



November

Member Newsletter



Novel ways to show gratitude



Did you know? Expressing gratitude changes your brain functioning, activating positive feelings, and is linked to better sleep, lower anxiety and depression, and reduced stress. Practice gratitude daily! <https://www.uclahealth.org/news/health-benefits-gratitude>

When someone has impacted your life in an exceptionally meaningful way, you may want to show your gratitude in a way that extends beyond a simple thank you or handwritten card. Here are some ideas to express a deeper appreciation:

Create their favorite meal. Investing your time and effort to honor the person's kindness will make them feel special. Make the meal extra special for them by making it personal to their tastes, such as serving their favorite dessert or type of cuisine.

Gift them a book that taps into their interest. Have they mentioned pursuing wildflower gardening, exploring national parks, writing a memoir, or starting a business? Or how about giving them a novel that changed YOUR life or how you think about a certain subject? Giving someone an inspiring novel can be an enriching gesture.

Present them with tickets to an experience. Consider dance, art or kayaking lessons, a dream concert, special exhibit, or favorite sporting event. They may even invite you to share the experience, making it extra meaningful.

Gift them a membership or subscription to something that would delight them. As the gift that keeps on giving for a while, your choices are endless! Some ideas include a membership to a museum, spa, workout or yoga studio, streaming network, or a magazine. Or, how about a monthly subscription box containing different small plants, travel guides, craft supplies, or other items that fit their interests?

Give the gift of yourself and your time. Take or pick up someone for an airport run, make your coworker coffee and deliver it to them, or help a friend solve a problem.



Diabetes: Top tips to reduce your risk

November is Diabetes Awareness Month. More than 37 million Americans have diabetes, and approximately 95% of them have type 2 diabetes. Type 2 diabetes most often develops in people over age 45, but children and young people are also developing it.

Diabetes is one of the leading causes of death and disability in the U.S. Over time, diabetes can lead to serious health issues including heart disease, stroke, kidney disease, eye problems, foot ulcers, amputations, and increased risk of infections.

Knowing the diabetes risk factors that you can control and taking steps to manage them may help reduce your risk. These include:

- Excess weight, including being overweight or obese
- Sedentary lifestyle
- Lack of exercise
- Unhealthy diet
- Smoking

Based on your risk factors, your doctor can advise you on how often you should have your glucose checked. Stick to their recommendations to stay on top of your health.

Act now!

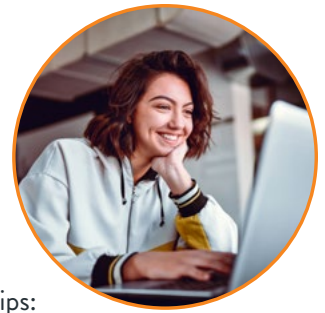
Changing these lifestyle factors can help you lower your risk of type 2 diabetes and help you be healthier in general.

- **Maintain a healthy weight.** Aim to lose weight through healthy eating and exercise. Even losing just a few pounds can help lower your risk of type 2 diabetes!
- **Exercise.** Aim to exercise 150 minutes a week—walking can be a great exercise to start with. Talk to your doctor first if you are new to exercise.
- **Reduce time spent sitting.** Keep moving as much as you can!
- **Eat healthy.** Choose balanced meals with plenty of fruits, vegetables, and other high-fiber foods. Eat consistent, moderate amounts of food at regular intervals. Limit added sugars.
- **Quit tobacco.** People who quit smoking reduce their risk of type 2 diabetes by 40%!



**If you think that you are at risk for diabetes, now is the time to take action!
You may be able to prevent it by making healthy lifestyle changes.**

For better well-being, define success for yourself



Being successful in a way that makes you feel fulfilled and in tune with your true self may not match your friends', coworkers', family's, or even society's definition of success. If you're feeling stuck and misplaced, it may be time to redefine what success truly means to you. This will help you focus on the right goals that match your values and passions, creating a renewed sense of well-being. Follow these tips:

Explore what makes you feel inspired, proud or fulfilled.

Dig up clues from your past, including your childhood. Perhaps you felt fulfilled when you helped someone either directly or through a cause, demonstrated a special artistic or other talent, or created something unique.

Decide upon some actions to get started. Consider taking a class, volunteering or interning, joining clubs or social media groups, attending an exhibit or event, or consulting with an expert or mentor in your area of interest. Or simply follow your curiosity to experience something that intrigues you. You may gain useful information and new contacts that can help fuel your interest and guide you to the next steps.

Make a plan. That's the difference between dreaming about success and achieving it! Divide your plan into short-term and long-term goals with specific steps and reasonable timelines.

Adjust your mindset to break through stalling. If you're stuck in self-doubt and feeling overwhelmed, take a look at your self-talk. Start saying to yourself: "I can do this. I will start small and build on the steps." Ask yourself, "What little thing can I do today to keep myself on track?" Use reminders, posters, journals, and listen to podcasts. Stay inspired, and don't let negative people pull you off your path!

Bogged down by fearful emotions?

Ask your healthcare practitioner for a referral to a qualified counselor or contact a counselor directly to help you uncover what may be holding you back and learn how to move forward.

For more help, talk to Health Advocate, your health practitioner or a qualified counselor.

National Healthy Skin Month



This month is a good time for you to do a self-scan of your skin and schedule an annual visit to the dermatologist. It's also a reminder to practice daily habits to protect your skin, which can help delay visible signs of aging and prevent various skin problems. Use moisturizer, especially one with a SPF to protect against the damaging UV rays of the sun; limit use of hot water in baths and showers; avoid strong soaps and cleansers; eat plenty of fruits, vegetables, whole grains and lean proteins; and manage uncontrolled stress.

Find more tips here: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/skin-care/art-20048237>