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How to Use Conflict as Opportunity with Tammie Yancey



Join Franklin County's EAP Consultant, Tammie Yancey, to learn how conflict affects the workplace and opportunities to practice positive conflict resolution techniques. In this session you will identify how and why conflict arises, discover your own conflict resolution style, learn different styles of managing conflict, and more!

- Tuesday, March 14 from 9am-10am
- Thursday, March 23 from 1pm-2pm

[Click here](#) to access the webinar links and workbook.

How to Slow Down with Tammie Yancey

In April, Tammie will be offering webinars on How to Slow Down. Our lives are constantly on the go and so are our minds. Given all the demands of work, life, family, etc., it's no wonder that we have a hard time slowing down. But there are proven benefits to slowing down and strategies to help you do so. During this session you'll learn about these benefits and strategies as well as the factors that contribute to our hectic lifestyles.

- Tuesday, April 11 from 9am-10am
- Wednesday, April 12 from 1pm-2pm

[Click here](#) to access the webinar links and workbook.

KINDNESS MATTERS

Last Chance to Register for the Kindness Matters Challenge

Wednesday, March 15 is the last day to register for ThriveOn's first challenge of the year - the Kindness Matters Challenge! No matter how big or small, acts of kindness can harbor feelings of empathy, optimism, confidence, and happiness. Kindness has even been shown to impact physical health by decreasing blood pressure and positively impacting hormone levels in the brain. With the Kindness Matters Challenge you can gain all the benefits of being kind while earning \$50 for completing a Well-Being Activity in ThriveOn's *Wellness Your Way* program! The Kindness Matters Challenge is also a great opportunity to get the whole family involved in well-being! Here's how it works:

1. **Register** for the challenge by March 15th at fccThriveOn.com
2. **Show kindness** to those around you from March 8 through April 4
3. **Achieve the participation requirement:** enter a "yes" or "no" response for 21 of the 28 days
4. **Achieve the daily goal:** complete at least one act of kindness on 14 days of the challenge and record "yes" for doing so

What is an act of kindness, anyway? The sky is the limit, but here are some examples to get you started.

- Leave a note of gratitude for a coworker, friend, family member, your mail carrier, etc.
- Be kind to yourself! Set aside time to do something you love
- Give the gift of time and volunteer for a local charity
- Help someone carry bags at the grocery store
- Offer to take a turn doing a house chore that is not typically your responsibility

Don't forget to register for the challenge by March 15th! Visit fccThriveOn.com to get started

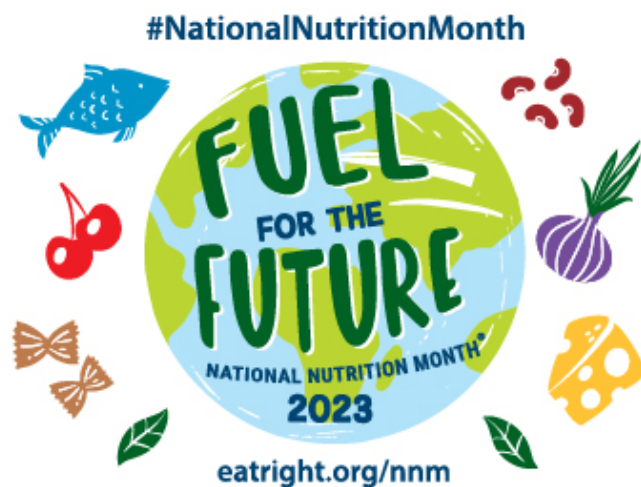
7 Habits of Highly Resilient People

We all face challenges and difficult circumstances. Resilience is our capacity to withstand or to recover quickly from those challenges and difficulties. Luckily, resilience is something you can practice and improve so that you are better prepared to face whatever is next. In fact, people who are highly resilient regularly practice these 7 habits.

1. **Don't blame yourself for everything.** Acknowledge what is within your control to fix – and what isn't. Remember that you're best served if you focus on moving forward.
2. **Reach out.** Seek out and surround yourself with supportive people. Anxiety, fear, and loneliness make stress worse.
3. **Accept help.** When you feel overwhelmed, ask for help. Most importantly, don't feel guilty about it! Needing and receiving help is part of the human experience.
4. **Make peace with the past.** Take some time to sift through your list of grievances and find some peace. Forgiveness is not about the other person— it's about you. You owe it to yourself to let go and move on.
5. **Make sleep a top priority.** Sleep has a huge impact on your mental state and coping abilities. Aim for seven or eight hours of sleep a night and practice good bedtime habits.
6. **Get moving.** Whether it's a regular brisk walk, a stretch every hour, or a fitness class, prioritize keeping your body in good shape.
7. **Accept change.** It's easy to use up a lot of energy trying to plan and predict things you could never plan or predict. Change is constant—being adaptable is key to living a happier and healthier life.

