UPCOMING EVENTS:

Cigna Employee Assistance Program: Wellness Webinars
November 18th: Spread Too Thin: Life in the Sandwich Generation: Caregiving for aging loved ones AND your family can stretch you to the breaking point. Get tips for staying well in the “sandwich.”

Register here for a webcast. All seminars are one hour and take place at 2 p.m. ET. On-demand replay will be available starting 1 hour after the live presentation.

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University of Richmond Employee Wellness

How to Slow Down and Be a Better Human Being

I’ve often wondered why we’re in such a hurry to get somewhere other than where we are. In the grocery store aisle, in traffic, or waiting for our morning coffee, we always seem to be tapping our feet and checking the time. The sense that we don’t have enough time is referred to as “time urgency,” a common trait in the stereotypical type A personality. London Business School professor Richard Jolly notes that about 95 percent of the managers he studied for over 10 years experience it. According to a 2013 study, time urgency involves “an overwhelming and continual sense of urgency... in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering delay.”

Physiologically, stress triggers adrenaline and cortisol in the body, which can have negative effects over time. All the more reason to slow down and take a breath.

In 1974, cardiologists Meyer Friedman and Ray Rosenman coined the phrase “hurry sickness” to refer to “a continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time.” So, then, if we’re constantly “optimizing” for speed, efficiency, and the goal of being first, are we actually propelling ourselves toward a culture without empathy?

There are still plenty of opportunities to practice empathy and keep my hurry to a minimum:

Put your phone on timeout. Your phone isn’t the boss of you. You don’t have to pick it up whenever it rings. Try also to resist the urge to pick it up to fiddle when you’re bored. If you’re waiting in line, at a red light, or riding on the train, try to sit with the sensation of impatience and boredom rather than giving into it. This helps you build resistance to instant gratification. When it’s pocketed, you connect more to the people around you.

Make friends with everyone, even for a moment. It may seem unimportant, but a smile and a little sincere small talk goes a long way. Meeting someone’s gaze makes us more subtly aware that they’re a whole person in their own right, and it lets them know that we see them that way.

Take longer just because. It may seem counter to efficiency, productivity, and just about everything society values, but taking more time to do something just for the sake of enjoying it creates little moments to appreciate the things we might otherwise miss.

Find ways to be bored. Boredom has actually been shown to spark creativity. It encourages us to find solutions to our discomfort, think differently about otherwise mundane things, and create novelty out of complacency. When we’re not preoccupied with complex tasks or stimulating media, we have to use our imagination to come up with ways to spend our time. Often, this results in human connection.

Practice random acts of kindness. Doing things for others is actually good for us, even to the point of reducing death. Kind acts have also been shown to reduce anxiety. It’s simple enough to practice kindness in small moments throughout the day, no large investments or grand gestures needed. Try wiping the milk and sugar off the counter at the cafe, refilling the office coffee pot when it’s empty, or bringing your friend some soup when they’re home sick with a cold.

So...What effect is this constant hurry and stress having on us as social creatures? And what would the world look like if we weren’t always rushing to get somewhere? It seems clear that there’s a connection between slowing down, reducing stress, and being more connected, empathetic, and at ease. Flexing that muscle makes life a little sweeter, and can help us become kinder human beings.

Source: Healthline
Healthy Cooking: Chicken Pot Pie Soup

**Ingredients:**
- 1.5 tbsp. olive oil, divided
- 1.5 lbs boneless skinless chicken breast, diced
- Freshly ground salt and black pepper
- 1 white onion, chopped
- 2 large carrots, sliced
- 3 cups diced Yukon gold potatoes
- 3 cups finely chopped cauliflower florets
- 1 tsp. dried thyme
- 2 cups milk of your choice
- 3 cups chicken broth
- 1/2 tsp. salt and more to taste
- Freshly ground black pepper
- 1 cup frozen peas

**Directions:**
1. Place a large pot over medium heat. Add in 1 tsp. olive oil and once hot, add in diced chicken breast and generously season with salt and pepper. Cook chicken for 4-6 minutes or until no longer pink. Remove chicken from pot and set aside.
2. In the same pot, add the remaining 1/2 tbsp of olive oil, chopped onion, carrots, potatoes, cauliflower, and thyme. Saute for a few minutes until the onion begins to soften, and then add milk, broth, and salt & pepper. Allow to simmer for 10 minutes uncovered or until the potatoes are fork tender.
3. Remove 3 cups of the mixture from the pot and add to a blender. Blend until completely smooth and then transfer back to the pot. Add in chicken and frozen peas. Allow to simmer another 5-10 minutes to thicken. Enjoy!
Educational Corner: Skin Tips that Dermatologists Use

Board-certified dermatologists are experts when it comes to the skin, hair and nails, diagnosing and treating more than 3,000 diseases and conditions, including skin cancer, acne, psoriasis and eczema. They also help patients address their cosmetic concerns, such as tattoo removal, scarring, and aging skin. But do you ever wonder what skin care tips dermatologists use themselves to maintain healthy skin? In recognition of National Healthy Skin Month in November, dermatologists from the American Academy of Dermatology are sharing six skin care tips they recommend to all of their patients—and actually use themselves.

