

A photograph of three women in athletic wear laughing together outdoors. They are wearing bright, colorful tank tops and leggings. The background is a blurred outdoor setting with trees and a fence.

# HEALTHY LIFE TIPS

For Women

Presented by  
Cigna Employee Assistance Program

Together, all the way.®



# HOST



## **Krishna Dholakia, MS, RD, CDE, CDN**

Krishna has been with the Church Pension Group since 2015 where she develops health programs and resources in order to promote, maintain, and improve member health. Krishna is a registered dietitian, diabetes educator, and 500-hr certified yoga teacher.



# PRESENTER



## **Cindy Dickinson**

Cindy Dickinson has worked as an educator, counselor, and wellness specialist for 43 years. She has presented for Cigna's Employee Assistance Program for the past ten years, speaking throughout New England and the Carolinas on a wide range of topics designed to improve the wellbeing of employees in businesses, organizations, schools, and municipalities.



# SEMINAR GOALS



- Review the concept of holistic health and key health issues for women
- Understand the importance of preventive care and recommended screenings
- Explore lifestyle choices that can reduce risk factors and improve health
- Learn about resources available to support healthy choices
- Know the benefits of your Employee Assistance Program (EAP)



# WHOLE U WELLNESS



## MIND

**Mentally stimulated and emotionally balanced**

- Manage stress
- Build resilience
- Learn and grow



## BODY

**Physically fit, strong and energized**

- Develop healthy habits
- Reduce risks
- Restorative actions



## SPIRIT

**Fulfilled, motivated, and engaged**

- Strive for balance
- Pursue purpose, passions
- Meaningful connections



# POTENTIAL WELLNESS CHALLENGE AREAS FOR WOMEN

## BODY

- Breast cancer
- Heart disease
- Menopause
- Migraines
- Insomnia
- Obesity



## Wellness:

“An active process of becoming aware of and making choices towards a healthy and fulfilling life. It is more than being free from illness, it’s a dynamic process of change and growth.” Global Wellness Day



## MIND

- Stress impact
- Depression/anxiety
- Alzheimer’s



## SPIRIT

- Loneliness
- Caregiving
- Emotional fatigue

# FIRST THINGS FIRST: GO, KNOW, TAKE CONTROL

- Establish healthcare relationships
- Commit to regular preventive care
- Get health screenings to “know your numbers” and more
- A health assessment can help you see your challenge points



Learn as much as you can about family history to identify possible risk factors.



# UNDERSTAND THE POWER OF STRESS

## Chronic stress can lead to:

- Grinding teeth, jaw pain
- Back and neck pain
- Hypertension
- Headaches
- Insomnia
- Accidents
- Hair loss
- Gut issues
- Depression
- Weight gain
- Heart problems
- Relationship issues
- Poor memory/concentration



## Stress...

- Is thought to be responsible for 75-90% of health care visits
- Can trigger ongoing tension and inflammation in the body
- May fuel unhealthy habits or keep us from prioritizing wellness





# WELLNESS BASICS: CHANGE YOUR RELATIONSHIP WITH STRESS

## What works for you?

- Experiment to unlock the grip of stressful thoughts
- Use relaxation techniques to release held-tension
- Explore the practice of mindfulness to change your stress response
- Treat mental health like physical health: get professional support
- Use the power of holistic wellness



The pressure of stress is simply an indicator that something matters to you and needs your attention.



# WELLNESS BASICS: GET ACTIVE/STAY ACTIVE



- Think REV: regular, enjoyable, varied
- Find your best timing and motivators
- Get aerobic and strengthening in the mix
- Start where you are and build
- Remember “N.E.A.T.” counts

**DID YOU KNOW?** Exercise not only lowers stress hormone levels, it also teaches body systems how to better manage stress.