As a Franklin County Cooperative member, you have access to meQuilibrium (meQ), a personalized resilience building program that can help you tap into your most powerful self and incorporate these habits into your daily routine. By engaging with meQ you can improve your resiliency while earning a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program! Follow the instructions below to access meQ and get started building your resilience today!

1. Login to your wellness portal at fccThriveOn.com
2. Click on Wellness Hub at the top of the page
3. Click on the card that says Beat Stress with meQ



Safe Eating During National Nutrition Month

[Food safety](#) is often an overlooked part of nutrition, but it is important for maintaining a healthy diet and preventing foodborne illnesses for you and your family. Read below and follow the links for some tips and tricks to make sure you are following food safety standards.

Food preparation – washing produce, separating foods, and cooking to appropriate temperatures are all key parts of proper food preparation

- Always wash fruits and vegetables regardless of whether they have edible peels
- Wash cans and jars with lids
- Never wash raw meat, fish, or eggs – washing these foods can spread germs
- Avoid cross-contamination by keeping raw meats separate from your other foods and utilizing separate cooking spaces, utensils, appliances, etc.
- Cook meat to the [appropriate internal temperature](#) and use a meat thermometer

Cleaning – it's important to practice [proper cleaning protocols](#) before, during, and after you prepare food.

- Wash hands before and after cooking, and any time you come in contact with raw meats
- Clean your refrigerator regularly
- Replace sponges/clean dishcloths frequently
- Wash surfaces, cutting boards, dishes, and cooking utensils

Food storage – [how you store food](#) is just as important as how you prepare it.

- Check canned goods for damage
- Refrigerate or freeze perishables right away
- Keep your appliances (refrigerator and freezer) at the proper temperatures
- Follow storage directions on labels
- Check date labels - [read up](#) on the difference between the date label types
- Clean out expired items – not all foods have a date label, but the [FoodKeeper app](#) can help you know how long to store your food items

Want to learn more? [Click here](#) to read about 10 dangerous, but common, food safety mistakes.

NURSE'S NOTES



From your United
Healthcare Health
Engagement Nurses,
Carmen and Therese.

March 2023 - What is Your Colon Cancer Risk?

We understand that that life can be busy, however, we want to provide a reminder about colon health awareness. Nutrition, stress, and lifestyle habits all play a role in our gut health. The colon (large intestine) is part of the digestive system that helps absorb water, minerals, and eliminate waste. But, if cells grow abnormally in the colon or rectum, colon polyps may form and could turn into colon cancer over a period of time.

Factors which might increase your risk of colon cancer:

- Sub-optimal health: Diabetes that is not well controlled, obesity, smoking, inactivity, and diet
- Older age: Generally >50
- Race: African Americans have greater risk
- Personal & family history: If you or a close family member has been diagnosed, you're more likely to develop or get colon cancer again
- Previous radiation treatment: If you have had radiation around your abdomen, risk increases
- Inflammatory Intestinal conditions: Conditions such as ulcerative colitis or Crohn's disease may increase your risk
- Inherited syndromes: Certain gene mutations such as familial adenomatous polyposis and Lynch syndrome can increase your risk

It is important to know your risk factors and take steps to change the risk factors which can be modified, such as activity, diet, stopping smoking, adequate glucose management and weight loss. It is also important to speak with your primary care provider about your risk factors, when you should have colorectal cancer screening, and which type of screening test is best for you.

Therese and Carmen, your Health Engagement Nurses, are here to help you. We can help you find a Primary Care Physician or a dietitian as well as assist with resources and education for chronic conditions such as diabetes, prediabetes, hypertension and many others.



Nurse Carmen, RN



Nurse Therese, RN

As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, RN and Carmen Long, RN. Your conversations with Therese and Carmen are confidential and at no cost to you. They are available for things such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

Call the Onsite EAP & Health Engagement Nurse Support Line at 614-525-6773 or email Therese_Lentz@uhc.com or Carmen_Long@uhc.com.

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program