

SB WELLNESS GROUP Newsletter



**Improve Your Time and Energy Management,
Cholesterol Awareness and More**

September 2019



SBwellness

IN THE KNOW

Well-Being Quick Tips



NATIONAL CHOLESTEROL EDUCATION MONTH®

According to the Centers for Disease Control: More than 35 million American adults have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

September is a good time to get your blood cholesterol checked and take steps to lower it if it is high. It is also a good time to learn about lipid profiles and how your health habits can help you reach personal cholesterol goals.

For more information on preventing and controlling high cholesterol go to: CDC.org

CAREGIVERS NEED CARE TOO

An estimated **44 million American adults** provide unpaid assistance and support to older people and adults with disabilities who live in the community. *This unpaid labor force equates to an estimated **60 billion dollars** annually, nearly double the amount of home health care and nursing home care combined.*

Caregivers are at greater risk for physical, emotional and mental health issues. If you are a caregiver it is important to take steps in balancing stress and practicing better self-care. Go to caregiver.org for more information on support and care for the caregiver.



Secure his future.

Always seat him in the correct seat.

Visit safercar.gov/therightseat



CHILD PASSENGER SAFETY WEEK

September 15-21: Child Passenger Safety Week®

September 21: National Seat Check Saturday®

Every 32 seconds in 2017, one child under the age of 13 in a passenger vehicle was involved in a crash.

Many times, injuries and deaths can be prevented by proper use of car seats, boosters, and seat belts. Be 100% sure your child is protected correctly at every age. In Louisiana, Child Passenger Safety Fitting Stations may be found statewide with nationally certified Child Passenger Safety Technicians to make sure your child's seats are installed properly. Go to:

[Louisiana Passenger Safety Task Force Grant Funded Fitting Stations](#) for a complete list.



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Practical Ways to be More MINDFUL of Time

In today's nonstop world, time management may feel like a losing battle. How often do you find yourself saying **“there are just not enough hours in my day?”** Staying in this mindset will only cause more stress and worry. Time management is basically a tug of war between maximizing the present and maximizing the future. Worrying about the future is often a result of not planning well in the present. Begin taking steps that will have you feeling accomplished and calm at the end of your days rather than frustrated and exhausted. Be **MINDFUL** of how you are truly spending your time and evaluate how you can more effectively plan your day. For some people planning comes more naturally and for others it is an acquired skill. **Just like any other health habit, time management can be improved.** Make no more excuses. Be more in control of your present and your future days.



Maximize both your time and your motivation with practical ways to become more MINDFUL of your time:

- **Get real with yourself about timing.** Take a closer look at your daily and weekly schedule. List all appointments, tasks and responsibilities and think about how much time each will take. Do you schedule enough time in the mornings to get ready and deal with traffic? Is there something you can change in your schedule to do better?
- **Assess all outcomes of poor time management.** For example, if you are often late for appointments, what feelings and outcomes usually occur. Do you feel anxious? Do you drive more risky as a result of running late? Have you gotten a speeding ticket or lost someone's trust for being late? The more vividly you can imagine feelings and consequences, the more motivated you will be to change habits. If delaying is causing late fees, disappointment at work, or added stress, imagine or journal what you can do with the time, energy or money you would save.
- **Create external accountability.** Schedule frequent check-ins with your boss or co-worker so you don't procrastinate on tasks, have an accountability buddy you check-in with regularly.
- **Make sleep, diet and exercise a priority.** These will give you more energy and allow you to utilize your time well. Set a bedtime so you don't delay getting things done and stay up later.
- **Create rewards for completing tasks.** For example, allow yourself to look at social media only after you get X amount of tasks done.

WHY DELEGATING IS SO HARD AND HOW YOU CAN GET BETTER AT IT

There's a reason so many successful people delegate well. **Delegation done right is one the most powerful tools to success and teamwork.**

"I'm not good at delegating...I am scared to let someone else do it...they may do it wrong...It's easier to do it myself." If you find yourself often saying these things, this is a skill you can work on. Learning to delegate better is important to your personal and professional life. When you learn to delegate better you stand to gain a great deal. You can begin to manage stress, focus better, and give more energy to what you are best at. It may also be the key to a happier and more calm lifestyle.

Why is it so hard to delegate? Delegating is tough to learn and it is usually not a specific skill that you are taught in school or on the job. Delegating requires a good bit of skill; executive functions, good planning, clear communication and goal setting to name a few. Try the tips below to begin putting skill to practice.



WAYS TO IMPROVE YOUR DELEGATION SKILLS:

- **Take the time to record processes, tasks and steps** in detail. You cannot delegate a process you cannot clearly articulate. The clearer your delegation instructions, the better for all involved.
- **Make it a win-win for all involved.** This works well for sharing tasks in the home. A good example may look like this: "The goal of eating healthy meals is important to both of us and I am having trouble with keeping up with it. Can you help me with the grocery shopping and cleaning and I will handle the planning and cooking? You have more time in the morning to shop and I have more time in the evening to get the cooking done."
- **You must learn to let go when you do delegate.** This is where most people get stuck and end up taking a task or responsibility back on. You have to learn to trust others. Remember, if you have delegated well by having clear communication and well written instructions, you should not have to keep worrying about it.
- **Trust, but verify and give feedback.** In order to avoid future frustration you should set up a check system to verify the task is getting done correctly. Make this part of the process and communicate this ahead of time. Give feedback and direction instead of impatience when you see need for improvement.

PRODUCE POWER

Watermelon, cantaloupe and nutritious greens are just some of the various fruits and vegetables in season this month, specifically for our region. Hit your local farmer's market and stock up. You can buy collard greens, kale and herbs in bulk and freeze for future use. **Try one of these great recipes with your September in-season produce:**

[Holly Clegg's Watermelon and Cantaloupe Salad](#)

[Stuffed Collard Greens](#)



“ **TIME** is what we want **MOST**, but what we use **WORST**. Until you **VALUE** yourself, you will not value your **TIME**.



SB Wellness Group

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Your Partner in Health!



WEIGHT MANAGEMENT PROGRAM SUCCESS STORY: LEE BEEMAN



Lee Beeman is an Information Security Analyst at BCBSLA. Lee has been in the SB Wellness Group Weight Management Program for almost a year now. He lost 22 pounds in the last 9 months, decreased A1C by 3.5 points and his doctor changed diagnosis to Controlled Type 2 Diabetes at his last visit. We are very

proud of Lee's hard work and dedication to his wellness goals and grateful he gave us some inspiring words about his recent success.

What are some of the most notable changes you have experienced?

"I decided to get moving. I'm not the poster child for working out. I just started moving. I had to decide to do something because I was doing nothing and that doesn't end well. The impact is so rewarding and satisfying. The monthly check-ins with SB Wellness are a great help to gauge long term effectiveness of the changes. The encouragement and tips given are a great help to guide you in having a good month and continue the struggle to get to the goal."

Any advice or motivation for others who are trying to begin a healthier lifestyle?

"Get out and walk, go to our gym facility here at Blue Cross. Take a walk with your kids and/or spouse or friends. Do it more than once. You don't know what works until you try it. You're not running a marathon, you're making your body do what it's designed to do. The folks in our gym are more than happy to help you find what works. I find their encouragement the biggest plus. Hope to see you there soon."

Rewrite your story. Contact us for more information on the HYHB Weight management program.