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# Work & Well-being

February 2018



New Mexico  
Public Schools  
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NMPSIA  
Wellness



FEBRUARY **Health  
Observances**

[American Heart Month](#)

[National Wear Red Day](#)

Friday, Feb. 2

[National Cancer](#)

[Prevention Month](#)

[Random Acts of](#)

[Kindness Week](#)

Feb. 12-18

[National Eating Disorders](#)

[Awareness Week](#)

Feb. 26-March 4

## Show Your Heart Some Love

Celebrate American Heart Month by developing healthy lifestyle habits that can drastically reduce your chances of heart disease and heart attacks. Two separate studies have shown that following these guidelines can pay big dividends when it comes to heart health, regardless of gender and even existing high cholesterol. The following recommendations are similar for men and women, but there are some slight differences.



### Women

Don't smoke.

Maintain a body mass index (BMI) in the "normal" range for your height.

Exercise moderately/vigorously at least 2.5 hours per week.

Watch a maximum of 7 hours of television weekly.

Consume one or fewer alcoholic beverages daily.

Eat a diet that includes fruits and vegetables, whole grains, fish or omega-3 fatty acids.

Limit sugary drinks, processed and red meats, trans fats and sodium.



### Men

Don't smoke.

Maintain a waist circumference of less than 37 inches.

Exercise at least 40 minutes each day.

Consume two or fewer alcoholic beverages daily.

Eat a healthy diet.



While incorporating all of these habits is ideal, abiding by just one or two of them can help protect against heart disease. For the greatest impact, women should focus on maintaining a healthy BMI and men should emphasize a healthy diet and moderate drinking.

Source: WebMD

## What is National Wear Red Day®?

[Go Red For Women](#), a movement sponsored by the American Heart Association, encourages raising awareness about women and heart disease and taking action to save more lives. The movement challenges women to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life. This year, Go Red For Women encourages everyone to honor National Wear Red Day® by wearing something red on **Friday, Feb. 2**.



American  
Heart  
Association®  
life is why™



## Work & Well-being

a monthly publication for  
clients of The Solutions Group

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Wellness: 505.923.5429

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### Health Fact

In the United States, cardiovascular disease kills approximately one woman every 80 seconds. **Good news:** Lifestyle changes and education can help prevent 80% of cardiac events.

## The Power of Positive Thinking

Can an optimistic attitude improve your health? Research shows that when you have a positive outlook on life, you can manage stress more effectively. In turn, lower stress offers a variety of health benefits including longer life span, lower rates of depression, lower levels of distress, greater resistance to the common cold, better psychological and physical well-being, 50% less risk for coronary heart disease, and better coping skills during times of stress.



Even if you aren't a natural optimist, you can teach yourself how to turn negative thoughts into positive ones. While the process is simple, it requires creating a new habit, which takes practice. Try these tips for a more positive outlook on life.

- Be open to humor.
- Follow a healthy lifestyle.
- Surround yourself with positive people.
- Pay attention to your thoughts and look for ways to see the glass as half full, not half empty.
- Practice positive self-talk; don't say anything to yourself that you wouldn't say to someone else.
- Focus on solving problems instead of letting them overwhelm you.

Source: Mayo Clinic



## Small changes BIG IMPACT

It really is the little things that matter. Simply replacing less-than-ideal behaviors with healthy alternatives can significantly improve your overall quality of life. Here are a few self-improvement ideas for various areas of your life. Try each for a week, and see which ones work best for you.

- Eat more nutritiously by including a fruit and/or vegetable with every meal.
- Go for a walk every day. Pick a regular time of day and head out for a 20- to 30-minute walk. The key is to make it a part of your daily routine.
- Take a time out. Carve out 30 minutes each day for a little break. Read a book, meditate, work on a craft project, or do whatever makes you happy.
- Give yourself an allowance and use only that "walking-around" money to pay for coffees, lunches, or other wants, instead of using your credit card for these purchases. When your allowance runs out, your "daily luxuries" for the week are over.

Source: Hope Health

## Eating Disorders: Know the Signs

While eating disorders are most common among adolescent and young adult women, they can affect anyone, regardless of gender, social status or background. A recent online survey as part of the Gender and Body Image Study found symptoms of eating disorders in 13% of women 50 and older and 62% of survey participants reported that their weight or body shape had a negative impact on their life. The exact cause of eating disorders is not clear, but they tend to go hand-in-hand with low self-esteem, depression, anxiety, trouble coping with emotions and substance abuse. Without treatment, eating disorders can have long-term health consequences and even result in death. Older women, whose bodies become less resilient with age, are especially susceptible to gastrointestinal, cardiac, bone and dental effects of eating disorders. If you have concerns about yourself or someone you care about, contact your primary healthcare provider or mental health line for help.

COMMON SYMPTOMS OF EATING DISORDERS	Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder
Dramatic weight loss	X		
Wearing baggy clothes to hide the body	X	X	X
Preoccupation with food, dieting, counting calories, etc.	X		
Refusal to eat certain foods, such as carbs or fats	X		
Skipping meals or avoiding eating in front of others	X	X	
Preparing elaborate meals for others but refusing to eat them	X		
Exercising excessively	X	X	
Making comments about being "fat"	X	X	
Stopping menstruating	X		
Complaining about constipation or stomach pain	X		
Denying that extreme thinness is a problem	X		
Evidence of binge eating, including disappearance of large amounts of food in a short time or finding lots of empty food wrappers or containers		X	X
Evidence of purging, including trips to the bathroom after meals, sounds or smells of vomiting, or packages of laxatives or diuretics		X	
Using gum, mouthwash or mints excessively		X	
Constantly dieting		X	X
Scarred knuckles from repeatedly inducing vomiting		X	
Hoarding food or hiding large quantities of food in strange places			X

Source: WebMD