Dakota Wellness Program

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Life demands two types of skills: “hard” skills, like changing a tire or writing a report, and “soft” skills, like working well with team members or handling conflict. These soft skills are also referred to as emotional intelligence, or emotional quotient (EQ). EQ is the ability to recognize emotions in yourself and others as they occur and respond appropriately. EQ is an influential contributor to personal and professional success, with 90 percent of top performers ranking high in the trait. In fact, every one-point increase in EQ correlates with an additional $1,300 increase in salary.

How do you maximize your EQ? First, pick up a copy of this month’s book club selection, Emotional Intelligence 2.0. Inside you’ll find a powerful assessment tool, great tips, and a step-by-step guide to increase your ability to recognize core emotions like anger, sadness and happiness. With this guide, you can begin the most important part of your journey to improved EQ—practice. Your own body is a great place to start this process.

Our bodies are a warehouse for emotions. Although emotions can manifest in many ways, quick changes in warmth, coolness, tightness or relaxation may indicate a feeling is occurring. For example, you may notice your face gets warmer (even hot) when you start to get angry. These subtle body sensations can offer clues to how we might be feeling before we can think, “I’m angry.”

Along with internal EQ practice, try out your new emotion skills with others. An excellent way to begin practicing is to take your skills out people watching. Spending time in a busy place (coffee shop, supermarket, restaurant) offers ample opportunity to test your emotion recognizing skills. When you’re ready, bring your new found ability into closer relationships.


Book Club
Emotional Intelligence 2.0
by Travis Bradberry and Jean Greaves

In today’s competitive workplaces, many are looking to find the one thing that can help them get ahead. A proven tool for those who are highly successful is emotional intelligence, or emotional quotient (EQ). Simply put, this skill is your capacity to recognize and manage your emotions, and recognize and manage the emotions of others. Some consider this tool the key to both personal and professional success.

This easy to read, skill-based book will guide you to raise your EQ and improve your understanding of emotions. Equipped with the world’s most popular emotional intelligence test and 66 proven strategies to increase EQ, you are sure to raise the bar on your emotional intelligence.

Discussion questions:
1. Have you ever felt an “emotional hijacking” taking place? What did it feel like?
2. What are some of your most common physical “fingerprints” of emotions?
3. What are some ways you currently manage powerful emotions? How do you manage those same emotions when others display them?
4. Describe a time you coped well with being angry. Describe a time you responded well when someone else was angry.
5. Describe a not-so-great example of how to deal with emotions you’ve seen recently in the media. What lessons can you learn from that example?
Give it a try...

Reduce added sugar

Sugar is hidden in just about everything from barbecue and spaghetti sauces, to ketchup, yogurt, peanut butter and salad dressing.

- Each teaspoon of sugar is equal to 4 grams. Use this to track your intake along with the nutrition facts label.
- The American Heart Association (AHA) recommends no more than 6 teaspoons of added sugars for women and 9 teaspoons of added sugars for men each day.
- The AHA also recommends total sugar intake (natural and added) should be no more than 48 grams per day for women and 72 grams for men.
- If a nutrition label lists sugar or any other name that ends in ‘ose’ (maltose, dextrose, sucrose) toward the top of the ingredient list, that’s a sure sign the product is high in added sugar.

Nurture a relaxing home

Our home is a sacred space where we go to rest and rejuvenate, but the rooms in our home can easily turn into catchall zones that are visually or functionally burdensome. Make sure your home is a place that helps you rest, recharge and propels you towards your best self.

Entryway: The entryway greets us when we arrive home. Is it a pleasant and welcoming space? Have a place in your home for items like mail, shoes, outdoor accessories and papers you may bring in the door.

Kitchen: Does your kitchen inspire you and make it convenient to make healthy choices? Place healthy food at eye level in the fridge and pantry. Store cooking essentials in a cabinet and donate cooking tools you don’t use.

Bedroom: Reserve your bedroom for sleep. Are clothes laying all over the floor? Are there non-sleeping essentials like toys, books or computers in the room? Keep items unrelated to rest and relaxation out of this room so that you can wake up and fall asleep to a pleasant and nurturing space.

Recreation room: Is this room filled with household chores or projects that are undone? Is exercise equipment stored in prime living space? Invest in hideaway storage for all projects and items you may use frequently in this room. Complete your chores in a timely manner to keep things clutter free.

Strengthen your social well-being

There is a reason why isolation is used as a form of punishment. Human beings thrive on social interactions with others. Studies show that individuals who have positive and meaningful relationships have a lower risk of heart disease, and tend to live longer than those not spending time with loved ones. Depression is also higher amongst individuals who are not socializing regularly.

Why do social interactions have such a large effect on our health? One reason is that we are heavily influenced by the behavior of those around us. If we are surrounded by people who tend to make healthy lifestyle choices, we are likely to follow suit. The opposite is also true; an unhealthy social circle leads to poorer choices. Other explanations of why people with strong social ties are healthier may have to do with the physiological effects of feeling loved, resulting in lower stress.

Just like other parts of your health, a high level of social well-being takes practice.

Strengthen your social well-being by:

- Spending intentional time each day with a friend or family member socializing
- Have a best friend at work
- Work on having more positive interactions during your work day than negative ones
Activate

Change your mood, change your habits

Part of high emotional intelligence is understanding personal reactions and emotions that you feel throughout the day. A simple tracker can be a way for you to discover how you respond and react to different situations. In time, you will discover patterns in how you think and feel. With this emotional knowledge you can break the cycle of your negative responses and feelings and develop new perspectives.

Monthly Observances

- Children’s Health
- Domestic Violence
- Health Literacy
- Healthy Babies
- Healthy Lung
- Breast Cancer
- Dental Hygiene
- Depression and Mental Health
- Work and Family
- 1-7—Mental Health Illness
- 10—World Mental Health Day
- 15-21—Health Education
- 10—World Osteoporosis Day
- 27—Make a Difference Day
- 29—World Stroke Day

Find a complete list of observances at healthfinder.gov/NHO

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Information contained in this newsletter does not substitute as medical advice.

### Pumpkin enchiladas

Serves: 8  Serving Size: 1 enchilada
Total Time: 40 min  Prep: 10 min  Cook: 30 min

**Ingredients:**
- 1 cup onion, finely chopped
- 1 cup grape tomatoes, diced
- 1 (14.5 ounce) can pumpkin
- 2 tablespoons chili powder
- 1 cup 2% milk cheddar cheese
- 8 flour tortillas (8-inch)
- 1 10 ounce can enchilada sauce

**Directions:**
Pre-heat oven to 375 degrees. Spray or rub a large 9 x 13 pan with oil to prevent sticking. To prepare enchilada filling start by chopping onion and tomato. Open the can of pumpkin into a medium sized bowl. Add onion, tomato, chili powder and cheese. Mix filling well. Distribute filling evenly amongst 8 tortillas. Pour 1/4 cup of sauce over the bottom of the pan. Place each enchilada in the pan and pour the remaining sauce over all enchiladas so that they are completely covered. Bake for 30 minutes or until sauce begins to bubble.

**Nutrition Facts:**
- Calories: 217
- Total fat: 5g
- Sodium: 561mg
- Total carbohydrates: 36g
- Dietary fiber: 3g
- Total protein: 9g

Nutrition information compiled using Nutritiondata.com