

Dakota Wellness Program

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Join Sanford Health Plan
Wellness team members
for our monthly 15-minute
wellness webinar

[CLICK HERE TO REGISTER TODAY!](#)



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

Mastering Emotional Health: Strategies for Well-Being

Emotional health is vital for overall well-being, enabling individuals to navigate life's challenges effectively. It involves understanding and managing emotions, both positive and negative while seeking support when needed. Research suggests emotional health is a skill that can be cultivated, with numerous strategies for improvement:

9 Strategies for Improvement

Reflection:

Think before reacting impulsively, promoting thoughtful responses

Expression:

Communicate feelings constructively to avoid internalizing stress

Social connections:

Foster positive relationships and engage with communities

Balance:

Prioritize activities that bring joy and relaxation alongside responsibilities

Positivity:

Cultivate optimism, forgiveness and surround yourself with uplifting influences

Purpose:

Find meaning in life through work, relationships or personal pursuits

Self-awareness:

Recognize and address emotions and their triggers

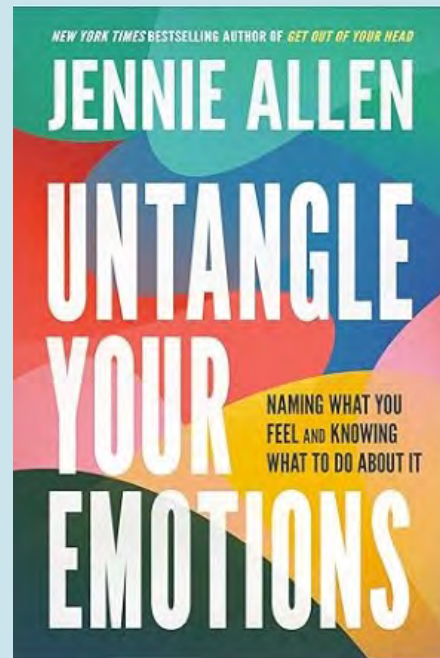
Stress management:

Adopt coping mechanisms like meditation and exercise

Physical health:

Maintain regular exercise, nutrition and sleep habits to support emotional well-being

While good emotional health doesn't immunize against challenges, seeking professional help is crucial for persistent issues. Medication, therapy and support groups offer effective interventions. Consult a provider to explore personalized strategies and address any underlying physical or mental health concerns.



Book Club

Untangle Your Emotions: Naming What You Feel and Knowing What to Do About It by Jennie Allen

"*Untangle Your Emotions*" by Jennie Allen offers a practical guide to understanding and managing emotions effectively. Allen emphasizes the importance of identifying and labeling emotions accurately to navigate life's challenges. Through introspection and self-awareness, readers learn strategies to address their feelings constructively. The book provides actionable steps to cope with emotions, fostering resilience and promoting personal growth. Allen's approach encourages readers to embrace vulnerability and seek support when needed, empowering them to cultivate emotional well-being.

Discussion questions

1. How has reading "*Untangle Your Emotions*" influenced your approach to recognizing and addressing your own feelings in daily life?
2. Jennie Allen emphasizes the significance of seeking support and vulnerability in managing emotions. Share an experience when reaching out for help positively impacted your emotional well-being.
3. In the book, various strategies are discussed for coping with emotions, such as self-awareness and reflection. Which technique resonated with you the most, and how do you plan to incorporate it into your routine?

Ask the Expert: How does dental health contribute to overall well-being?

The most effective daily practices for optimal dental health include brushing teeth twice a day with fluoride toothpaste, flossing daily, and limiting sugary foods and drinks. These habits prevent tooth decay, gum disease and bad breath. Additionally, regular dental check-ups every six months help detect issues early. Good dental health not only ensures a healthy mouth but also contributes to overall well-being by aiding digestion and speech and boosting self-esteem.



