

# STEP INTO WELLNESS



Diocese of Palm Beach  
2021 Healthiest Employers Award Honoree



## April is Stress Awareness Month



Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline .

Stress is a normal feeling. There are two main types of stress:

**Acute stress.** This is short-term stress that goes away quickly. You feel it when you slam on the brakes, have a fight with your spouse, or ski down a steep slope. It helps you manage dangerous situations. It also occurs when you do something new or exciting. All people have acute stress at one time or another.

**Chronic stress.** This is stress that lasts for a longer period of time. You may have chronic stress if you have money problems, an unhappy marriage, or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to manage stress, it may lead to health problems.

### STRESS AND YOUR BODY

Your body reacts to stress by releasing hormones. These hormones make your brain more alert, cause your muscles to tense, and increase your pulse. In the short term, these reactions are good because they can help you handle the situation causing stress. This is your body's way of protecting itself.

When you have chronic stress, your body stays alert, even though there is no danger. Over time, this puts you at risk for health problems, including:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- Depression or anxiety
- Skin problems, such as acne or eczema

If you already have a health condition, chronic stress can make it worse.

### SIGNS OF TOO MUCH STRESS

Stress can cause many types of physical and emotional symptoms. Sometimes, you may not realize these symptoms are caused by stress. Here are some signs that stress may be affecting you:

- Diarrhea or constipation
- Forgetfulness
- Frequent aches and pains
- Headaches
- Lack of energy or focus
- Stiff jaw or neck
- Tiredness
- Trouble sleeping or sleeping too much
- Upset stomach
- Use of alcohol or drugs to relax
- Weight loss or gain

Call your health care provider if you feel overwhelmed by stress, or if it is affecting your health. Also call your provider if you notice new or unusual symptoms.

Your provider may refer you to a mental health care provider. You can talk to this professional about your feelings, what seems to make your stress better or worse, and why you think you are having this problem. You may also work on developing ways to reduce stress in your life.

April 2022

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### Live Webinars Links

Your Step Into Wellness Program offers regular live monthly webinars sponsored by Florida Blue as well as "on demand" videos. These webinars cover many topics and, if able to join in, you have the opportunity to ask questions.

However, due to the times that the webinars are shown, many of you have not been able to participate.

**We can now provide the link in order for you to watch at your convenience during a break or even at home. Type the link below into your browser window.**

The link for the most recent presentations are below and can be found on the wellness webpage as well:

Ask the Dietitian: **Spice Up Your Meals:**

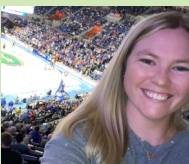
<https://kvgo.com/bcbsflorida/Ask-the-RD-Mar2022>

**Stress, The Art of Setting**

**Boundaries:** <https://view.knowledgevision.com/presentation/a09c8ce35d0545f180fbd752c189e730>

## Meet Your Wellness Co-Captains Tricia Jones, Cardinal Newman High School

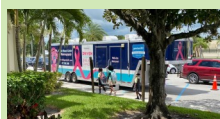
- How long have you been with the diocese and what is your role at Cardinal Newman?** I began working at Cardinal Newman this past October as a substitute teacher. Shortly after I was approached with the opportunity to become a full time employee and started working as our Guidance Secretary in January. My sister in law is a teacher here at Newman and she encouraged me to take the job as a substitute so I have her to thank.
- What was your previous job?** Before I came to the Diocese I was working as a lead Hostess at J. Alexander's Restaurant.
- What have you learned about our wellness program since becoming the new Co-Captain?** I have learned that the program is very welcoming and encouraging and shares very useful information.
- How do you feel you can contribute to the success of our program at your location?** I can help with success here at Cardinal Newman by helping encourage my coworkers to lead a healthier life by sharing Wellness Newsletters and encouraging everyone's progress.
- What are your favorite activities as they pertain to health and wellness?** My favorite health and wellness activities are cooking, playing coed softball and taking my corgi on long walks.



## Mobile Mammography and You!

The Florida Mobile Mammography unit has been participating with our annual Employee Health and Wellness Expos for several years. We plan to have them join us again this year. This screening can aid in detecting breast cancer in its earliest stages. The event locations that they plan to attend this year include the Cathedral of St. Ignatius Loyola, St. Joan of Arc, All Saints, St. Anastasia and Cardinal Newman.

**You may schedule an appointment and early registration is highly recommended.** Due to the rising costs of fuel, they have implemented a minimum requirement of at least 18 participants at each location. Therefore, if you are due for your mammogram this year, please consider the mobile unit. They provide a 3D screening at no additional cost, it is convenient and, if you are covered under of the diocese health insurance, there is a zero co-pay as a preventative screening. If you have other insurance through a previous employer or spouse, you may use your insurance as well. To make an advance appointment you may reach Florida Mobile Mammography at 877-318-1349. You do need to have a primary physician or gynecologist to whom the results can be sent. Please bring your insurance card and identification to your appointment.



