

Healthy Workplace

Your monthly Anthem wellness newsletter



CT Pipe Trades



Tools for Quitting Smoking

By quitting – even for 1 day – smokers will be taking an important step toward a healthier life and reducing their cancer risk. Here are some resources to help get started:

Quit For Life Program

quitnow.net

Offered through the American Cancer Society, Quit For Life uses proven techniques developed and tested over the past 25 years to help hundreds of thousands of people successfully quit tobacco. When you join, a Quit Coach will help you create an easy to follow plan that will show you how to get ready, take action, and live the rest of your life tobacco-free.

Freedom From Smoking

ffsonline.org

Freedom From Smoking® was created by the experts at the American Lung Association—an organization with more than 50 years of experience helping smokers quit. The Freedom From Smoking program uses proven activities and tools to help you understand your own relationship with tobacco—and how to say good-bye to smoking for good. The flexible online format includes nine sessions to be completed over a six-week period. It is available on your desktop, tablet or smartphone, and includes telephone and online chat support.

QuitGuide

QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smoke free. Use the app to track your cravings by time of day and location, and get motivational messages for each craving you track. Visit smokefree.gov/tools-tips/apps for more information about this and other quit smoking apps for your smartphone.

1-800-QUIT-NOW

Calling this toll-free number will connect you directly to your state quit line. All states have quit lines with trained coaches who provide information and help with quitting. Specific services and hours vary from state to state.



The Smoke and Mirrors of Going Smokeless

Fans of smokeless tobacco may be trading in their cigarettes. They say going smokeless is safer than lighting up. Health experts disagree. They insist there are no safe forms of tobacco. Here are a few of the main reasons for going smokeless followed by opposing view of health experts:

Claim #1

Smokeless tobacco is not a major health risk.

Experts say: There are at least 28 chemicals in smokeless tobacco that cause cancer. Smokeless tobacco has been linked to esophageal, oral and pancreatic cancers. Other serious health risks include higher risk of mouth or nasal cancer Gum problems; tooth wear and cavities; Higher risk of heart disease.

Claim #2

Smokeless tobacco helps people quit smoking.

Experts say: There is no proof that smokeless products help smokers quit. Studies have found mixed results or none at all. Using smokeless products to quit also sets you up for new health problems.

Claim #3

Smokeless tobacco is not as addictive as cigarettes.

Experts say: All tobacco products are addictive. Smokeless tobacco users and smokers show similar levels of nicotine in their blood. When using smokeless tobacco, nicotine goes right into the blood. Once there, it stays longer.

Sheet Pan Roasted Root Vegetables

One pan is all you need for a heaping pile of nutritious, tender, and colorful root vegetables. Whip up this large-batch recipe at the beginning of the week to use in easy, healthy dinners all week long.



Ingredients

- 2 large carrots
- 2 medium parsnips
- 2 medium beets, peeled
- 1 medium red onion
- 1 medium sweet potato
- 3 Tbsp. extra-virgin olive oil
- 1½ Tbsp. apple cider or balsamic vinegar
- 1 Tbsp. fresh herbs, such as thyme, rosemary or sage
- ½ tsp. kosher salt and ½ tsp. ground pepper

Directions

Preheat to 425°F. Line two large baking sheets with parchment paper.

Cut carrots & parsnips into ½-inch-thick slices on a diagonal, then cut in half. Cut beets & onion into ½-inch-thick wedges. Cut sweet potato into ¾-inch cubes. You should have about 12 cups raw vegetables.

Toss the vegetables with oil, vinegar, herbs, salt, & pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer. Roast vegetables, rotating the pans halfway through, until fork-tender, 30 to 40 min.

Refrigerate roasted vegetables in an airtight container for up to 5 days.

Wellness Corner



Hello Everyone. Steph from New Hampshire here!

