We all encounter challenges. Whether expected or unexpected, we must choose what to do once those challenges arise. Taking time to intentionally develop resilience can help us meet challenges with clarity. Becoming more resilient doesn’t have to be a big project. Simply identifying cherished personal values helps create resilience.

Use the questions below to begin identifying values. For each question, identify details (people, places, experiences or meaning) that make each time distinctive.

1. During what times of life have I been happiest?
2. During what times of life have I been proudest?
3. During what times of life have I been most fulfilled and satisfied?

Now that you’ve identified these important parts of life, look for personal values. Many personal values exist—far more than can be listed here! A simple internet search for “core values” will return a great list to use during this process. When you have a list is available, ask:

4. Based on the top experiences identified in questions 1-3, what values do these experiences demonstrate?

For example, if each of my experiences involves service to others, I might consider philanthropy or empathy as values. The process of identifying values is both an art and a science, so consider all values that appeal to you. With list in hand, ask one last question:

5. If I could only choose five, which would I choose?

Clearly identified values create resilience by providing clarity during challenging times. With values in hand, you can make decisions based on the ideals you cherish most.

### Values

<table>
<thead>
<tr>
<th>Adventure</th>
<th>Dependability</th>
<th>Innovation</th>
<th>Passion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athleticism</td>
<td>Education</td>
<td>Love</td>
<td>Peace</td>
</tr>
<tr>
<td>Authenticity</td>
<td>Efficiency</td>
<td>Loyalty</td>
<td>Positivity</td>
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<tr>
<td>Consistency</td>
<td>Fun</td>
<td>Motivation</td>
<td>Respect</td>
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<tr>
<td>Courage</td>
<td>Honesty</td>
<td>Open-mindedness</td>
<td>Service</td>
</tr>
<tr>
<td>Creativity</td>
<td>Humor</td>
<td>Optimism</td>
<td>Wisdom</td>
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</tbody>
</table>
A MAMMOGRAM COULD SAVE YOUR LIFE

APRIL IS CANCER CONTROL MONTH

This observance highlights the advancements in fighting cancer, including early prevention and screening. A woman’s lifetime risk for breast cancer is 1 in 8. Annual mammograms after the age of 40 can help detect cancer early. Mammograms can show changes in the breast tissues up to two years before a patient or a physician could feel them during a manual exam! You can also decrease your risk for developing breast cancer by:

- Maintaining a healthy weight
- Avoiding excessive alcohol use
- Exercising regularly

For information on your mammogram preventive health benefits, contact Customer Service at (800) 499-3416. Contact your primary care physician to discuss your screening options and schedule a mammogram today.

Taking care of caregivers

Caregiving can be very rewarding, whether it is for aging parents, children, or a sick friend or family member. However, the demands can sometimes lead to stress or feelings of powerlessness, causing burnout or chronic diseases. This can not only put one's own life at risk, but also those receiving care. Caregivers are less likely than non-caregivers to practice preventive health care and self-care, adding to the concern.

One area of self-care often overlooked by caregivers is social well-being. Connecting with others not only reduces stress, but can provide support on multiple levels. If a caregiver begins to feel isolated, support groups are a great way to reconnect with others and one’s goals.

Caregivers should make time as needed to take care of themselves and assess their own daily habits such as nutrition, exercise, stress reduction and sleep. This will generate more energy and stamina to continue caregiving and can also inspire others.

Strengthen your arches for a solid foundation

When we think of posture, we usually think of the spine, but alignment is truly rooted in our feet. The arch of the foot typically develops in early childhood. Sometimes, when arch strength is lost, pain may occur in the arch, heal or lower leg. To compensate for the discomfort or weakness, many people modify the way they move or even avoid activity.

Arch strength, stability and posture can be built with a little TLC. To check your arches, wet your foot and step on dry concrete or paper. Notice if the arch made contact. If contact is made in the arch area, try the following techniques to build the arch.

To increase arch strength, try spreading your toes. If you are unable or if it is painful, use your hands to spread the toes apart for a stretch. Then, push big toe down from the other toes, and finally push big toe up from the other toes. Once range of motion is increased, try these stretches without your hand. Calf raises and calf stretching can also be helpful. Repeat these exercises several times a day until you notice a change in strength and ability to move.

Thai chicken in peanut sauce

Serves: 8 | Total time: 25 min | Prep: 10 min | Cook: 15 min

**Ingredients:**
- 2 tbsp sesame oil
- 2 lbs chicken, cubed
- 1 small onion, chopped
- 2 tbsp minced garlic
- ½ cup coconut flakes for topping
- 4 tbsp natural peanut butter
- 1 tsp ground ginger
- 2 tbsp low-sodium soy sauce
- Salt and pepper (to taste)

**Directions:** In a large saucepan over medium-high, heat sesame oil for 2 minutes. Sauté chicken, onion and garlic until chicken is completely cooked through, approximately 10-12 minutes. Add remaining ingredients except coconut and cook over low heat until peanut butter is melted and mixed in approximately 2 minutes. Add salt and pepper to taste. Remove from heat. Sprinkle with coconut flakes and serve with brown rice or vegetables.

**Nutrition Facts:**
- Calories: 238
- Total Fat: 10 g
- Sodium: 259 mg
- Total Carbohydrates: 7 g
- Dietary Fiber: 1 g
- Total Protein: 29 g

*Nutrition information computed using nutritiondata.com*