Mammogram Unit at St. Anastasia Wellness Expo 2021 (left)



## April Happenings

April 1 - 30	Stress Awareness Month
April 1 - 30	National Autism Awareness Month
April 1 - 30	Oral Cancer Awareness Month
April 14	Holy Thursday
April 15	Good Friday
April 17	Easter



## Chicken Pot Pie Soup

Who doesn't love Chicken Pot Pie? Creamy, hearty chicken soup wrapped up in a warm flaky crust...it sounds dreamy, but it's actually a nutritional nightmare! Not only are there far too many carbs and calories in the crust, but the soup itself is often filled with heavy dairy products and noodles that make weight gain automatic.

Here is a lighter recipe for Chicken Pot Pie Soup that gives you the same flavors and comfort of Chicken Pot Pie, while keeping you on track with your fitness and fat loss goals. Enjoy this warming recipe!

**Ingredients:** 1 Tablespoon coconut oil; 2 yellow onions, diced; 3 stalks celery, sliced; 2 teaspoons garlic, minced; ¼ cup coconut flour; ½ cup white wine; 6 cups chicken broth; 2 cups butternut squash, peeled and cubed; 1 large sweet potato, peeled and cubed; 3 sprigs fresh thyme; 1 Tablespoon poultry seasoning; 1 bay leaf; 3 cups roasted chicken, chopped; 2 (14 oz) cans coconut milk; 1 cup pearl onions, halved; 1 zucchini, diced; ¼ cup parsley, chopped; 1 Tablespoon lemon juice; salt and pepper to taste

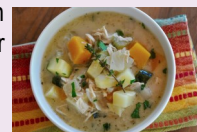
### Instructions

1. Melt the coconut oil in a soup pot over medium-low heat. Add the onions, celery and garlic. Cover and cook for 5 minutes.

2. Stir in the coconut flour and cook for 2 minutes. Stir in the wine and cook until evaporated. Stir in the broth, butternut squash, sweet potato, thyme, poultry seasoning and bay leaf. Bring the soup to a boil over medium-high heat and then reduce to medium. Simmer the soup until the butternut squash and sweet potatoes are tender, 10-15 minutes. Discard the thyme and bay leaf.

3. Add the chicken, coconut milk, pearl onions, diced zucchini, parsley and lemon juice. Season to taste with salt and pepper and simmer for another 5 minutes. Serve hot and enjoy!

www.realhealthyrecipes.com



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## **Know Your Benefits: Tria Health – Care Coordination at its Finest!**

Tria Health provides one-on-one, confidential telephonic counseling with a pharmacist.

### **Tria Health – Medication Assistance is Only a Phone Call Away!**

Tria Health provides one-on-one, confidential telephonic counseling with a pharmacist. Tria Health's pharmacists are your personal medication experts and work with you and your doctor(s) to make sure your conditions are properly controlled without the risk of medication-related problems. You are not required to change your medications, pharmacy or doctor to receive this benefit.

Tria Health is available for members on Diocese of Palm Beach's health plan. Active participants will receive **free generics and 50% off select brand medications, up to \$20**, used to treat targeted chronic conditions. Active participants with diabetes will have access to a FREE meter, testing strips, and mobile app designed to help you better manage your diabetes!

### **Why Participate?**

Your Tria Health pharmacist can help your doctor(s):

- Ensure your medications are working and help minimize side effects
  - Identify any medication savings opportunities
  - Check to make sure your dosing is effectively treating your condition
- Assist with any other medication-related problems you are experiencing

### **Ready to Get Started?**

To schedule your first appointment, visit [www.triahealth.com/enroll](http://www.triahealth.com/enroll) or call 1.888.799.8742 to speak with a Tria Health member advocate

Tria Health is recommended for members and/or dependents who have the following conditions and/or take multiple medications:

**Diabetes - Heart Disease - High Cholesterol - High Blood Pressure**

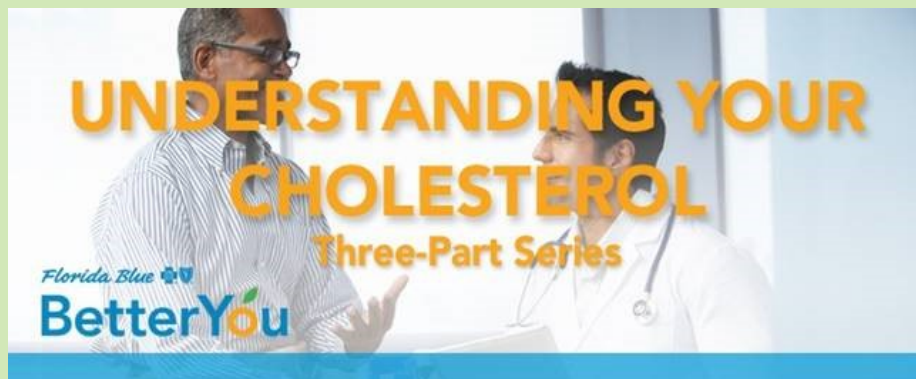
**Mental Health - Asthma/COPD - Osteoporosis - Migraines**



