Dakota Wellness Program
June 2018

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Socializing for well-being

What is the common denominator to many of our fondest memories? The presence of others. We are social by nature, but if we do not put focus on our social well-being, it can start to hinder other areas of our health. To thrive in this dimension, seek positive interactions and quality time with others.

Research has shown that we need six hours of socialization each day. Investing in quality time with others can minimize stress and has been shown to reduce memory loss. Don’t worry about adding socialization to your to do list. Social time can be done with family, friends and co-workers and in a variety of ways—in person, on the phone, via text or email. Aim for this time to be positive most of the time and focus on the individual or group fully, without distractions.

Having three or four close friendships, including a spouse, can lead to improved health. You may feel surrounded by friends and family because of social media or a busy office, but ask yourself how many quality relationships you truly have. Make a list of your closest relationships. How do they contribute to your health and well-being? To improve your relationships at home and at work, strive to find a best friend at work and seek deeper relationships that encourage you to have positive development and growth.


Book Club

How Full is Your Bucket?

by Tom Rath and Donald O. Clifton, PhD

How do you feel after your last interaction with another person? Happy? Sad? Drained? Frustrated? Angry? All of the interactions you have throughout your day influence your social well-being and your emotions. Even small, less meaningful exchanges can start to chip away at your emotional energy and erode your relationships.

How Full is Your Bucket? reveals how even brief interactions affect your relationships, productivity, health and longevity. It is based on the premise that everyone has an invisible bucket that can either be filled with positive interactions and emotions or emptied throughout our day with negative interactions and emotions. Grounded in 50 years of research, this book will help you understand the impact of your daily interactions as well as provide five strategies to fill your bucket each day through friendships, focusing on others’ positive attributions and individualizing your positive interactions with those around you.

Discussion questions

1. What is the greatest recognition you have ever received?

2. How do negative interactions, or those that take from your bucket, affect other areas of your well-being?

3. Which of the five strategies can you put into place today? How do you plan to implement it?

15% Your odds of happiness increase by 15 percent if a direct connection in your social network is happy.

A friend with high levels of physical activity almost triples your chances of having a high activity level.

3x A friend with a very healthy diet increases the likelihood that you will have a healthy diet by almost five times.

5x A friend with a very healthy diet increases the likelihood that you will have a healthy diet by almost five times.
Give it a try...

Vacation savings fund

Everyone deserves time away from work to recharge. Maybe it is a road trip this summer or a tropical getaway next winter. Preparing finances now can ease the burden of your dream vacation later.

Research
- Review your budget, make a line item for vacation savings each month
- Map out travel costs for hotels and transportation using online booking websites or a travel agent
- Factor in food costs for each day, activities and souvenirs

Save
- Create a dedicated savings account for your vacation fund
- Set-up an automatic transfer to your savings account every time you get paid
- Allocate all gifts of money and bonuses to your vacation fund

Family health history

One of the most important tests you can take is to ask your family about their health history. Learning your health risks can help you improve, prevent or delay chronic disease and some cancers. Knowing early on what conditions you are at risk for can help your provider and health care team deliver better, more individualized care.

The most important family members to include in your family health history are your biological parents, siblings, half-siblings, aunts, uncles, cousins and grandparents. When talking to your family, ask for as much health information as possible and if someone is deceased, find the person who would know their medical history best. Chronic health conditions in the family, such as heart disease, diabetes and cancer are important as these have genetic links.

Here is a sample of the health information to gather from your family. Write the information in a safe place and remember to bring it to your next doctor appointment and update your physician when new conditions arise.

<table>
<thead>
<tr>
<th>Relative’s Name</th>
<th>Relationship to You</th>
<th>Health Condition</th>
<th>Age at Diagnosis</th>
<th>Living?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Judy</td>
<td>Mother</td>
<td>Heart attack, stent replacement</td>
<td>58</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Fitness favorites

Consistency is one of the most important factors of exercise. Consistency is much easier when you enjoy the exercise you are doing. What types of physical activity do you enjoy or want to try? Make a list of your favorites and get moving. Here are a few ideas to try:

High intensity interval training (HIIT)
HIIT training is a combination of short bursts of high intensity exercise paired with short rest periods. This is great for those who have little time to dedicate to physical activity.

Group fitness
For those who enjoy variety and socializing, an exercise class is a great choice. Those who engage in-group fitness are motivated by their peers to be consistent.

Event training
Some people thrive pushing their body to its limits. Choosing to do an event can create consistency through a regular training schedule.

Lifestyle activity
Often times we put too much pressure on ourselves to go to the gym for exercise. Any type of movement during the day will positively influence your health, even if it is just a few minutes.
Activate!
GIVE BACK TO IMPROVE YOUR SOCIAL WELL-BEING
Volunteering has many benefits to your sense of purpose and community well-being. Giving back is also a great way to meet new people and develop deeper relationships with others, thus enhancing your social well-being.

- Celebrate birthdays, holidays or other milestones by scheduling a volunteering activity with friends and family.
- Schedule a worksite volunteering event. This could be an activity to complete in the workplace or at a local non-profit.
- Find a regularly recurring volunteering opportunity with the same organization to develop deeper relationships with those you volunteer with and serve.

GET STARTED TODAY
Dial 211 from any state to connect with local volunteering opportunities or go online to 211.org and enter your zip code.

Mediterranean white bean dip
Serves: 10
Total Time: 15 min | Prep: 15 min | Cook: 0 min

Ingredients:
- 1 can cannellini beans, rinsed and drained
- 2 teaspoons garlic powder
- 1 teaspoon of pepper
- 1 tablespoon of oregano
- 1 tablespoon of water
- Juice of 1 medium lemon, about 2-3 tablespoons of juice
- 6 ounces feta cheese
- ½ cup thawed chopped frozen spinach or chopped fresh spinach
- ½ cup grape tomatoes, chopped

Directions:
Drain and rinse cannellini beans. Place in food processor or blender along with spices and lemon juice. Puree until smooth. Thaw and remove excess water from frozen spinach or chop fresh spinach and add to serving bowl. Slice grape tomatoes into quarters and add to spinach. Add feta cheese to spinach and tomatoes, toss ingredients. Add pureed beans to serving bowl and mix well with spinach, tomatoes and cheese. Serve with your favorite raw vegetables like carrots, peppers or celery or whole grain crackers.

Nutrition Facts:
- Calories: 113
- Total Fat: 4g
- Sodium: 195mg
- Total Carbohydrates: 14g
- Dietary Fiber: 5g
- Total Protein: 7g

Nutrition information compiled using nutritiondata.com