# WELLNESS BASICS: EAT WELL



- Prioritize nutrient balance
- Become an ingredient detective
- Be mindful of your eating triggers
- Slow down and focus

**DID YOU KNOW?** 90% of the mood-lifting neurotransmitter serotonin is created in the gut.

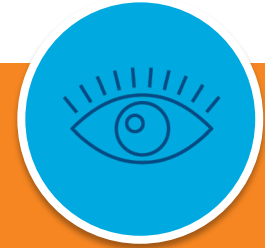
# WELLNESS BASICS: BE AT A HEALTHY WEIGHT



- Avoid fad diet rebound effect
- Get meaningful support
- Look beyond the scale
- Make gradual, sustainable changes

**DID YOU KNOW?** Health experts recommend slow, steady weight loss goals – about 1-2 pounds per week.

# WELLNESS BASICS: GET YOUR ZZZ'S



- Understand wide-ranging impact of sleep loss
- Prioritize 7-8 hours, don't let it be optional
- Identify and manage sleep stealers
- Talk with doctor if problems are ongoing

**DID YOU KNOW?** Chronic sleep deprivation can contribute to weight gain even if you exercise regularly.

# WELLNESS BASICS: MANAGING MENOPAUSE



- This is a natural phase of life, but impact of hormonal changes can be significant
- Try adjustments to cope with symptoms
- Exercise, meditation, support may help with the emotional rollercoaster
- Screenings and good health habits key

**DID YOU KNOW?** While 60% of women with significant menopausal symptoms seek support to manage them, nearly three quarters don't get meaningful help. Consider seeing a menopause specialist if you're struggling.

# WELLNESS BASICS: REDUCE RISKS

## Sun exposure

Skin cancer is the most common cancer in the U.S.

Skin Cancer Foundation, 2020

## Smoking

Women experience stronger cravings in response to stress.

National Institute on Drug Abuse, 2020



Reach out for support if you're struggling. A call to your EAP can be a good place to start.

## Alcohol use

Women have shown a 41% increase in heavy drinking since the pandemic began.

RAND Corporation, 2020

## Personal safety

Women are more likely to engage in distracted driving as compared to men.

NHTSA, 2018

## Partner violence

About 1 in 4 women have experienced physical/sexual violence or stalking by an intimate partner. CDC, 2020



# WELLNESS BASICS: BE CONNECTED



- Take initiative to deepen or create connections
- Recognize and deal with “toxic” relationships
- Tap into “tend and befriend” stress response
- Befriend yourself; gain comfort with solitude

**DID YOU KNOW?** Meaningful connections can offer health benefits as powerful as those gained from a good diet, physical activity, adequate sleep, or not smoking.



# WELLNESS BASICS: ENGAGE WITH YOUR LIFE



- Rethink your balancing act
- Take control of social media use
- Dream, seek meaning, set goals
- Learn, explore, try new things!

**DID YOU KNOW?** Learning new things can reduce Alzheimer's risk. The more challenging and novel the better!



What's **one thing**  
you can do in the  
**next 24 hours** that  
will put you on the  
path to better health?



- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

# BENEFITS OF THE EAP

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



## ADDITIONAL RESOURCES



Visit  
[cpg.org/learning](https://cpg.org/learning)

- eLearning courses
- Events
- Calculators
- Articles, and more!

## Discover online resources

Visit the Church Pension Group Learning Center for 24/7 access to resources supporting health, finances, and well-being.



