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QUOTE OF THE MONTH

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

- MAHATMA GANDHI

FEATURED ARTICLE

Boost Your Mood: Find More Happiness

Happiness is a state of mind, and these two simple practices can help you get there.

Learn more on page 2>

FEATURED ACTIVITY

Freshen Up Your Workout

Mix up your workout routine to keep things fresh and fun!

Read more on page 4>

FEATURED LIVE WEBINARS

September Live Webinars

CaféWell coaching webinars offer great ways to stay happy and healthy all month long.

Learn more on page 5>
What makes you happy? A new pair of shoes, or a profound understanding of your life’s purpose? Many of us would choose the first one. Problem is, if you rely too heavily on momentary mood boosters, you could be robbing yourself of real, feel-it-in-your-soul satisfaction. “Truly content people understand what energizes them and what they believe in,” explains Dan Baker, Ph.D., author of *What Happy People Know*.

Luckily, you don’t have to take a mystical trek into the desert to arrive at this point. In fact, all it requires is a shift in your point of view. Here are two simple yet powerful exercises that can help you see your life in a whole new light.

**Flip your “script.”**

The way you view daily events can profoundly affect your mood. Happy people don’t live in bubbles of perfection: They get caught in the rain, they lose their keys and their relationships falter just like everyone else’s. What sets them apart is the way they choose to characterize these situations. Was it a disaster or a mere inconvenience, a sign of a pervasive problem or a temporary setback? By changing the way you portray your circumstances to yourself and others, you change the emotional effect.

For this exercise, pretend that you’re telling a story about a big work project. Think of this as the first draft. Next, craft a story from the other side of the fence—don’t change the
facts, just your interpretation of them. Rather than say you’re stressed out by tight deadlines, talk about how the fast pace keeps your mind limber. If office politics are causing you grief, instead of carping about gossipy colleagues, mention how working with so many interesting characters has enriched your knowledge of people.

Ask yourself which version would be more fun to tell at a cocktail party, the one that’s all “woe is me” or the one where you’re pretty fortunate? Which would you rather hear? “It’s human nature to automatically tell ourselves the bad version, but that doesn’t mean you have to accept that as the official story of your life,” Baker explains. To get started, jot down one negative thought, then rewrite it with a more positive spin.

Discover your purpose.
Devoting time and attention to something that gives your life meaning—a goal to work toward or a passion that fulfills you—can be a constant source of joy. “Research has shown that people who have the clearest idea of their purpose in life have the easiest access to happiness,” says Baker.

Your sense of purpose doesn’t have to be grandiose; you don’t need to make a mint or cure the common cold. Purpose is simply a matter of discovering what you’re passionate about—spending time with family, playing tennis, advancing in your career, gardening, traveling—and dedicating your energy toward that. “You can develop your sense of purpose by recognizing the day-to-day things that invigorate you and make you feel like your best self,” Baker explains. For example, if you enjoy problem-solving at work, think about how you can become your company’s go-to troubleshooter.

For this exercise, ask yourself the following questions to help you identify your passions:

- What makes me feel most energized and excited?
- For what do I want to be known?
- What could I talk about nonstop?
- Which activities can I get so caught up in that I lose track of time?

Once you begin to develop answers, think about how often you do the things that are so important to you. Are there aspects of your life that you love but have shunted off to the pile of things you’ll get to when you have more time? Your goal here is to figure out what’s missing and to start integrating that more fully into your daily existence. “Consciously pursuing activities that make you feel more engaged will not only increase your capacity for happiness but also your chances of finding it,” says Baker.
After sticking to your trusty workout routine day after day, a time may come when the positive gains start to slow down. This common occurrence is referred to as a “plateau.” The good news is that there are ways to overcome a workout plateau and take your fitness to new levels.

Here are some common causes for reaching an exercise plateau and strategies for working around them:

**Performing the same exercises every day**
Exercising daily is a great habit that offers a lifetime of benefits. However, your body will eventually adjust to repeating the same routine. Once that happens, the physical benefits tend to slow down.

Switching up your routine every few weeks can help keep workouts challenging, and keep you moving toward your goal. When your body is forced to move in different ways, you’ll see increased benefits!

**Overtraining**
Training too hard can cause you to feel tired and fatigued. If your body is sending signals that it needs rest, be sure to listen.

Not giving your body enough time to recover may lead to injury or burnout. If you’ve been pushing yourself to the max for multiple weeks straight, consider giving your body a week off to recover.

**Poor eating habits**
What you put into your body affects what you get out of your body. Poor eating habits can leave you feeling lethargic and limit your physical growth. Make sure you’re getting the right mix of protein, carbs, healthy fats, and other key nutrients to balance out your fitness routine. And don’t forget to steer clear of overly processed foods, as well as sugar!
FEATURED LIVE WEBINARS

Never stop learning with live video webinars featuring the expert coaches at CaféWell. In addition to the titles on the right, you can join Coach Doris to get advice on preparing for the upcoming flu season or Coach Paulette to learn strategies for quickly calming your stress response. Check out the upcoming webinar schedule on CaféWell and pick the sessions that are best for you! 📚

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