



The
Solutions
Group

Making Great Companies
Better Places to Work

Work & Wellbeing

January 2017

January Health Observances

Cervical Health Awareness
www.nccc-online.org

National Blood Donor Month
www.redcross.org

National Glaucoma
Awareness Month
www.preventblindness.org

Thyroid Awareness Month
www.thyroidawareness.com

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New Year's Resolution? Stick to It!



If you've made a New Year's resolution to improve your health, you already know that it will take patience and commitment to ensure lasting change. Unfortunately, many people find themselves throwing in the towel just a few weeks into the year, especially if their resolution involves fitness. Here are some ways to counter the most common reasons people give for not sticking to an exercise program:

"I don't have time"

The truth is, we make time for things we really want to do. Think about how much time it takes to drive to a restaurant, wait to be seated, order and be served, eat the meal and drive back home. The bottom line is, we all have time to exercise — it's a matter of making it a priority. If you're just getting started with physical activity, make sure your goal is manageable.

"I'm too tired"

Fatigue goes hand in hand with being inactive, as does increased anxiety, sadness, anger and other uncomfortable emotions. Why? Exercise occupies the mind, and provides an outlet for pent-up negative energy. When you exercise, your body releases feel-good chemicals, which enhances your mood and gives you energy. In addition to decreasing fatigue, exercise builds strength, stamina and endurance, and promotes better sleep.

"I'm too old"

People of all ages can exercise; it's never too late to start. One survey of exercise habits of people 100 years of age or older, more than half said they exercise almost every day. Nearly 45% cited walking as their favorite physical activity, and nearly 40% do strength training exercises.

If you have chronic medical conditions such as heart disease, diabetes, or bone or joint problems, be sure to check with a doctor before you begin working out.

4 Tips for Making a New Habit Stick

Take a 30-day pledge: Vow to stay with your new habit for 30 consecutive days.

Commit to the habit daily: Want to be more mindful? Schedule quiet self-reflection time every day during the 30-day period.

Be consistent: Try to practice your new habit at the same time and in the same place every day for 30 days.

Cut off negative thoughts with "but": When you start to talk yourself out of your new habit, interrupt yourself with "but." For example: "I'm too busy for my meditation today, but I will find time because mindfulness is important to me."

Source: Hope Health



Wellness Self-Check

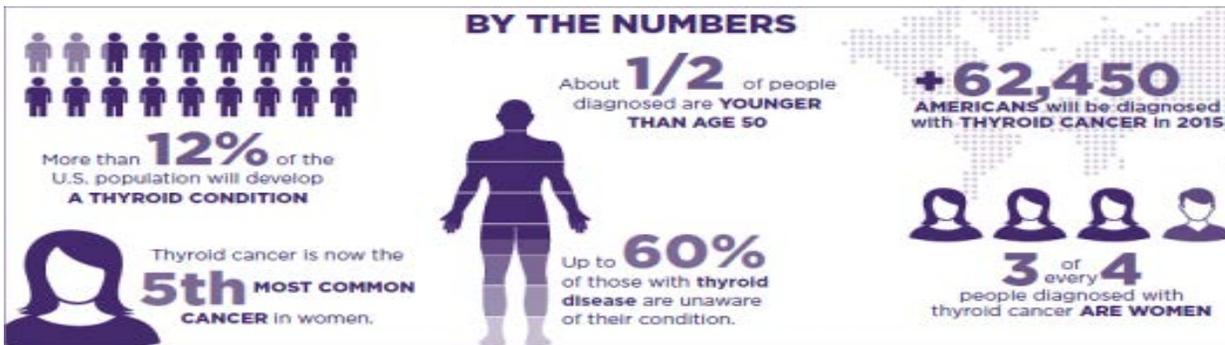
Wellness is much more than simply the absence of illness. It encompasses your physical health, your social and community health, your financial health and your spiritual health. The start of a new year is a great time to assess how healthy you really are. Ask yourself these questions:

- Do I feel healthy and do I have the energy to perform life's daily activities?
- Does my life have purpose and meaning? Do I feel satisfied?
- Do I have a sense of belonging and relationships that allow me to give and receive support from others?
- Can I manage my economic resources to support my health and well-being?

If you responded "no" to any of these questions, consider scheduling a visit to your workplace Employee Assistance Program or seeking the advice of a counselor.

January: Thyroid Awareness Month

One tiny gland - your thyroid - has a big job to do. It regulates key organs including the heart, liver and kidneys and is crucial to your overall well-being. When the thyroid produces too much or too little thyroid hormone, you can experience a host of symptoms. It's estimated that 15 million Americans have an undiagnosed thyroid problem. The best way to check your thyroid health is to talk to your doctor. Learn more about your thyroid at www.thyroidawareness.com



How to check YOUR NECK:

- 1 Stand in front of a mirror
- 2 Stretch neck back
- 3 Swallow water
- 4 Look for enlargement in neck (below the Adam's Apple, above the collar bone)
- 5 Feel area to confirm enlargement or bump
- 6 If any problem is detected, see a doctor



Think Positive! Studies have shown that optimism lowers the risk of coronary heart disease by 50%.