“When it comes to skin care, I like to keep it simple for both my patients and myself,” says board-certified dermatologist Ivy Lee, MD, FAAD. “Sun protection—including seeking shade, wearing protective clothing and applying sunscreen—is nonnegotiable for me and one of the most important things you can do for your skin, since ultraviolet rays from the sun can cause skin cancer and premature skin aging, such as wrinkles and age spots. This is important year-round, not just during the summer, and even on cloudy days.”

Additionally, says Dr. Lee, it’s important for everyone to identify and understand their skin type to use the right products for them: Sensitive skin (may sting or burn after product use), Normal skin is clear and not sensitive, Dry skin is flaky, itchy or rough, Oily skin is shiny and greasy, Combination skin is dry in some areas and oily in others.

To maintain healthy skin, Dr. Lee recommends the following tips, which she adheres to herself:

1. **Wear sunscreen daily.** For the best protection, apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing, and reapply every two hours or after swimming or sweating. To save time in your skin care routine, you can consider using a moisturizer that also contains sunscreen. However, while cosmetics that contain sunscreen are convenient, remember to reapply them in order to achieve the best sun protection. Keep in mind that since no sunscreen can block 100% of the sun’s UV rays, it’s also important to seek shade and wear protective clothing when outdoors, including a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.

2. **Stay out of tanning beds.** Just like the sun, tanning beds emit harmful UV radiation that causes skin cancer. In fact, even one indoor tanning session can increase your risk of developing melanoma by 20%, squamous cell carcinoma by 67% and basal cell carcinoma by 29%. If you want that golden glow, achieve it with self-tanning products instead. When applied correctly, self-tanners look natural and won’t give you orange skin, streaks or splotches.

3. **Simplify your skin care routine.** Less is more when it comes to skin care. Using too many products, especially multiple anti-aging products, can irritate your skin. Instead, focus on the basics, such as a gentle cleanser, sunscreen and moisturizer. Establish morning and nighttime skin care routines that work well for your skin, and stick with them.

4. **Treat your lips.** Since skin cancer can form on the lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher before going outdoors. If your lips feel chapped or dry, apply petroleum jelly for added moisture.

5. **Keep your hands off your face.** Whenever you touch your face, you transfer dirt, germs and oil from your hands to your face. Do your best to leave your skin alone throughout the day. Avoid picking, popping or squeezing pimples, as this can cause scarring.

6. **Check your skin regularly.** Skin cancer is the most common cancer in the U.S., affecting one in five Americans in their lifetime. Further, nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day. However, when detected early, skin cancer—including melanoma—is highly treatable. In fact, the five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 98%. It is important to check your skin regularly for new spots, spots that are different from other spots on your body, or moles that itch, bleed or change color, as these are often early warning signs of skin cancer. If you notice any suspicious spots, make an appointment to see a board-certified dermatologist.

Source: BioSpace
When you think about Fall, what comes to mind... PUMP-KINS!! These orange fruits make us happy with their imperfect, round bodies, full of flaws. People decorate the inside and outside of their house with pumpkins. Some carve them with scary faces, make pumpkin pie, go to the pumpkin patch, burn pumpkin scented candles, and drink pumpkin spice lattes. When Fall begins, everything pumpkin appears and not only is it fun to decorate and carve pumpkins, it’s fun and nutritious to eat them too.

Here are some of the health benefits of pumpkins:

- They are rich in fiber which slows down digestion, fills you up, and helps stabilize your blood sugar. There is 6 grams of fiber in 1 cup of canned pumpkin.
- Pumpkin contains minerals such as potassium and magnesium.
- Pumpkin’s bright orange color comes from the abundant amount of beta-carotene. Beta-carotene converts into vitamin A in the body and is good for eye health.
- Vitamin C & E are antioxidants found in pumpkin that repair your body’s cells from damage.

Pumpkin can be used for more things than just pumpkin pie. Mix ½ cup of canned pumpkin into plain Greek yogurt with cinnamon, nutmeg, and a drizzle of honey for a protein packed snack. Add pumpkin to waffle, pancake or muffin batter to spruce up your breakfast.

Don’t forget about the pumpkin seeds after you carve your pumpkin. Pumpkin seeds are rich in potassium, magnesium, zinc and iron. Roast pumpkin seeds in the oven for a great snack.