# REFERENCES

- Almekinder, E. The N.E.A.T. way to exercise for a longer, healthier life. Retrieved from <https://www.bluezones.com/2020/01/the-neat-way-to-exercise-for-a-longer-healthier-life/#:%20%20~>
- American Psychological Association (APA). (2020). Working out boosts brain health. Retrieved from <https://www.apa.org/topics/exercise-stress>
- Ashworth, M. (2019). How does stress affect us? Retrieved from <https://psychcentral.com/lib/how-does-stress-affect-us/>
- Bracy, K. & Shepherd, J. (2020). Coping with menopause. Retrieved from <https://www.verywellhealth.com/coping-with-menopausal-symptoms-2322672>
- BreastCancer.org. (2020). U.S. breast cancer statistics. Retrieved from [https://www.breastcancer.org/symptoms/understand\\_bc/statistics](https://www.breastcancer.org/symptoms/understand_bc/statistics)
- Centers for Disease Control and Prevention (CDC). (2020). Preventing intimate partner violence. Retrieved from <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>
- Cigna. (2019). Cigna 360 Well-being survey. Retrieved from <https://wellbeing.cigna.com/>
- Cleveland Clinic. (2019). Women and stress. Retrieved from <https://my.clevelandclinic.org/health/articles/5545-women-and-stress>
- Cornell Center for Research Materials (CCMR). (2016). What are the effects of sleep deprivation? Retrieved from <https://www.ccmr.cornell.edu/faqs/what-are-the-effects-of-sleep-deprivation-on-the-human-body/>
- Global Wellness Day. (2018). What is wellness? <http://www.globalwellnessday.org/about/what-is-wellness/>
- Gonidis, L. & Sharma, D. (2017). Internet and Facebook related images affect the perception of time. *Journal of Applied Social Psychology*, 47(4), 224-231. DOI:[10.1111/jasp.12429](https://doi.org/10.1111/jasp.12429)
- Gwinn, C. (2020) The pandemic within the pandemic: we need to offer HOPE. Retrieved from <https://www.allianceforhope.com/the-pandemic-within-the-pandemic-we-need-to-offer-hope/>
- Harvard Health Publishing (HHP). (n.d.). Probiotics may help boost mood and cognitive function. Retrieved October 20, 2020 from <https://www.health.harvard.edu/mind-and-mood/probiotics-may-help-boost-mood-and-cognitive-function>
- Harvard Health Publishing (HHP). (2019). The health benefits of strong relationships. Retrieved from [https://www.health.harvard.edu/newsletter\\_article/the-health-benefits-of-strong-relationships](https://www.health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships)
- Healthline. (2018). 17 Science-based benefits of Omega-3 fatty acids. Retrieved from <https://www.healthline.com/nutrition/17-health-benefits-of-omega-3>
- Healthline. (2020). What are the effects of stress on your face? Retrieved from <https://www.healthline.com/health/stress-on-face>
- Heaton, H. & Lawrence, N. (2018). Nonmelanoma skin cancer in women. *International Journal of Women's Dermatology*, 5(1): 2-7. doi: [10.1016/j.ijwd.2018.08.007](https://doi.org/10.1016/j.ijwd.2018.08.007)



# REFERENCES

- Holmes, B. (2019). Why exercise is the real miracle drug. Retrieved from <https://www.discovermagazine.com/health/why-exercise-is-the-real-miracle-drug>
- Mayo Clinic Staff. (2018). Nutrition and healthy eating. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>
- Mayo Clinic Staff. (2019). Weight loss: 6 strategies for success. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>
- Medical News Today. (2020). Stress effects on the body. Retrieved from <https://www.medicalnewstoday.com/articles/stress-effects-on-the-body#complications>
- McGonigal, K. (2019). Can we reframe the way we think about stress? Retrieved from <https://www.npr.org/transcripts/747384008>
- Moeser & Wilson. (2019). Immunity, inflammation, digestion. Retrieved from <https://www.bluezones.com/2019/05/how-stress-makes-us-sick-and-affects-immunity-inflammation-digestion/>
- National Heart, Lung, and Blood Institute (NHLBI). (n.d.). Aim for a healthy weight. Retrieved October 30, 2020 from [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/index.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm)
- National Highway Traffic Safety Administration (NHTSA). (2018). April is distracted driving awareness month. Retrieved from <https://www.nhtsa.gov/distracted-driving/april-distracted-driving-awareness-month>
- National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2019). Women and alcohol. Retrieved from <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/women-and-alcohol>
- National Institute on Drug Abuse (NIDA). (2020). Are there gender differences in tobacco smoking? Retrieved from <https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/are-there-gender-differences-in-tobacco-smoking>
- Office of Women's Health. (2019a). Menopause basics. Retrieved from <https://www.womenshealth.gov/menopause/menopause-basics>
- Office of Women's Health. (2019b). Migraine. Retrieved from <https://www.womenshealth.gov/a-z-topics/migraine>
- Office of Women's Health. (2019c). Stress and your health. Retrieved from <https://www.womenshealth.gov/mental-health/good-mental-health/stress-and-your-health>
- Patel, A.V., Hildebrand, J.S., Leach, C.R., Campbell, T.T., Doyle, C., Shuval, K., Wang, Y., & Gapstur, S.M. (2018). Walking in relation to mortality in a large prospective cohort of older U.S. adults. *American Journal of Preventive Medicine*, (54) 1: 10-19. Retrieved from [https://www.ajpmonline.org/article/S0749-3797\(17\)30460-9/fulltext](https://www.ajpmonline.org/article/S0749-3797(17)30460-9/fulltext)
- Pedersen, T. (2018). For many women, social support vital to weight loss. Retrieved from <https://psychcentral.com/news/2014/11/08/for-many-women-social-support-vital-to-weight-loss/77103.html>



