

**Saturday, December 2nd,
8-9:30am**

BLaST IU 17, 2400 reach Rd,
Williamsport

Click here to Register
<https://upmchealthypartners.a.s.me/LCIC>



**Courses
coming Up:
January 26th Cooking
with Carnie**

**February 6th Women's
health with Sandra
Lentz**

**February 20th Cooking
with Carnie**

**February 26th Self care
is taking your power
back with Life coach
Morgan Williams**

Embrace Your Path News

Can you believe it is almost December! These past 4 months have gone so fast. Incentive payments will start in December. You do not need to let me know when you have finished, as I receive monthly reports from health advocate and pay according to their records.

So if you haven't started yet, it's perfectly okay, you can still get started as there is plenty of time. You have until July 31st, 2024 to complete your points.

We will have a couple Saturday health screenings throughout the year, starting this month on December 2nd. The next one will be February 10th and the last one will be on April 13th.

3500pts is the most you can achieve in the health advocate platform, so instead of it just stopping at 900 for the top level, for those of you who do work hard and keep going, your points will continue to accumulate even after you achieve a level!



Fostering Connection with Calm

Most of us are looking at screens throughout the day and using social media more than ever. Despite having the ability to connect with people virtually, it can be common to experience loneliness which can negatively impact our mental health. Humans are social creatures and we need to be able to develop deep, quality relationships with others so we can build a strong social network that we can experience life with.

Calm, our mental health partner, has curated the following resources to help you overcome loneliness and develop deeper relations with those around you:

Aloneness

This session is part of Tamara Levitt's Emotions Series and you'll be guided through a discussion of what's the difference between aloneness and loneliness.

Real Connection

In this 10-minute session, you'll do a breathwork exercise and learn about the importance of fostering connections with those around you.

Social Media and Screen Addiction Masterclass

In this 3-part series led by Dr. Adam Alter, you'll explore why screens and social media are incredibly addictive, how they impact your relationships, and what you can do about it.

Check out the Calm app for more options that suit your daily needs.

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.





The winter months can bring many about challenges to our health and well-being. From cooler weather and less sunlight to year-end stress from holidays and work deadlines, it can take a toll on our health. Add cold and flu season to the mix and it becomes even more important to make sure that your health is a priority!

Here are 10 suggestions to stay well this winter:

- 1. Don't overindulge in food.** Stick to normal eating times, don't skip meals, and fill up following this simple equation: make half your plate fruits and vegetables, one quarter protein, and one-quarter grains.
- 2. Take time to focus on your mental health.** Practicing mindfulness, letting go of perfection, and knowing when to say "no" are great methods you can implement to protect your mental health.
- 3. Get proper shut-eye.** Have a before-bed wind-down routine (avoid alcohol, caffeine and vigorous exercise for several hours prior) and make your bedroom quiet, dark, and on the cool side. Always go to bed and rise at the same time.
- 4. Avoid centering winter gatherings on food.** Quality conversations and experiences with loved ones like playing board games, reviewing photo albums and taking walks together can be rewarding.
- 5. Incorporate movement into your daily routine.** Some examples: Walk several laps around the grocery store before shopping, use hand weights to strengthen muscles (full milk jugs work great!) or do jumping jacks during TV commercials or pause between the shows you're streaming for exercise break.
- 6. Don't forget the water.** It's equally important to stay properly hydrated in the wintertime, too—believe it or not, you should be taking in about the same amount of water in the winter that you do in the summer.
- 7. Take real time off from work.** Even a half day spent doing something restorative can help you reset. Step away to refresh yourself and prevent burnout. Avoid taking breaks and eating lunch at your desk or while you're working.
- 8. Let go of perfection.** Give up aiming for the knock-out gift or storybook tree trimming experience. If you're smiling and extending warmth, everyone will enjoy themselves!
- 9. Tap into whatever makes you feel good.** And focus fully on it, whether it's a window garden, music, art, books, yoga, crafting, or your dog's, cat's or kid's antics.
- 10. Wash your hands often.** It's important to wash your hands to prevent the spread of germs.



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