

## WINTER

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# Your EAP news

Employee Assistance Program (EAP) | 1-800-999-7222 | [anthemEAP.com](https://www.anthemEAP.com)

## Self-esteem and self-confidence

**Self-esteem is, basically, your opinion of yourself.** If you have healthy self-esteem, you feel good about yourself and are proud of what you can do. Having healthy self-esteem can help you feel positive overall.

A lot of things can influence your self-esteem. These include:

- How others treat you
- Your background and culture
- Your life experiences, such as school, home or work

**Self-confidence is a little different from self-esteem.** Self-confidence has to do with what you think about your skills and abilities. It often comes from trying new things, like speaking up more at work or in class, or trying a new activity.

**Try this quick quiz to rate your self-esteem and self-confidence.**

If you have **healthy** self-esteem and self-confidence, you'll probably agree with some or most of these statements:

- I feel good about who I am.
- I am proud of what I can do but don't need to show off.
- I know there are some things that I'm good at and some things I need to improve.
- I feel it is okay if I win or if I lose.
- I usually think, "I can do this," before I do something.
- I am eager to learn new things.
- I can handle criticism.
- I like to try to do things without help, but I don't mind asking for help if I need it.
- I like myself.

If some of the items on that list are true for you, congrats — you're on the right track.



## Lecturas recomendadas para esta temporada

Tu programa Employee Assistance Program (EAP) también ofrece información útil en español. Para leer los artículos que enviamos este trimestre, visita [anthemEAP.com](https://www.anthemEAP.com) y selecciona español. Encontrarás la lista de temas tratados en esta edición en la sección "Noticias para Usted."

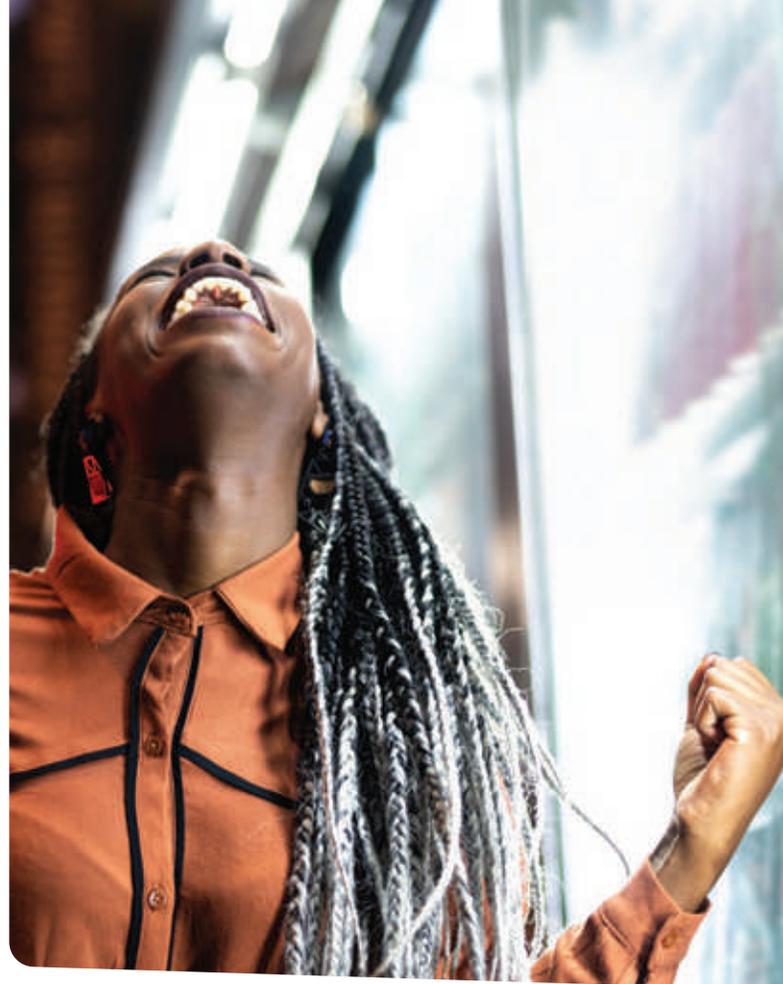
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If you have **low** self-esteem and self-confidence, you'll probably agree with some or most of these statements:

- I can't do anything well.
- I have no friends.
- I do not like to try new things.
- I get really upset about making mistakes.
- I'm not as nice, pretty or smart as my friends.
- I don't like it when people say nice things about me.
- I get very upset when people criticize me.
- I feel better if I put other people down.
- I don't know what I'm good at.
- I usually think, "I can't do this," before I do something.
- I don't like myself.

