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Rise above

Life’s challenges come in different forms—breaking habits, achieving goals, meeting deadlines, handling hassles, or overcoming crises. The ability to face a challenge, move forward, and maybe even rise above is known as resilience. It can be developed at any point in your life through balance in the following areas:

**SELF-CARE:** Fuel your body with nutrients, not empty calories that deplete. Energize with movement throughout the day. Restore with stress reduction techniques and 7-9 hours of sleep each night.

**REGULATE EMOTIONS:** Identify emotion or thought patterns, like anger, fear, or pessimism that consume your energy. Acknowledge if these emotions and thoughts are warranted or habitual.

**SENSE OF CONTROL:** Most people want to be happier, healthier and more efficient, but sometimes these outcomes might seem out of our control. A sense of control is gained by setting SMART (specific, measurable, achievable, relevant, timely) goals that align with your vision or desired outcomes.

**HEALTHY RELATIONSHIPS:** Feeling like you can count on others for help or support lowers stress hormones. Practicing empathy can help find common ground when interactions are tense.

**PURPOSE:** Looking at the bigger picture and assessing how to learn and grow in a situation can energize experiences and new opportunities.

Resilience is not about enduring; it is how one recovers and grows throughout life’s experiences. Taking care of ourselves physically, practicing self-control and connecting with others or a purpose, all play an equal role in our ability to rise above. **What would it take to close the gap from where you are today to where you want to be?**

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Book Club

**meQuilibrium: 14 Days to Cooler, Calmer, and Happier**

by Jan Bruce, Andrew Shatte, PhD and Adam Perlman, MD/MPH

You can learn to manage stress in your life. The team who crafted this book has the research to prove it—with more than a half dozen studies showing the program’s efficacy.

Looking at the whole person and using an approach of integrative medicine with the science of resilience and positive psychology, the authors created a stress less method that works. The 14-day reboot features everything from calming your emotions, turning to positivity along with nutrition and exercise habits to decrease stress. In just 14 days, the authors teach you a new way to respond to stress and, in turn, a new way to live.

**Discussion questions**

1. **What topics in the book have been most beneficial to you?**
2. **What areas of your well-being were going well prior to reading the book?**
3. **How has this book enhanced your current wellness strategies?**
4. **What changes to your habits have you made after reading this book?**
5. **How has your mindset towards stress or a challenge changed?**
Give it a try...

Summer experiences

If you have the desire to break out of routine and try new experiences, summer is the perfect season to do so. Experiences not only increase well-being and happiness, but also provide a triple return on a financial investment.

- Start small and local. If there is a hiking trail or new community activity that you’ve been meaning to try but have never gotten around to, pinpoint your next available evening or weekend and add it to your calendar to make it a commitment.

- If you have a long-distance friend that you haven’t seen in a while, pick an interesting location in the middle, meet each other there and have fun exploring together.

- Be spontaneous within your workweek. Remember that adventure means trying something out of the ordinary and that might mean occasionally saying no to the never-ending chore list in order to try something new.

Foods to choose, foods to lose

Eating a healthy diet does not have to mean skipping meals or giving up foods you love. Choosing the healthiest version of your mealtime and snack favorites can improve your intake of vitamins, minerals and other nutrients associated with positive health outcomes. Start by making simple swaps with healthier versions of foods in your meals.

<table>
<thead>
<tr>
<th>CHOOSE: Whole grains</th>
<th>LOSE: Refined grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat pasta, bread, cereal, brown rice, quinoa, oats, whole corn tortillas</td>
<td></td>
</tr>
<tr>
<td>White pasta, rice, bread and other non-whole grain foods have lost fiber and nutrients during processing. The magnesium lost during processing plays a role in building healthy bones. A low intake of fiber may lead to digestive issues.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CHOOSE: Lean protein</th>
<th>LOSE: Processed meats and poultry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Round or loin cuts of beef and pork, 90% lean ground meat, chicken, turkey, fish, beans, eggs, tofu</td>
<td></td>
</tr>
<tr>
<td>Bacon, salami, hot dogs and breaded or fried poultry contain high amounts of sodium, saturated fats and contain substances which are linked to cardiovascular disease, high blood pressure, type II diabetes and some cancers.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>CHOOSE: Plant and marine fats</th>
<th>LOSE: Animal fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados, nuts, olive or canola oils, fatty fish</td>
<td></td>
</tr>
<tr>
<td>Butter, shortening, fatty cuts of meat and poultry skin contain high amounts of saturated fats, known to raise bad cholesterol levels.</td>
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Time management

No matter what, we are always only going to have 24 hours in each day. We all have the same amount of time to complete tasks, so our efficiency in managing the hours we have each day is what matters most. Generally, there are enough hours in the day to squeeze everything in, but it may take some rearranging and reimagining to figure out what works best for you.

Here are a few ideas to help you get started:

- Learn to say no
- Prioritize tasks from most important to least important
- Set goals and deadlines for tasks

Keeping a positive attitude can help contribute to more effective time management skills and less procrastination at work. Lastly, if you are feeling overwhelmed, take note of your hours in the day to really gage where you might be spending your time and energy.
Activate!
APP: GOAL PLUS

From developing resiliency to managing your time, you need a tool to help you accomplish these big tasks. Goal Plus is a great app for planning and scheduling your goals, tracking action steps and promoting accountability. You can start your journey to improve well-being with a vision board and stay accountable using recordings, journaling, a daily task list and reminders.

Other features include:
• Advanced goal tracking to identify your strengths and weaknesses with your goals
• Performance meter to find out at a glance how well you are doing with your goals
• Goal setting blue prints to guide you to healthy habits if you are not sure where to start

Download the Goal Plus app in the IOS or Android stores.

Tabouli
Serves: 4  Total Time: 45 min | Prep: 30 min

Ingredients:
½ cup whole grain quinoa, farro or bulgur cooked according to package directions or 1 cup cooked
2 bunches of parsley, chopped
1/4 red onion, chopped
1 large tomato, chopped
1 tablespoon of garlic powder
Juice of 2 lemons, about 3-6 tablespoons of juice
2 tablespoons of olive oil
Salt and pepper to taste

Directions:
Cook whole grain according to package directions and rinse with cold water. Leftover cooked whole grains also work well. Chop parsley, onion and tomato, toss in a bowl together. Add whole grain, garlic, lemon, olive oil and salt and pepper. Let salad stand on counter or in refrigerator for 15 minutes or longer to develop deeper flavors.

Nutrition Facts:
Calories: 162  Total Fat: 8g  Sodium: 41mg  Total Carbohydrates: 20g
Dietary Fiber: 4g  Total Protein: 5g

Nutrition information compiled using nutritiondata.com

Monthly Observances
Fireworks safety
Juvenile arthritis
Park and recreation
UV safety
16-22 Youth sports

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

QUICK LINKS
sanfordhealthplan.com/ND-PERS/dakotawellnessprogram

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mySanfordHealthPlan ONLINE ACCOUNT
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