



The
Solutions
Group

**Making Great Companies
Better Places to Work**

Work & Well-being

February 2019



[American Heart Month](#)

[National Wear Red Day](#)
Friday, Feb. 1

[World Cancer Day](#)
Monday, Feb. 4

[Congenital Heart Defects
Week](#), Feb. 7-14

[Random Acts of Kindness
Day](#), Feb. 17

[National Eating Disorders
Week](#), Feb. 25 – Mar. 3

Celebrate American Heart Month *with Movement*

Looking for some easy ways to take better charge of your health this year? Here's one: get up and move. Not only does physical activity help improve your overall health, it protects your heart, too, according to the National Heart, Lung, and Blood Institute (NHLBI).

Heart disease is the leading cause of death among Americans. Fortunately, adding more physical activity to your daily routine can help your heart *and* improve your overall health. **Being sedentary or inactive makes you nearly twice as likely to develop heart disease than if you're active.**

To mark American Heart Month in February, NHLBI is launching a campaign called #MoveWithHeart. Here are some get-moving tips and resources to inspire you to sit less and move more.

- Aim for at least 150 minutes each week of physical activity that gets your heart pumping and leaves you a little breathless.
- Even small amounts of exercise add up and can have lasting health benefits.
- Try different ways to get exercise: shoot some hoops, walk at lunch, ride bikes with the kids, hula hoop while you watch your favorite show or pick up a new active hobby.

Being active can:

- Strengthen your heart (even if you have heart disease)
- Improve blood flow
- Lower your blood pressure and cholesterol levels
- Help you cope with stress
- Help you control your weight
- Help you quit smoking



HEALTH FACT:

Laughing may increase overall health. Research suggests a good laugh can **increase your blood flow by 20%**. The positive effects of this can last for 24 hours.

– American Heart Association

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a monthly publication for
clients of The Solutions Group

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Wellness Success Story

Turning Bad News into Good Health

Philip Flannery's wellness journey began when he chose to view his poor health as an opportunity instead of a challenge. To read Philip's story, visit The Solutions Group Website.



Practicing Random Acts of Kindness in the Workplace

Science shows that people experience positive effects in the brain when they participate in, receive or witness acts of kindness. This creates a domino effect that improves mood and makes people more likely to “pay it forward.” A single act of kindness in a crowded area – like a workplace – has the power to improve the day for dozens of people.

The [Random Acts of Kindness Foundation](#) offers these approaches for fostering kindness in the workplace or anywhere.

- 1. Practice self-care** – Help your team understand the importance of taking care of themselves both mentally and physically.
- 2. Include others** – Evidence shows that diverse and inclusive teams are smarter, more creative and make better decisions.
- 3. Be generous** – Volunteering your time and talents contributes to delayed mortality and better overall health in older adults.
- 4. Be responsible** – Setting SMART (specific, measurable, achievable, results-oriented, and time-bound) goals shows responsibility and kindness to yourself and others.
- 5. Build positive work relationships** – The quality of social connections in the workplace has a significant impact on whether an organization and its employees will flourish or languish.
- 6. Be mindful** – Research shows that mindfulness bolsters our immune system, helps improve our concentration and reduces thinking that contributes to high stress levels.
- 7. Show gratitude** – The simple act of practicing gratitude every day rewires your brain to be more resilient, focused and positive throughout the day.
- 8. Respect your colleagues** – Respect begins with good communication. If you want to be someone who is respected, start by respecting others; do your best to learn and understand.



Know the Facts: Is it the Flu or a Cold?

With cold and flu season in full swing, it can be difficult to tell which type of virus you have based on your symptoms alone. A cold is less serious and usually involves a runny nose or congestion. The flu, on the other hand, can have very serious complications, including pneumonia, bacterial infections and hospitalization. If you're feeling sick, this checklist can help you determine whether you should visit a doctor.

COLD	SYMPTOMS	FLU
Yes	Gradual Onset	No
No	Abrupt Onset	Yes
Yes	Runny or stuffy nose	Sometimes
Yes	Sneezing	Sometimes
Productive	Cough	Dry
Yes	Sore throat	Sometimes
Mild	Muscle or body aches	Severe
No	Nausea	Sometimes
Rare	Fever	Yes
No	Chills/Sweats	Yes
Sometimes	Fatigue, weakness	Yes
Mild to Moderate	Chest discomfort, cough	Yes
Rare	Headache	Common

Source: Centers for Disease Control



Tips for Creating Healthy Eating Habits

For many of us, making small changes is the best approach when it comes to creating a new, healthy habit. Want to improve your eating habits? These guidelines can help you get started:

- **Curb snack cravings with protein.** Making the right food choices earlier in the day can set you up for success. Protein fills you up and helps you feel satisfied longer than carbs, so reach for foods like hardboiled eggs, Greek-style yogurt, peanut butter and skinless chicken.
- **Don't skip out on full-fat dairy.** Indulging in the regular versions of dairy products from time to time is OK. Just make sure you don't consume too many calories or grams of fat overall.
- **Serve yourself proper portions.** Studies show that people eat more food, even if they don't like it, when it's served in a large container. Try serving food on smaller plates to limit how much you eat.
- **Log your food in a journal.** It takes just a few minutes a day and can make a big difference. In one study, people who kept food diaries over the course of a year lost more weight than those who didn't. Try online tools, mobile apps, or plain old pencil and paper to find what works for you.
- **Eat more beans.** A satisfying, protein-rich meal doesn't have to be built on steak or pork. Dried and canned beans are one of the best values at the grocery store. To save time, cook up a double or triple batch and freeze them in 1- and 2-cup portions for fast meals later on.
- **Plan a weekly menu.** Plan and shop for meals ahead of time so you don't have to think about it when you're tired after a long day. When you cook, make a double batch.
- **Weigh yourself at least once a week:** Stepping on the scale will give you a reality check and strengthen your commitment to healthy eating.
- **Add new foods to your diet.** Seek out interesting fruits, like kumquats or clementines. Pick up a neon-colored cauliflower or other unfamiliar vegetable at the farmers market. You're more likely to stay on track when you embrace what you can have instead of dwelling on things you want to avoid.

– Source: WebMD