



January

Member Newsletter



Mindset swaps for better well-being

Starting the new year with fresh resolutions to improve your well-being can feel invigorating! But if you get derailed, it's easy to be sidelined with self-doubt. Try these suggestions to alter your mindset, helping you stay on track to attain more positive well-being.



Stop viewing challenges as roadblocks—instead, see them as opportunities to grow. Rather than operating from a “fixed” or rigid mindset believing you’re simply not able to change things, adopt a “growth” mindset. Identify what didn’t work and see slip-ups as learning experiences to do better next time.



Adjust your inner self-talk from “I can’t” or “I won’t” to “I can” and “I will.” Choosing positive self-talk helps stoke self-confidence and your chances of achieving what you set out to do. Instead of saying “I can’t make good presentations,” tell yourself, “I will prepare better and make more effective presentations.”



Switch from settling for “what is” and focus on “what could be.” Explore your choices and work-arounds for any obstacles. If the gym is too pricey to keep to regular workouts, join a local walking/hiking group to build stamina.



Change from dwelling on your mistakes to focusing on your successes. Recall what went right when you faced small or large challenges in the past.



View your body’s stress signals as motivation. For instance, think of your racing mind and pounding heart when facing a job change as a challenge to take steps to ensure success.



Open up to critical feedback as a call to action vs. getting defensive. For example, if friends remark about your competitiveness during interactions learn basic listening skills for more rewarding relationships.



Remember, you **can** change your thinking to move toward better well-being! If you are feeling stuck and stagnant, talk to a qualified counselor for support and coping tips.



Be a hero—Donate blood!

The pandemic and winter's circulation of colds and flu have created a critical shortage in the nation's blood supply. Fewer people are donating and fewer blood drives exist. Yet donating blood remains lifesaving for so many who need transfusions (which may include you at some point), and it's especially important now to consider donating and be a hero! If you're hesitating to donate for one reason or another, here are a few things to keep in mind:

- **It only takes an hour.** That includes registration, a health check (checking your temperature, blood pressure, hemoglobin, and pulse, and reviewing your travel history) and the blood donation itself.
- **It feels like a momentary pinch.** Try pinching the flesh on the underside of your arm—that's how it feels when the needle is inserted.
- **Donation centers make safety a top priority.** Blood is only collected from individuals who are healthy and feeling well at the time of donation—and employees follow thorough safety protocols to help prevent the spread of any type of infection. Donors and employees wear masks.
- **Any blood type is needed.** If you don't know yours, you will find out after you give a donation. Type O positive blood, the most common type, is given to patients more than any other blood type, and is one of the first to run out during a shortage due to its high demand.
- **Taking medications doesn't automatically disqualify you from donating.** However, you may have to wait some length of time to donate blood after taking the last dose.
- **You're never too old to donate blood.** Donors need to be at least 17 years old, weigh at least 110 pounds and be in good health. Additional eligibility criteria may apply.



Have more questions about donating if you have high blood pressure or other medical conditions, bringing guests/kids to the donation center, or other concerns?

Visit: <https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements/eligibility-criteria-alphabetical.html>

<https://www.redcrossblood.org/faq.html>

Setting the stage for a healthy new year

As we get ready to kick off the new year, now is a great time to review your health and benefits to ensure you are on the right track for a strong and healthy year ahead. Consider adding these simple yet important items to your to-do list this month.



- **Be proactive.** Take steps to stay healthy and possibly prevent health issues later on, including eating right, exercising, visiting the doctor regularly, and practicing healthy habits.
- **Understand your healthcare coverage.** You may have just selected new benefits for next year during open enrollment. Now is the time to make sure you understand your new plan. What costs are you responsible for? Are your providers still in-network?
- **Choose a primary care provider (PCP).** Having an established relationship with a doctor is important to maintaining good health. A primary care provider can care for the majority of non-emergency needs, understands your health history, and can help manage and treat injuries, illnesses or issues requiring immediate care.
- **Schedule preventive screenings.** Most health plans are required to cover preventive screenings and immunizations at no cost to you, making the start of a new year the optimal time to take advantage of this opportunity. These screenings can confirm that you are in good health and address any potential issues early.
- **Review your emergency contact information.** In the event of a health emergency, it's critical that first responders know how to contact your friends or family members. It may be helpful to update or add an "In Case of Emergency" or ICE contact in your cell phone to help quickly identify the person you'd like them to contact.

Taking these important steps can go a long way toward a safe and healthy new year!

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

Strategies for Time Management

Visit HealthAdvocate.com/members to log onto your member website and access the EAP+Work/Life homepage. [Click on Webinar.](#)

National Blood Donor Month

Every two seconds someone in the U.S. needs blood. During this month, the Red Cross and other organizations are highlighting the urgency for donations to fill up the nation's severely low blood supply. Donations are essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. To find out guidelines and to make an appointment to donate, visit <https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html>