

Dakota Wellness Program

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Join Sanford Health Plan
Wellness team members for
our monthly 15-minute wellness
webinar on Forging Fortitude.
[CLICK HERE TO REGISTER TODAY!](#)



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

Forging Fortitude: Unleashing the Power of Inner Strength

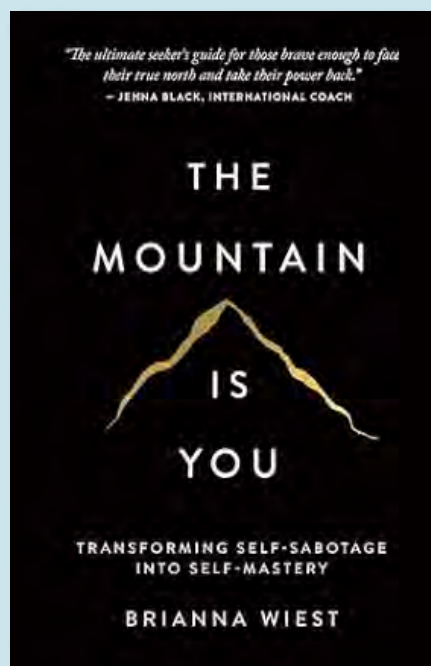
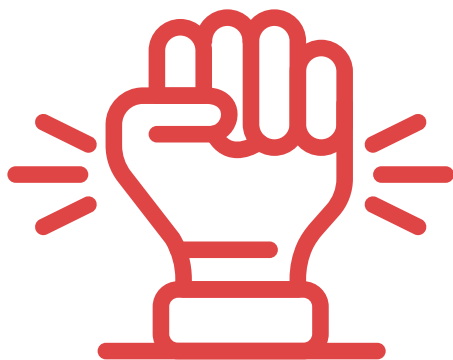
Developing inner strength is similar to forging a resilient fortress within oneself, a sanctuary of unwavering resolve and courage amidst life's challenges. It begins with self-awareness, the conscious recognition of one's strengths and weaknesses and a commitment to nurturing the former while mitigating the latter.

Inner strength thrives on adversity, finding its roots in the fertile soil of challenges and setbacks. Each trial becomes a stepping-stone, a testament to one's capacity to endure and grow. It requires embracing discomfort, facing fears head-on and refusing to succumb to the allure of complacency.

Developing inner strength involves fostering a mindset of perseverance and resilience. It's about reframing obstacles as opportunities for growth, viewing failures as valuable lessons rather than insurmountable barriers. It's recognizing that true strength lies not in the absence of vulnerability, but in the courage to confront it.

Moreover, inner strength is deeply intertwined with self-compassion and empathy. It's about extending kindness and understanding to oneself in moments of difficulty and having the compassion to empathize with others facing similar challenges.

Ultimately, developing inner strength is a lifelong journey, requiring dedication, patience and unwavering belief in oneself. It's about harnessing the power within to weather life's storms with grace and emerge stronger, wiser and more resilient than before.



Book Club

The Mountain Is You: Transforming Self-Sabotage into Self-Mastery by Brianna Wiest

"*The Mountain Is You*" by Brianna Wiest delves into the concept of self-sabotage and provides insights and strategies for transforming it into self-mastery. Wiest explores how our subconscious patterns and beliefs can hold us back and hinder personal growth. She emphasizes the importance of self-awareness and offers practical techniques for overcoming self-sabotage, such as reframing negative thoughts, setting boundaries and cultivating self-compassion. The book aims to empower readers to take control of their lives and reach their full potential by recognizing and overcoming self-destructive behaviors.

Discussion questions

1. How does Brianna Wiest's concept of "*The Mountain Is You*" resonate with your own experiences of self-sabotage and personal growth?
2. Wiest emphasizes the role of self-awareness in overcoming self-sabotage. What are some practical strategies she suggests for increasing self-awareness, and how might you apply them in your own life?
3. The author discusses the importance of self-compassion in the journey towards self-mastery. How do you think self-compassion differs from self-indulgence, and how can cultivating self-compassion help individuals navigate challenges and setbacks effectively?

Ask the Expert: What are the most effective strategies for maintaining respiratory health?

Regular exercise, especially aerobic activities like walking or swimming, helps maintain lung function and strengthens respiratory muscles. Avoiding smoking and minimizing exposure to pollutants, including secondhand smoke, preserves lung health. Practicing good posture aids lung expansion and efficient breathing. Proper hydration keeps airways moist and reduces irritation. Incorporating deep breathing exercises and meditation promotes relaxation and lung capacity. Lastly, staying up-to-date with vaccinations, particularly flu and pneumonia shots, bolsters immunity against respiratory infections. Consulting health care professionals for personalized advice ensures a comprehensive approach to respiratory well-being.

Recognizing Warning Signs: From Healthy Eating to Disordered Eating

Disordered eating encompasses a range of irregular eating behaviors that may indicate an underlying issue. Warning signs include obsessive calorie counting, frequent dieting, preoccupation with body image, and feelings of guilt or shame after eating. Additionally, avoiding social situations involving food and extreme fluctuations in weight can be concerning. Healthy eating can become problematic when it leads to rigid food rules, excessive exercise, or significant distress if deviating from a diet plan. Seeking support from health care professionals or loved ones is crucial for addressing disordered eating patterns.