## The 8 Colors of Fitness - Tuesday, April 12th at 1:00 pm

Part of maintaining a healthy lifestyle is figuring out what kind of physical activity works for you—which we all know can take years of trial and error. If you would like to “cut to the chase” and determine your fitness personality, this live webinar will help you discover how you can create an exercise program you’ll never quit. To register type this link into your browser window:

[https://guidewell-cqpub.cosocloud.com/content/connect/c1/7/en/events/event/shared/default\\_template\\_simple/event\\_registration.html?connect-session=breezbreezs26vnint7ex92zyh&scoid=59405191](https://guidewell-cqpub.cosocloud.com/content/connect/c1/7/en/events/event/shared/default_template_simple/event_registration.html?connect-session=breezbreezs26vnint7ex92zyh&scoid=59405191)



Taking steps to manage your cholesterol can help protect your heart and your health. In Session 1 you will learn about the two types of cholesterol, what your numbers mean and the risk factors. Session 2 will focus on the benefits of healthy habits and lifestyle changes you can make. Session 3 reviews the role medications, supplements and herbs have in cholesterol management.

Register for each session and begin your journey to better health now!

Session 1: Tuesday, April 5th from 2:00 – 3:00pm ET

Session 2: Tuesday, April 12th from 2:00 – 3:00pm ET

Session 3: Tuesday, April 19th from 2:00 -3:00pm ET

**To Register go to this link (copy and paste to your browser window):**

[https://guidewell-cqpub.cosocloud.com/content/connect/c1/7/en/events/event/shared/default\\_template\\_simple/event\\_registration.html?connect-session=breezbreeznbaq2u8zorrd4qgu&scoid=59410643](https://guidewell-cqpub.cosocloud.com/content/connect/c1/7/en/events/event/shared/default_template_simple/event_registration.html?connect-session=breezbreeznbaq2u8zorrd4qgu&scoid=59410643)

(You may email me directly for the “simple link” to sign up for either program, it doesn’t work in a PDF formatted document.) These have also been sent via email to your onsite wellness co-captains.

WEEK 1: STRIVE FOR A HEALTHIER PLATE

**This Week's Goal:** At least 5 of my meals will use the 2/3 - 1/3 plate principle. I will focus on following the New American Plate by filling at least 2/3 of my plate with cancer-protective, healthy weight-promoting, plant foods.

WEEK 2: GET UP AND GET GOING!

**This Week's Goal:** By the end of the week I will add an extra 5-10 active minutes or 500-1,000 steps each day to maintain a healthy weight and keep active!

WEEK 3: ADD SOME COLOR TO YOUR PLATE

**This Week's Goal:** At each meal, I will eat at least 1 serving of colorful vegetables or fruits.

WEEK 4: UP AND AT 'EM

**This Week's Goal:** By the end of the week I will add daily 5-10 minutes or 500-1000 steps of more intense physical activity to maintain a healthy weight and keep active!

WEEK 5: ENJOY WHOLE GRAINS

**This Week's Goal:** I will eat 3 or more servings daily of whole grains.

WEEK 6: MOVE MORE STRATEGIES

**This Week's Goal:** By the end of the week, I will replace sitting time with 5-10 minutes or 500-1000 steps of activity.

WEEK 7: MAKE PLANTS THE CENTER OF YOUR PLATE

**This Week's Goal:** I will eat no more than 18 ounces of cooked red meat. If I do eat processed meat, I will limit to once a week with the ultimate goal of avoiding it.

WEEK 8: SHAKE UP YOUR ROUTINE

**This Week's Goal:** By the end of the week, I will add 30 minutes or take 4,000 steps while doing NEW physical activity at least 3 days this week.

WEEK 9: QUENCH YOUR THIRST WITH GOOD HEALTH

**This Week's Goal:** I will replace sugar-sweetened beverages with water, tea, coffee and milk. I will replace alcoholic beverages with alcohol-free fizzers or reduced alcohol spritzers.

WEEK 10: PUTTING IT ALL TOGETHER

**This Week's Goal:** I will focus on making 5 improvements to my home, work and social environments to eat smart and move more.