



FEATURE

How Well do You Manage Stress?

April is [Stress Awareness month](#).

In this edition of the PEHP Wellness newsletter we offer tips and resources to help you manage stress. According to researchers, Americans report financial worries as the number one cause of stress. The PEHP Wellness webinar topic for April is on financial planning; learn how to plan for retirement and become a better investor. You won't want to miss this webinar presented by Utah Retirement Systems financial specialists.

We hope that you enjoy this issue.

– Your PEHP Wellness Team



STRESSTIPS

Are you a caregiver for one or both adult parents and experiencing emotional and financial stress? Hear the Amy Grant interview that discusses dementia, the importance of gaining power of attorney and more [here](#).

PEHPHEALTHYUTAH WEBINAR

Small Change, Big Bucks

What: With the power of compounding interest you can turn \$14 per paycheck into an extra \$5,000 to \$30,000. Tune in and learn how you can make simple, inexpensive changes today to boost your financial wealth.

When: Pre-recorded – Register at any time and view at your convenience.

Presenters: Michael Wilson and Matt Brady, URS Education & Marketing Representatives

Register [here](#)

Have a busy schedule? All webinars are archived for future viewing – visit our archive section [here](#).

INTHISISSUE

Are You a Stress Eater?

Learn what foods are stress busters and how they work.

Penny, With Her Thoughts

Penny Weiss exercised plenty, but it wasn't until she focused on nutrition that she saw results on the scale.

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MOVE IT

By Tiffany Anderson

Exercise & Sleep: Any Time's Good

If you're not getting enough sleep, your work will suffer the next day. No one functions at their best without adequate rest. One solution: Work out a little every day. The National Sleep Foundation recently reported on a study which found that people who exercised for as little as **10 minutes per day** tended to sleep better and woke up feeling more rested than those who didn't exercise at all.

The belief that working out before bedtime is harmful to good sleep



isn't necessarily correct. Researchers found that young males in good physical condition reported no sleep problems after riding stationary bikes for up to three hours before going to bed. Exercise – at any time of the day or night – appears to be vital to getting the rest that you need. Learn more [here](#).

MOTIVATIONAL QUOTE

"If you think you can, you can. And if you think you can't, you're right." — *Mary Kay Ash*

WORKOUT WARRIOR

143 PARTICIPANTS IN JANUARY

The February Workout Warrior theme was Heart Smart – 143 Workout Warriors participated.

Teresa R. was the random winner of an Amazon gift card. Congratulations Teresa!

The theme for April is **Stress Busters**. Learn more about Workout Warrior and how to participate [here](#).



Natalie Y	Laura S	Deborah D	Dorthea M	Erin A	Brook C
Paulette W	Debra A	Tammy M	Shauna H	Lindsay M	Shaunna F
J Randall U	Beverly P	Cindy R	Maryjan L	Sheri S	Rebecca F
Kelly S	Lori S	Tammy B	Gary L	Scott F	Cathy B
Stacie T	Margaret B	April P	Heidi C	John S	Chris M
Lillian H	Enqiang H	William R	Julie S	Susan S	Heather Y
Teresa P	Wendy D	Colleen R	Rebecca N	Kristen S	Sarah M
Brent K	Kathy F	Dawn H	Yvette H	Tiffany A	Angela B
Kimberly B	Catherine R	Sandra B	Heather H	Tammy K	Pamela H
Candace W	Marie C	John C	Teresa P	Janae B	Fatilofoa F
Natalie M	Laurie J	Desmond L	Julie W	Micky R	Charles C
Janene P	Jeff G	Tami G	Natalie M	Alyshia K	Melissa P
Sandra O	Sharla A	Lorrie N	Mykel D	Laura S	Carrie P
Cynthia B	Jonathan Y	Adam B	Katie S	Deena M	Selena J
Ashlee G	Wendie M	Debi G	Maritza R	Tonya M	Leslianne G
Jennifer S	Brandi A	Neal R	Max W	Tara N	Lezlie M
Kathleen H	Belva C	Suzanne B	Celeste R	Star C	Bonnie G
Susan C	Kendall E	Tiffani M	Marilee W	Brent B	Maria A
Kimberly H	Whitney S	Sonja W	Andrew R	Nicole V	Christian M
Christina P	Norman B	Tina S	Lesleigh A	Annamaria L	Tiffani D
Penny L	Tyra	Janice F	Kaylynn H	Cristene W	Cindy L
Lisa T	Susan K	Andrew C	Coylene B	L Harper R	Marcel L
Melinda B	Vance L	Connie L	Debra J	Kimberly O	Michelle M
Koral V	Brian T	Teresa R	Ephra W	Janet R	

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FOOD FOR THOUGHT

By Tiffany Anderson

Are You a Stress Eater?

Many people struggle with their relationship with food and may eat in response to emotions rather than hunger. Excess stress can become overwhelming at times and may create a feeling of emptiness or longing. Eating food at these times, though a temporary fix, can change the way that we feel. Stress eating isn't the occasional indulging or overall enjoyment of food. However, using food to self-medicate is a serious problem and on the rise.

