



# Manage Stress for your Mental Health

## LOOKING AHEAD...

### NEW Panic Program with Learn to Live

We're excited to announce that Learn to Live's new Panic Program is available at no cost to ALL employees.

### Mental Health Offerings

We're here to support your mental and emotional health.

### Work with SmartShopper to Schedule Your Mammogram

Take care of yourself, receive a cash reward for working with SmartShopper, and earn HRA or HSA points all at the same time!

### November Gratitude Challenge

### Wellness Webinars

This month we focus on breaking bad habits, retraining our brains, reducing inflammation, and mindful eating.

### Wellness Corner

A new recipe brought to you by one of our Wellness Champions!

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.



## *De-Stress and Let Go*

Stress affects all of us and can come from many sources, such as the death of a loved one, a chronic illness, financial obligations, increasing demands at work, or personal and family relationship conflicts. Stress is a normal reaction, a “physical or mental response to an external [cause](#)”. It can happen in short spurts or can occur repeatedly, causing chronic stress or stress overload.

Stress not only affects our [emotions](#), like decreased focus, restlessness, irritability, and sadness, but can also affect our physical health. [Common effects](#) of stress on the body include headaches, chest pain, fatigue, upset stomach, muscle tension, and sleep problems. Long-term or chronic stress also [increases](#) your risk of developing hypertension and having a heart attack or stroke, as well as a weakened immune system. Stress can even [lead](#) to anxiety, depression, and panic attacks.

Life can be stressful, so how can we manage our stress to improve our mental and physical health? Exercising, whether it's going to the gym or even taking a walk around the neighborhood, helps [change](#) your atmosphere but can also help boost your mood. Setting short and long-term goals to help you manage stressful tasks at work or at home can help you accomplish what you need to get done. [Practicing](#) relaxation techniques, like deep or diaphragmatic breathing, can also help reduce stress, as well as making time for hobbies or activities that bring you joy, like painting, reading, or playing a sport.

It can also be beneficial to manage your stress with a therapist or behavioral health specialist to help incorporate cognitive behavioral therapy (CBT) techniques, identify goal setting strategies, and navigate your stressors. To find an in-network therapist and view benefits available to not only those enrolled in the RCAB Health Plans but to all employees, check out the next page under “Mental Health Offerings” to view our Mental Health Placemat!

## **NEW Panic Program with**

We're excited to announce that Learn to Live's new Panic Program is available at no cost to all employees, their spouses, and dependents (13 years and older). The Panic Program is helpful for those suffering from repeated episodes of intense fear accompanied by physical sensations like rapid heartbeat, chest pains, or difficulty breathing. In an instant, those experiencing panic can go from feeling fine to having an intense rush of fear and physical symptoms, such as a racing or pounding heart, dizziness, shortness of breath, feeling hot and sweaty, trembling, nausea, and an urge to escape. As panic attacks are often mistaken for heart attacks, this program has been designed to reduce reliance on emergency room care by further understanding symptoms, triggers, and coping techniques through proven CBT strategies.

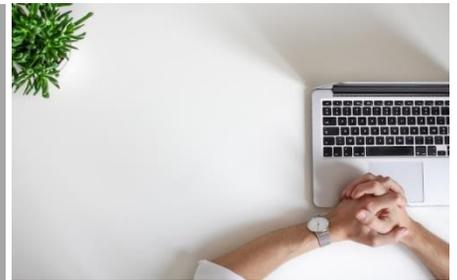
For a 2 minute preview of this new program, [click here](#). All Learn to Live programs are available 24/7 from any device and include optional coaching at no additional cost. Learn to Live is available in the app stores or at [learntolive.com/partners](http://learntolive.com/partners). Use the access code **RCAB** to gain access to Learn to Live for free.

## **Work with SmartShopper to Schedule Your Mammogram!**

October was Breast Cancer Awareness Month, but it is never too late to schedule your annual mammogram! Work with SmartShopper consultants to find a quality, in-network, low-cost provider. If you work with SmartShopper and have a procedure or treatment done with one of their recommended providers, you'll receive a cash reward anywhere from \$50-\$250 dollars! Don't forget - a mammogram is also a routine Well Visit under the RCAB Health Benefit Trust Wellness Program. You can earn \$250 into your HealthEquity HRA or HSA for attending\*! To log your mammogram or annual Well Visit, visit [ahealthyme.com/login](http://ahealthyme.com/login).

