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Wellness Matters

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Emotional Intelligence

Brighten Your Outlook...Be Positive

In our November issue, we introduced the concept of Emotional Intelligence (EI) and how properly managing emotions, better handling stress, and adapting to change leads to higher EI. In this and coming issues, watch for tips on improving your EI.



Give yourself credit for the good things you do for others each day.

- Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.

time to manage and reset your emotions whenever needed.

Soda Risks

Yet another study has linked soda consumption to negative health effects. The European [study](#) followed participants for an average of 16 years and found that drinking more than two sodas per day is linked to a risk of earlier death.

Researchers found that sugar in soda—diet *and* regular—can lead to obesity and affects how your body uses insulin; both conditions can shorten your life. The study also links soda to higher risk of cancer and heart disease.

So, opt for water as your beverage choice. Set timers or alerts on your phone as reminders to drink throughout the day. Add lemon or other fruits to amp up the flavor. Chill a pitcher of water in the fridge—every little bit helps!

Are You Emotionally Well?

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called *resilience*. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

Develop a Positive Outlook

Consciously thinking positive instead of negative thoughts and creating an optimistic attitude is possible. Here's how:

- Remember your good deeds.

- Spend more time with friends. Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

Better EI Is Possible

It takes work, but changing your outlook is possible. Some days are better than others, but take

Winter Safety: Frostbite

In cold climates, everyone is susceptible to frostbite. Take a few simple precautions to stay safe and healthy during the winter season.

Causes

Frostbite is caused by prolonged exposure to cold temperatures, usually accompanied by a low wind chill factor or by brief exposure to excessively frigid or wet conditions.

Risk Factors

Certain people are more susceptible to developing frostbite, including children, the elderly, diabetics, and those with circulatory problems.

Symptoms

Symptoms may include partial or complete numbness, discoloration of the skin, and burning and/or tingling sensations. If left untreated, frostbitten skin gradually darkens after a few hours. Skin destroyed by frostbite is completely black and looks loose and flayed, as if burnt.

Prevention

It's important to protect your hands, feet, nose, and ears. Bundle in warm, layered, and loose-fitting clothing when heading out. At the first sign of redness or pain in your skin, which may indicate that frostbite is developing, get out of the cold. Avoid alcohol, which may prevent you from realizing that your body is becoming too cold. Do not smoke cigarettes, which can constrict blood vessels and cut off blood flow, increasing your risk.

Treatment

Move to a warm area and remove wet clothing. Do not rub or massage your skin or break any blisters, and do not apply direct heat from heating pads, radiators, or fires. Instead, place the affected area in warm—not hot—water until the skin is soft and sensation has returned. If no water is nearby, cup your hands around the affected area and blow warm air onto it. Next, wrap the area in clean dressings and seek medical help.



Healthy & Delicious Tips for Healthier Cooking

How you cook your food can make a big difference in nutritional values. Remember the following when planning your meals:

Go easy on fat, sugar, and salt when preparing foods. You don't need to leave out *all* the fat, sugar, or salt—just limit the amount you use.

Avoid processed, pre-packaged foods whenever possible; these are usually high in salt and fat.

Flavor foods with herbs, spices, and other low-fat seasonings, instead of using rich sauces or gravy. Experiment with different seasonings to find unique combinations that you and your family enjoy.

Opt for homemade desserts to save money and make it healthier. When you are baking yourself, use sugar substitutes and other tricks to make it more nutritious.

Remove skin from poultry before cooking to lower the fat content.

Planning your meals ahead helps you achieve a healthy balance—for instance, if you plan to serve a food higher in fat or salt, plan a low-fat or low-salt food to go with it.