If many of the items on the second list are how you feel about yourself, try some ways to raise your self-esteem. Visit your EAP website to learn some tips on how to build self-esteem, or reach out to your EAP team of experts. They can guide you, too, with counseling resources and online tools for personal growth. Contact them today to help boost your esteem. Because everyone brings something unique to the world — and you do, too!

Source: U.S. Department of Health & Human Services, Office on Women's Health, "Self-esteem and Self-confidence" (accessed October 2017): [girlshealth.gov](http://girlshealth.gov).



## Moving more this winter

The days are shorter, the weather is changing — and the winter months can make it tougher to find ways to keep moving. Here are some tips to stay off the sofa and keep good health habits flowing all winter long:

- **Bundle up and walk.** Layer as much as you need to and walk to a friend's house, walk the dog with your children, or just take a lap or two around the block.
- **Exercise while you watch TV.** Start by walking in place at commercial breaks.
- **Do some house walking.** Set your phone timer for 15 minutes and walk or run up and down your steps until the alarm goes off.
- **Take two laps of a fast-paced walk** around the outermost aisles of a store when you're shopping.
- **Turn off the TV and turn on the music.** Have a dance hour with your family. Nothing burns calories like a house party!
- **Ignore the elevator.** Who needs a climbing machine when there are stairs?
- **Look into options for indoor sports.** Try indoor cycling, swimming, or volleyball; mall walking; and dancing. Some places even have indoor soccer teams for adults and kids.

For more advice on how to keep moving this season, visit our website or call for no-cost, confidential help from your team of EAP experts.

Source: National Heart, Lung, and Blood Institute, "Everyday Ideas to Move More" (accessed June 2017): [nhlbi.nih.gov](http://nhlbi.nih.gov).

## Aiming for a healthy weight

You've set a goal to reach your ideal weight, but how do you really make it happen? Here are a few guidelines:

**Research the weight that's right for you.** (If you have questions about your child's weight, talk with your doctor.)

If you're an adult, you can check your body mass index (BMI), which is one measure you can use to stay informed.

1. Go to [nih.gov](http://nih.gov) and search BMI calculator. Follow the simple steps on the calculator to measure your BMI. (The higher your BMI category, the greater the risk for health problems.)
2. Measure around your waist, just above your hip bones, while standing. Health risks go up as waist measurement increases, particularly if your waist is more than 35 inches for women or 40 inches for men. Excess belly fat may place you at greater risk of health problems, even if your BMI is about right.

**Manage your weight.** Choose a healthy variety of foods and watch your portion size.

**Be more active throughout the day.** Getting at least 30 minutes of moderate physical activity most or preferably all days of the week is one way to stay active. Over time, exercising — even a little bit more than usual — can keep you from gaining weight or help you lose weight.

No matter what age you are, keeping your weight in check can have a huge effect on your health. Reach out to your doctor about plans to keep your weight at the right level. And contact your EAP team of experts, too. They have plenty of resources and great advice for making your lifestyle a healthy one.

Source: U.S. Department of Health & Human Services, "Be Physically Active Each Day" (accessed September 2016): [health.gov](http://health.gov).



## Caring for your mental health\*

We all know we need to exercise and eat right to keep a healthy body. But what about your mind? There are steps you can take to keep your mind healthy, too.