A Prescription for Health

Exercise has the power to prevent, treat and reverse chronic disease. Make physical activity a habit in your life with our Exercise is Medicine fitness classes.

Cost:

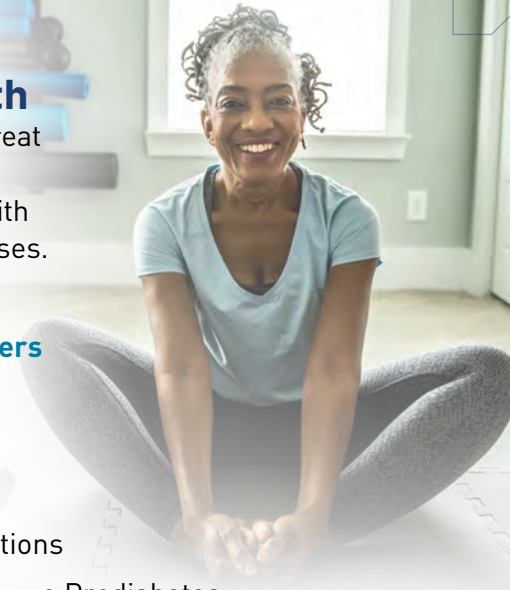
\$99 for Sanford Health Plan members
\$199 for non-members

Do I qualify?

- Age 18 or older
- Have one or more qualifying conditions
 - o BMI of 30 or greater
 - o Hypertension
 - o Hyperlipidemia
 - o Depression or Anxiety
 - o Prediabetes
 - o Type 2 diabetes
 - o Metabolic syndrome
 - o Cancer

Learn more and enroll today at

sanfordhealthplan.com/exercise-is-medicine.



Preventing Type 2 Diabetes

As a Sanford Health Plan member, you have a FREE diabetes prevention program offering to help you make small lifestyle changes that can lead to big health improvements. Change Your Weigh is an evidence-based program offered in partnership with the CDC's National Diabetes Prevention Program. This yearlong group-coaching program focuses on simple strategies to help you lose weight, increase physical activity and decrease your risk for developing type 2 diabetes.

The group virtual program includes:

- Weekly meetings for the first four months
- Monthly meetings for the last eight months
- Support from a trained lifestyle coach and class peers

REGISTRATION IS NOW OPEN for fall program start dates by scanning or visiting below.



Learn more

◀ Scan the QR Code or visit

sanfordhealthplan.com/diabetes-prevention.

Preventive Health

November is National Alzheimer's Disease Awareness Month. This disease affects the brain, particularly cognition and memory. Every year 500,000 people in America develop Alzheimer's disease. While there is no single factor that determines if a person will develop the disease, there are risk factors that are associated. Some risk factors like age or family history are not controllable, while other factors are.

Managing the risk factors you can control can reduce the risk of developing Alzheimer's disease:

- Be physically active. Aim for getting active at least three days a week. Brain health is directly related to heart health. Studies show the positive effects of exercise on the brain.
- Have a source of mental stimulation. Being social with friends and family is one of the best ways to have mental stimulation. Aim for social activity in your community at least once a week.
- Avoid tobacco products. Smoking damages both the brain and the heart.
- Get quality sleep. The brain repairs itself during sleep and produces new brain cells. When sleep is chronically interrupted, so are restorative processes.

White Bean and Kale Soup

Serves: 2

Ingredients

A few tablespoons olive oil	1 tbsp sherry vinegar
2-3 chopped shallots (or about half an onion)	1 tbsp chopped chives
½ cup chopped carrots	1 tbsp chopped fresh tarragon
2 garlic cloves, minced	Sea salt
1 cup sliced mushrooms	Fresh black pepper
½ cup white wine	A few pinches of red pepper flakes
3 cups veggie broth (or more)	Parmesan or pecorino cheese, shaved or grated, for garnish (optional)
1 (15-ounce) can white beans	Crusty bread, for serving
1 tbsp finely chopped rosemary	
1 small bunch kale, chopped, coarse parts of the stems removed	

Instructions

In a medium pot, heat the oil over medium heat. Add the shallots and a few pinches of salt and pepper, and cook until they're beginning to turn translucent, 5-7 minutes. Add the carrots, garlic, mushrooms, and a pinch of salt and stir. Continue cooking until the mushrooms wilt down, another 10 minutes or so, stirring occasionally (turn down the heat on your stove slightly if your vegetables start to burn).

Add the white wine and stir to get the bits off the bottom of the pan, and cook until the liquid reduces, 5-7 minutes. Add the broth, white beans, and rosemary and bring to a boil. Add the kale. Reduce heat and simmer for 15-20 minutes or so.

Mix in the sherry vinegar, tarragon and chives. Toss in a few pinches of red pepper flakes. Taste and add more salt and pepper to your liking. Serve with freshly grated Parmesan cheese and crusty bread.



Monthly Observances

American Diabetes

COPD Awareness

Lung Cancer Awareness

Alzheimer's Disease Awareness

Pancreatic Cancer Awareness

Stomach Cancer Awareness

November 16: Great American Smoke Out

QUICK LINKS

sanfordhealthplan.com/ndpers

SET-UP A

[mySanfordHealthPlan](#)

ONLINE ACCOUNT

sanfordhealthplan.com/memberlogin

CONTACT US

NDPERSwellness@sanfordhealth.org
(800) 499-3416 (TTY: 711)



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The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.