*\*subject to Plan maximums*

## **Mental Health Offerings**



*Did you know that the RCAB Health Plans offer multiple mental health resources to help you manage stress, anxiety, depression, and other mental health issues? Check out our [Mental Health Placemat](#) to view our offerings. Some offerings are available to all employees, regardless of enrollment in one of the RCAB Health Plans.*

*Email [benefits@rcab.org](mailto:benefits@rcab.org) with any questions.*

## **November Challenge – Be Grateful**

Write down three things you are grateful for each day for 30 days. By the end of the Challenge, you should have a list of 90 things for which you are thankful. Expressing gratitude can alleviate stress, strengthen your relationships with others, and contribute to your overall happiness and wellbeing.

Access your WellRight account at [catholicbenefits.wellright.com](http://catholicbenefits.wellright.com).



## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$25 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of **six** wellness webinars/family activities per Plan Year.

### Habits: Building the Good, Breaking the Bad - Learn to Live

#### AVAILABLE ANYTIME

**Use the access code RCAB to view the webinar recording**

We live much of our lives without even thinking. Exciting new findings show that we can build new healthy habits and break old ones with less effort to improve our lives. Join Dr. Russ and Coach Jess to learn how to take your next big step toward a better life.

[Click Here to Access Video](#)

### Retrain Your Brain: The Case for Gratitude - Learn to Live

**Monday, November 14<sup>th</sup> @ 11am OR**

**Friday, November 18<sup>th</sup> @ 10am**

**Use the access code RCAB to register for the webinar**

Research shows that strengthening your gratitude muscle can lower stress and improve mood...and building this muscle actually feels good! We will share ways you can strengthen your gratitude muscle and retrain your brain with practical ideas for every day.

[Click Here to Register for November 14<sup>th</sup>](#)

[Click Here to Register for November 18<sup>th</sup>](#)

### Inflammation Busters: The Key to Disease Prevention

**Thursday, November 10<sup>th</sup> @ 6pm**

In the past decade, research has shown that the process of inflammation is a central mechanism behind the progression of many different diseases including but not limited to, heart disease and cancer. Participants will learn how specific fats and foods impact inflammation and how they can better balance their food choices to favor health.

[Click Here to Access Webinar](#)

### Mindful Eating: Vitamin M!

**Wednesday, November 16<sup>th</sup> @ 12pm**

Gain a clearer understanding of the psychology, biology and emotions that determine eating habits. Participants learn about practical tools and strategies to change the way you look at food to easily make smarter, healthier, more mindful, and enjoyable food choices. The program includes an interactive activity (how to eat a piece of chocolate) on eating mindfully.

[Click Here to Access Webinar](#)



## In Case You Missed It...

You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to [benefits@rcab.org](mailto:benefits@rcab.org)** and you can earn 25 HRA/HSA dollars. Points are awarded for a maximum of six wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

### For Educators: Preserving Peace Throughout the School Year - Learn to Live webinar

[Click Here to Access Video](#)

### How to Navigate RCAB Wellness Program Platforms

[Click Here to Access Video](#)

### Ditch the Diets

[Click Here to Access Webinar](#)

### Our Fight Against Breast Cancer

[Click Here to Access Webinar](#)



*Let us know what you want to see!  
Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) with your webinar topic ideas or requests.*

*This month's recipe was provided by Wellness  
Champion, Jessica Briley.*

## ONE-POT MEXICAN INSPIRED

# Quinoa Bowl

### Ingredients

- 2 cups quinoa
- 4 cups water
- 2 cups bell pepper diced
- 1 15 oz. can of black beans rinsed and drained
- 1 cup frozen corn
- 1 cup salsa of choice
- 1 tomato diced
- 1 tbsp jalapenos diced
- 1 cup red onion diced
- 2 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp salt
- 1 cup fresh cilantro (garnish)
- sliced avocado (garnish)
- sour cream (garnish)
- lime to squeeze on top

### Method

1. Add all ingredients (except garnish) into a large pot with a lid. Stir, cover and bring to a boil.
2. Once boiling, turn down to medium/low heat and cook covered for 15 minutes or until liquid is completely absorbed.
3. Stir in fresh cilantro.
4. Serve with sour cream, cilantro, avocado, and lime!

Enjoy!

In good health,  
Roman Catholic Archdiocese of Boston Benefits Department