

APRIL  
2021



## WHY YOU SHOULD CHECK YOUR Social Security statement

If you're not close to retirement, you may not think much about your Social Security statement. But you can — and should — check it once a year. Here's why:

- There could be errors in your wages that need to be corrected.
- You can see how much you've paid into Social Security.
- You can get an estimate of your future Social Security payments.
- You can make sure your address or direct deposit information is correct.

Check your statement for free online at the official Social Security website at [ssa.gov](https://ssa.gov). Make sure you are on a website that ends in ".gov" or it's not the official website.

# No time to exercise? Move your body instead

Exercise is great for your health. But sometimes it's hard to fit it into a busy schedule. Don't worry — you can do movement instead.

If there are days when you don't have time for exercise, you can still move. Adding movement into your day is a way to improve your health without investing as much time. There's no gym or special equipment involved.

## WHY SHOULD I MOVE MORE?

Studies show that people who move their bodies every day live longer than those who don't. It's also good for the environment. If you walk or bike to your destination, you save gas and carbon emissions. If you take the stairs instead of the elevator, you save electricity.

## MOVEMENT IDEAS

Not sure how to get started with movement? You can find things that work for your life. Think about ways you can move instead of sit. Here are some ideas:



**Avoid the elevator and take the stairs if you can.** You can burn calories two to three times faster climbing stairs than walking briskly on flat ground. Can't take it the whole way? Take the stairs halfway and the elevator the rest of the way. Try to take stairs instead of escalators, too.



**Park farther away from the front door and walk a little more whenever possible.** Many studies have shown that people who live in cities walk more and weigh less than people who live in areas where they drive more.



**Whenever possible, bike or walk instead of driving.** People who commute to work by biking or walking tend to weigh less than people who always drive.



**If you live far from where you are going, consider driving part of the way and walking the rest of the way.** Even a half-mile walk is good movement.



**Choose hobbies you enjoy that are active, but don't feel like exercise.** This may include gardening, dancing or walking while listening to music or an audiobook.



**Walk in place or lift weights while watching your favorite TV show.** Stretch or walk in place while talking on the phone at home or work.



# Strong *relationships,* better *health*

OUR CONNECTIONS TO OTHERS ARE VITAL TO OUR HEALTH. RELATIONSHIPS MAKE PEOPLE HAPPIER. RELATIONSHIPS ALSO LOWER ANXIETY AND DEPRESSION. WONDERING HOW YOU CAN FORM NEW OR STRONGER CONNECTIONS WITH PEOPLE? TRY THESE TIPS:



## **Be there for others.**

Helping others when they need you strengthens your friendships and makes you happy. You can also volunteer, which boosts happiness.

## **Make time for friendships.**

Schedule time to talk to a friend on the phone if you can't get together in person. Don't let the weeks pass by without talking to people you value.

## **Don't shun technology.**

A cell phone or a video call is a great way to connect when in-person meetings can't happen. Online support groups can help you find people who understand your challenges.

# Dealing with family arguments

It's normal to have arguments with your children and spouse. Children learn to voice their opinions through their family first. And all close relationships have disagreements sometimes.

**BUT ARGUMENTS DON'T HAVE TO BE HURTFUL.**



## HANDLE DISAGREEMENTS IN A POSITIVE WAY:

- **Pick your battles.** Don't fight over every disagreement. Decide if small things are worth an argument. Walk away from an argument when it's not an important matter.
- **Be open.** Try to see others' point of view. Stop and listen to what they're saying and really consider it before responding.
- **Set boundaries.** Arguments should not include name calling, insults or disrespect. Try to avoid shouting, too. If things get heated, take a break and say you'll discuss it later when everyone feels calmer.
- **Look at root causes.** Are you arguing with the same person all the time? Or are you having the same argument with multiple people? Think about why this is happening, and what you can do to stop having these conflicts. Consider this preventive care for your relationships.
- **Remember that you're an example.** Children see how parents argue. Think about how you would want them to handle a disagreement, and try to model that behavior.

Source: American Academy of Pediatrics