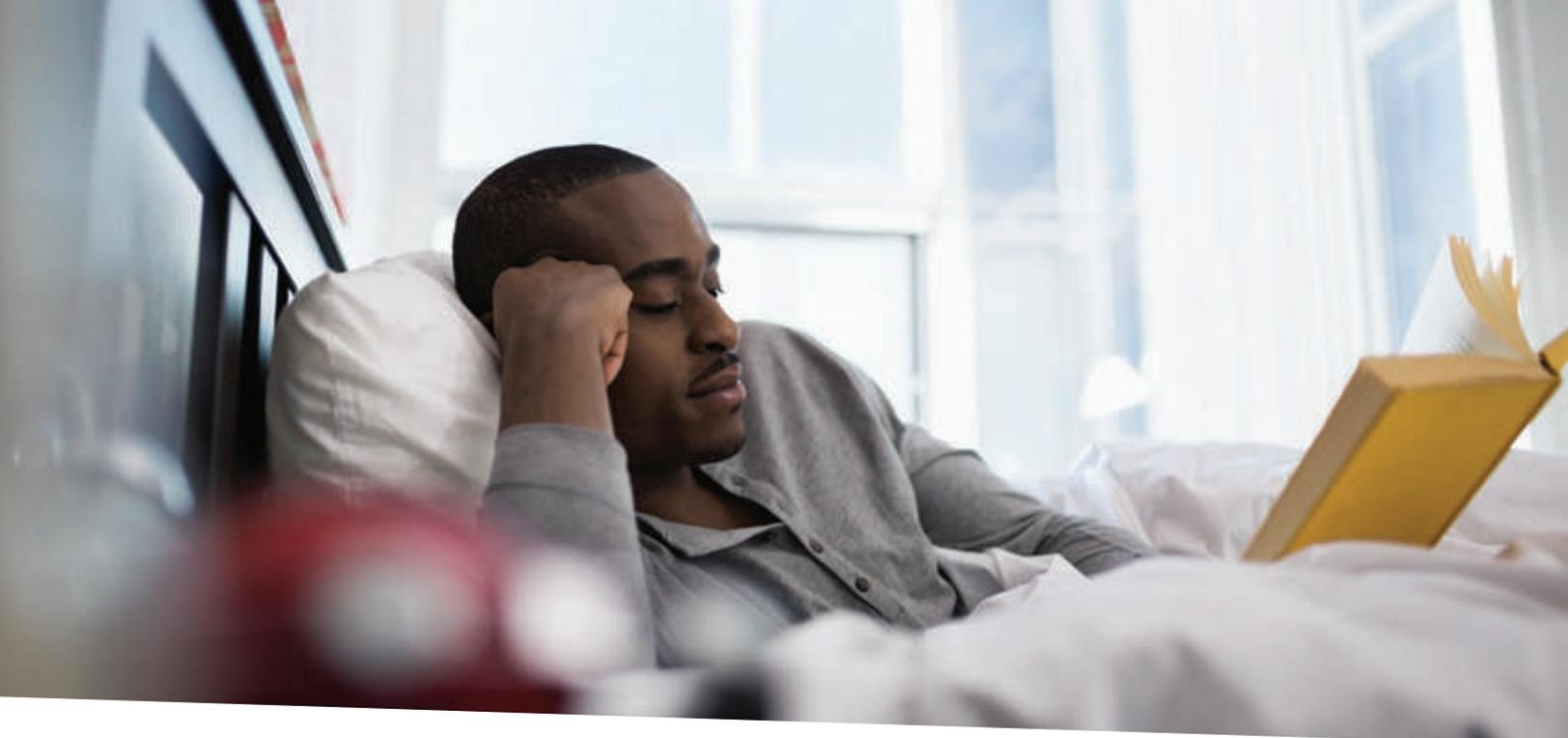
### Eat well

The food you eat can affect your energy level, physical health and mood. Talk to your doctor about which foods are best for you. You can also visit [choosemyplate.gov](http://choosemyplate.gov) to find eating plans and other tools to help you make good food choices. And be sure to tell your doctor or other health care professionals you see about any supplements, vitamins or minerals you take.

### Get moving

Regular physical activity is important for mental health. That's why health experts say people should be active every day for good health. In fact, exercise has even been shown to help with symptoms of depression and anxiety. Your body makes certain chemicals called endorphins before and after you work out. They relieve stress and improve your mood. Exercise can also slow or stop weight gain, which is a common side effect of some medications used to treat mental health conditions.

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### Sleep well

Your mind and body will feel better if you sleep well. Your body needs time every day to rest and heal. If you often have trouble sleeping — either falling asleep or waking during the night and being unable to get back to sleep — try these ideas:

- Go to bed at the same time every night and get up at the same time every morning. Don't sleep in. It could make you feel worse.
- Create a bedtime ritual by doing the same things every night for an hour or two before bedtime so your body knows when it is time to go to sleep.
- Avoid caffeine, nicotine and alcohol.
- Eat on a regular schedule, and avoid a heavy meal before going to bed. Don't skip meals.
- Eat plenty of dairy foods and dark green, leafy vegetables.
- Exercise daily, but avoid activities that are too hard or might give you more energy before going to bed.
- Play soothing music that shuts off automatically after you are in bed.
- Take a warm bath or shower before going to bed.

### Stress and mental health

We all have stress in our lives — but there are ways to learn how to manage it. Common symptoms of stress include:

- Headache
- Trouble sleeping
- A hard time concentrating
- Short temper
- Upset stomach
- Unhappiness at work
- Low morale

For help, contact your EAP team of experts. They can provide resources to get counseling and give you information you need on mental wellness. Also, remember, it's important to take care of yourself, so don't feel guilty about it. No matter how busy you are, try to set aside at least 15 minutes each day to do something for yourself, like taking a bubble bath, going for a walk or calling a friend. Your mental health is too important to overlook.

Source: U.S. Department of Health & Human Services, Office on Women's Health, "Good Mental Health" (accessed March 2018): [womenshealth.gov](https://www.womenshealth.gov).



\* Schedule a checkup with your doctor to talk about any signs of depression.  
Important: This document is intended for general information only. It does not provide the reader with specific direction, advice, or recommendations. You may wish to contact an appropriate professional for questions concerning your particular situation.

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