# REFERENCES

- Post, R., Mainous, A., Gregorie, S., Knoll, M., Diaz, V., & Saxena, S. (2011). The influence of physician acknowledgment of patients' weight status on patient perceptions of overweight and obesity in the United States. *Archives of Internal Medicine*, 17 (4):316-321. 549. Retrieved from <http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/226670>
- RAND Corporation. (2019). Alcohol consumption rises sharply during pandemic shutdown. Retrieved from <https://www.rand.org/news/press/2020/09/29.html>
- Scheffler, R., Arnold, D., Qazi, H., Harney, J., Linde, L., Dimick, G., & Vora, N. (2018). The anxious generation: Causes and consequences of anxiety disorder among young Americans. Retrieved from [https://gspp.berkeley.edu/assets/uploads/page/Policy\\_Brief\\_Final\\_071618.pdf](https://gspp.berkeley.edu/assets/uploads/page/Policy_Brief_Final_071618.pdf)
- Skin Cancer Foundation (SCF). (2020). Skin cancer facts & statistics. Retrieved from <https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/#:~:text=Skin%20cancer%20is%20the%20most,doubles%20your%20risk%20for%20melanoma.>
- Sleep Foundation. (2020) . Insomnia and women. Retrieved from <https://www.sleepfoundation.org/insomnia/insomnia-women>
- Smith, M., Robinson, L., & Segal, J. (2020). Preventing Alzheimer's Disease. Retrieved from <https://www.helpguide.org/articles/alzheimers-dementia-aging/preventing-alzheimers-disease.htm>
- Sweeney, E. & Walshe, I. (2020). Why sleep is so important for losing weight, according to researchers. Retrieved from <https://www.sciencealert.com/a-full-night-s-sleep-appears-to-be-a-key-part-of-healthy-weight-loss>
- Turgeman-Lupo, K. & Biron, M. (2017). Make it to work (and back home) safely: the effect of psychological work stressors on employee behaviour while commuting by car. *European Journal of Work and Organizational Psychology*, 26(2), 161-170. Retrieved from <https://www.tandfonline.com/doi/full/10.1080/1359432X.2016.1228628>
- Wild, C.J., Nichols, E.S., Battista, M. E., Stojanoski, B., & Owen, A. M. (2018). Dissociable effects of self-reported daily sleep duration on high-level cognitive abilities. *Sleep*, (41)12, zsy182. Retrieved from <https://academic.oup.com/sleep/article/41/12/zsy182/5096067>
- Wilson, T.D., Reinhard, D.A., Westgate, E.C., Gilbert, D.T., Ellerbeck, N., Hahn, C., Brown, C.L., & Shaked, A. (2014). Just think: the challenges of the disengaged mind. *Science*, 345(6192): 75-77. Retrieved from <http://wjh-www.harvard.edu/~dtg/WILSON%20ET%20AL%202014.pdf>
- Wolff, J. (2018). What doctors don't know about menopause. Retrieved from <https://www.aarp.org/health/conditions-treatments/info-2018/menopause-symptoms-doctors-relief-treatment.html#:~:text=A%20Yale%20University%20review%20of,of%20them%20are%20left%20untreated.>
- Youssef, F.F., Bachew, R., Bissenssar, S., Crockett, M.J., & Faber, B.S. (2018). Sex differences in the effects of acute stress on behavior in the ultimatum game. *Psychoneuroendocrinology*, 96, 126-131. Retrieved from [https://www.psyneuen-journal.com/article/S0306-4530\(17\)31611-6/fulltext](https://www.psyneuen-journal.com/article/S0306-4530(17)31611-6/fulltext)



This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service, or the behavioral health telephone number listed on your health care identification card.

Cigna neither reviews nor controls the content and accuracy of non-Cigna Web sites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All models are used for illustrative purposes only.

832824g 10/20 ©2020 Cigna. Some content provided under license