The Transformative Powers of Yoga

Yoga offers a plethora of benefits for both the body and mind. Physically, it enhances flexibility, strength and balance while improving posture and joint health. Its deep breathing techniques promote better respiratory function and oxygenation of the body, boosting energy levels and vitality. Mentally, yoga reduces stress, anxiety and depression by calming the mind and promoting mindfulness. It enhances mental clarity, focus and concentration, fostering a sense of inner peace and emotional well-being. Regular practice of yoga can improve sleep quality, immune function and overall quality of life, making it a holistic approach to wellness for people of all ages and fitness levels.

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:

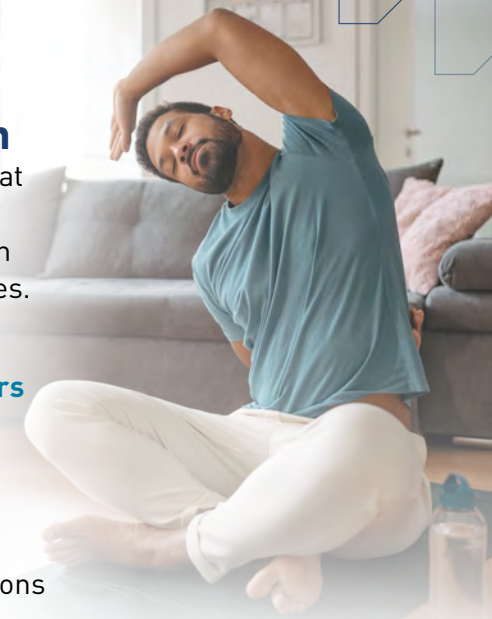
\$99 for Sanford Health Plan members
\$199 for non-members

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

October is National Protect Your Hearing Month. This is a great time to become aware of noise-induced hearing loss and to take steps to protect your hearing. Noise-induced hearing loss is an irreversible condition that is caused by damage to fibers in the ear. We can practice daily habits to protect our hearing:

- Keep volume levels on television and radios at no more than 60%
- Take breaks when listening to podcasts or music to avoid continuous exposure
- Use earplugs or earmuffs when attending concerts, doing lawn maintenance, snowmobiling or other loud activities
- Protect young children by keeping them away from loud equipment and music

Noise exposure is cumulative and will affect all ages. Dangerous noise begins at 85 decibels (dB). Here are some examples to help you navigate:



Whisper 30 dB



Fireworks 140-160 dB



Conversation 60-70 dB



Sirens 110-129 dB

Continual exposure to sounds above 70 dB can lead to gradual loss of hearing. Immediate damage can occur at sounds above 120 dB. Smartphone apps are available to help estimate the dB level you are exposed to.

Easy Chicken and Asparagus Foil Packets

Prep Time 10 minutes
Cook Time 20 minutes

Total Time 30 minutes
Servings 4 servings

Ingredients

4 4-oz chicken breasts, butterfly cut
16 oz asparagus
1/2 cup corn oil
1 tsp salt
1/2 tsp black pepper

1 tsp oregano
1/2 tsp garlic powder
1 tbsp lemon juice
1 tbsp chopped parsley, optional
4 12x12 pieces of aluminum foil

Instructions

Preheat gas grill to medium-high heat (450° F) or an oven to 425° F. Butterfly cut the chicken breasts, lightly pound to thin them. In a bowl, combine the corn oil, salt, pepper, oregano, garlic powder and lemon juice. Place one chicken breast and 1/4 of the asparagus on a piece of foil and brush with the oil/ spice mixture. Wrap the packets to close. Repeat with the remaining chicken. Grill the foil packets for 10 minutes per side, turning once (20 minutes total) or bake in the oven for 40-45 minutes, until chicken is fully cooked. Serve immediately. Top with parsley (optional).

Nutrition

Calories: 275 cal | Carbohydrates: 5g | Protein: 2g | Fat: 28g
Saturated Fat: 2g | Sodium: 585mg | Potassium: 229mg
Fiber: 2g | Sugar: 2g | Vitamin A: 935IU | Vitamin C: 9.1mg
Calcium: 31mg | Iron: 2.6mg



Monthly Observances

Eye Injury Prevention

Health Literacy

Healthy Lung

National Breast Cancer Awareness

National Dental Hygiene Month

National Primary Care Week - Oct. 6-12

National Physician Assistant Week - Oct. 6-12

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.