The Academy of Nutrition and Dietetics remind us that in difficult times, exercise and healthful eating becomes



even more essential for good health. A strategy for stress management is to keep a well-stocked kitchen with nutritious foods. Read about the [Stress Management Diet](#) that discusses foods that are stress busters and how they work.

SIMPLIFY YOUR LIFE

Minimize Workplace Stress

Your rise and fall in your organization is based on your behavior – a combination of attitude, language, appearance, and professionalism. To stay on the upward track, here is what NOT to do every day:

- » **Whining:** No one wants to work with a chronic complainer. Deal with problems and issues constructively.
- » **Over apologizing:** Everyone makes mistakes, and people with integrity take responsibility for their

missteps and failures. Just don't overdo it.

- » **Over sharing:** Be friendly with your co-workers, but don't pry into their personal lives, share too much of your own, or indulge in spreading rumors. You want to gain a reputation as a dependable, standup colleague, not a gossip.
- » **Hiding:** Devote some time to getting to know your colleagues as people. Building bonds can help you maintain a healthy work/life balance and contribute to your ability to get things done at work.

STRESS MANAGEMENT QUOTE

"One of the things I learned the hard way was it does not pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself." – Lucille Ball

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PEHP WAIST AWEIGH

"The question should be, is it worth trying to do, not can it be done."

—Allard Lowenstein

Exercise wasn't enough; focus on diet made difference

I have been an active person all my life. When I turned 55, I did triathlons for three summers in a row. You would think that as active as I was and with the amount of training and exercise

**FIND GRAD
SUCCESS
STORIES
HERE**



I did I should have been skinny — unfortunately I wasn't.

To compound the problem, a couple of years ago I had my thyroid removed due to cancer and was not ready for the weight-gain rollercoaster that the procedure would have on me. It was not until I truly believed within myself that diet was 90% of my problem did my situation change.

I decided to apply to PEHP Waist Aweigh for some motivation. I found that having a coach and

being held accountable to reach the goals set for me became a motivating factor in my weight loss. People started to notice the weight I had lost and wanted to know how I had accomplished it.

How do you explain that inner drive you have to be healthy, look good, exercise, enjoy life, and be the person you knew you could be? It is truly a personal journey and one that each of us has to decide to do within ourselves no matter how hard or how long it may take. Be committed to your goals and you will see success in all aspects of your life.

Read Penny's entire success story [here](#).



Penny Weiss lost 40 pounds in 12 months!

SHOUT OUTS

Congratulations to PEHP Waist Aweigh graduates . . .

Jan H. graduated in February and Laurie O. in March.

Great job ladies!

PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

**LEARN MORE/
ENROLL
HERE**



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MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

CLICK HERE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEALTH & NUTRITION FACT The colon is the last section of the digestive system and an.	April Fool's Day HU TESTING SESSION Vernal: 9-12:15/1:30-4:15	1 National Walking Day HU TESTING SESSION Vernal: 8:30-12:15/1:30-4:15	2 HU TESTING SESSION Roosevelt: 8:30-12:15/1:30-4:15 SLC: 8:30-12:15/1:30-4:15	3 HU TESTING SESSION Roosevelt: 8:30-12:15/1:30-4:15 SLC: 8:30-12:15/1:30-4:15	4 April Workout Warrior Registration closes	5
6 Health Tool of the Week: Help Guide: How to Reduce, Prevent, and Cope with Stress	7 World Health Day HU TESTING SESSION Vernal: 10-12:15/1:30-4:15 Loa: 12-4:15	8 HU TESTING SESSION Loa: 10-1 Altamont: 10-12:15/1:30-4:45 Hanksville: 3-6	9 HU TESTING SESSION Tabiona: 10-12:15 Bicknell: 2-6	10 HU TESTING SESSION Richfield: 8:30-12:15/1:30-3:15	11	12
Palm Sunday Health Tool of the Week: The Little Online Book of Stress Management	13 Passover Begins at Sundown HU TESTING SESSION Murray: 8:30-12:30/1:30-4:15	14 Tax Day HU TESTING SESSION Orem: 9-12:15/1:30-4:15	15 HU TESTING SESSION Ogden: 9-12:15/1:30-4:15	16 HU TESTING SESSION Ogden: 9-12:15/1:30-4:15	17 Good Friday	18
19 Easter Health Tool of the Week: Free Guided Imagery for Stress Relief & Relaxation	20 HU TESTING SESSION Vernal: 12-4:15/5:30-6:45	21 Earth Day HU TESTING SESSION Lapoint: 9-11:15 Roosevelt: 1-3:15	22 Administrative Professionals Day HU TESTING SESSION Myton: 9-12:15/1:30-3:15 Vernal: 9-12:15/1:30-4:15	23 HU TESTING SESSION Roosevelt: 9-12:15/1:30-3:15	24	25
26 Health Tool of the Week: Relaxation Techniques	27 HU TESTING SESSION Nephi: 10-12:15/1:30-5:15	28 HU TESTING SESSION Ephraim: 8:30-12:15/1:30-4:15 Sandy: 8:30-12:15/1:30-4:15	29 May Workout Warrior Registration opens HU TESTING SESSION Gunnison: 9-12:15/1:30-4:15	30		

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