This month I want to take a little time to focus on something that I know affects me and likely impacts a lot of you to a certain degree: the dark days of winter. Whether it is just a bit of “winter blues” or if you have been diagnosed with Seasonal Affective Disorder (SAD), the symptoms typically appear around this time of year and last until we make our way to the sunnier days of spring and summer. Symptoms can range from:

- Feeling depressed
- Losing interest in activities
- Having low energy
- Problems with sleeping
- Changes in your appetite, especially craving foods high in carbohydrates
- Weight gain
- Feeling sluggish or agitated
- Difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide



In New England, we have a higher likelihood of experiencing SAD due to our distance from the equator and the decreased winter sunlight. There are ways to combat this at home though:

1. **Make your environment sunnier and brighter.** Open blinds, trim branches that block sunlight, sit closer to windows at work and at home. You can also purchase a light therapy lamp for inside.
2. **Get outside.** Take a long walk, bundle up and eat lunch outdoors, or simply step outside for a little while. Even on cloudy days outdoor light can help.
3. **Exercise regularly.** Even if it is hard to get motivated, exercise helps relieve stress and anxiety and can improve mood.

Just remember: the experts say it's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel

My wellness question to you — what will you do this month to fight the winter blues?

Wellness Bites for your Quick Wellness Needs!

Winter Health Tips

We have entered another cold and flu season. If you want to avoid being sick during the holidays, now is the time to be thinking about prevention! Here are some great tips to strengthen your body's immune system during the winter season.



Drink water. For most people the optimal amount is around 8 glasses. With the winter season here, it's more important than ever to consume the right amount of water for your health.

Keep stress to a minimum. Studies have linked high stress levels to being more susceptible to catching colds and flu. Minimize your stress by working reasonable hours, and saying no when you need to. Aim for at least one night per week to spend with friends and family.

Eat a healthy diet. Maintaining healthy diet full of fresh fruits and vegetables is another way to keep your body strong and in good working order.

Find a good supplement. Even if you eat well with lots of fresh fruits and vegetables, you may still need to boost your nutrition with a supplement. The supplements you need will depend on a few factors, including lifestyle, gender, and age. Get recommendations from your doctor.

Get enough sleep. The average person needs 7-9 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness. Sleep is like fuel that recharges your batteries! You've got to do it to keep the machine running.

Wash your hands regularly. Nothing is more important in protecting yourself from contagious viruses than washing your hands appropriately. Be sure to use warm water, rub your hands together vigorously for 20 to 30 seconds, and rinse your hands to remove all soap.

Keep germs away. Disinfect shared equipment such as telephones, desks, doorknobs, shopping cart handles, kitchen counters and computer keyboards. Throw tissues away immediately after use. Keep alcohol based hand sanitizers readily available.

Don't smoke. You may already know this, but it bears repeating— smoking significantly weakens your immune system.

Reduce simple carbs in your diet. This includes not only obvious kinds (cake, cookies, and sweets), but also bread, pasta, rice, and commercial, store-bought juices. Your body converts all of them to sugar, which can compromise your immune system.

Winter Antioxidants

When we talk about foods rich in antioxidants, all sorts of summer berries come to mind. Berries may be hard to come by in cooler months, but there are still plenty of winter foods full of antioxidants.

Beans: The antioxidant levels found in kidney and pinto beans are considerably higher than those in black beans. Dried and canned beans (go for low sodium) are available all year round.



Cranberries: 'Tis the season of the mighty cranberry and you should eat these berries any way you can. They are antioxidant powerhouses and give your immune system a much-needed boost. Cranberries may also protect against heart disease and cancer.

Pecans: Considered on par with antioxidant superstars cherries and cranberries, pecans are a delightful way to increase your antioxidant intake. Naturally sweet, eating a moderate amount of nuts weekly lowers the risk of gaining weight. Just don't eat them in the form of pecan pie!



Prunes: Prunes are available all year long. They are high in two important antioxidants; one fights the negative consequences of oxidation of fats and cholesterol, and the other fights cell-damaging free radicals.

Granny Smith Apples: This apple is high in antioxidants and provides just slightly less than strawberries. Don't skip the skin, though. Antioxidants give color to foods, and the color of the apple is in the skin.



Cinnamon: Cinnamon has one of the highest antioxidant levels on the list, and has an added bonus in that it may help you better regulate your blood-glucose levels.