

Wellness Works

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Not getting joy from your work or personal life?

Here's the rundown on burnout.

Learning burnout symptoms can help you improve your situation.

- Becoming increasingly cynical, critical or sarcastic
- Lack of energy and difficulty starting or completing projects
- Difficulty laughing at yourself
- Self-medicating by using food, drugs or alcohol to feel better
- Changing sleep habits or appetite
- Headaches, neck pain or lower back pain

If you're experiencing any of these symptoms, don't let the demands of life put you at risk for poor health. Get help now and take steps to cool off from burnout.

Source: Mayo Foundation for Medical Education and Research



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Dietary fiber has heart health benefits, too

Beyond bran

We're all pretty familiar with how dietary fiber can keep our digestive system functioning like it should. What many people don't realize is that fiber also provides other health benefits, such as helping maintain a healthy heart.

Eating the recommended amounts of dietary fiber can help lower cholesterol and high blood pressure, and help prevent obesity, which are all risk factors in developing heart disease.

Use these tips to increase your daily fiber intake:

- Eat more fruits and vegetables — at least two cups of fruit and two cups of vegetables a day.
- Choose a variety of fiber sources such as berries, oatmeal, beans, whole grain bread and cereal.
- Serve meat entrees on a bed of grilled zucchini, sautéed spinach or sliced onions.
- Snack on air-popped popcorn, dry-roasted nuts and seeds.

Source: American Dietetic Association

Be your own boss

Taking care of ongoing health problems

Do you have an ongoing health problem, such as diabetes or high cholesterol? Unlike an illness that is brief and goes away after it's treated, a chronic health problem may last a lifetime. The way you handle your health problem is called self-management, and it may change how you feel, how much money you spend and even your safety.

When you self-manage your health well, you may make better choices about:

- Eating habits
- Working out
- Taking medicines as prescribed
- Getting tests and exams as needed
- Asking your doctor or nurse for help

Self-management also may involve getting support from others, such as taking part in online support groups for your problem. Also, trusted friends and family may be helpful in giving support. Work with your doctor and health care team to make a self-management plan so you can keep any ongoing health issues in check.

When it comes to your health, you are the boss.

Work with your doctor to craft a self-management plan

Teaming up with your doctor and setting goals can help you be your healthy best. Consider discussing these goals with your doctor and adding them to your self-management plan:

- Study your lifestyle habits to see if you need to do something better. Are you taking your medicine as prescribed? Do you need to be more active?



- Pick a habit that you'd like to change and set a goal. Make the goal precise, such as commit to eating three to five servings of veggies a day rather than saying, "I'm going to eat more vegetables."
- Organize for success so you can meet your goals. Keep healthy canned or frozen veggies on hand in case you run out of fresh ones. Have a backup workout idea if rain stops your daily walk.
- Make sure your goals are sensible so you can stick with them.
- Check in with your doctor and get help with goals if you are having trouble meeting them.

Having a life-long health problem may feel like a burden at times. But sticking with a self-management plan may help you enjoy better health, now and in the years to come.

Source: Harvard Medical School; National Institutes of Health