

In Sound Health

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Cultivating a Hopeful Mindset
Can Improve Your Life



SUMMER IS FOR SUN, SAND, AND SELF-CARE

June 2023

As we move into the summer months, now is the perfect time to focus on self-care and finding moments of hope and positivity every day. Whether it's fueling your body with nutritious foods that keep you energized or taking advantage of the beautiful weather by spending time outside, you can make the most of this season by prioritizing your well-being.

In this issue of *In Sound Health* we explore the mental and physical health benefits of spending time outside. We also discuss the importance of cultivating a hopeful mindset and provide important information on migraines in support of National Migraine and Headache Awareness Month. We have a quick and easy Middle Eastern recipe that can be enjoyed for breakfast, lunch, and dinner — plus, tips for developing smart snacking habits. As always, if you are looking to make a change in your health, Sound Support programs are here for you.



THE GREAT OUTDOORS

Nature's prescription for health and happiness

Spending time outside can do wonders for your mental and physical health. Whether you're taking a hike through the woods, going for a bike ride, or simply enjoying a picnic in the park, being outside can boost your mood, increase your energy, and improve your overall well-being. With warmer weather right around the corner, now is the perfect time to enjoy the great outdoors!



HEALTH BENEFITS OF BEING OUTDOORS

You don't need to do strenuous exercise to benefit from spending time outside. Simply being in nature, breathing in fresh air, and enjoying the surroundings can have positive impacts on both your physical and mental health. Here are just a few of the many benefits:

- **Reduce stress and anxiety:** Spending time in nature has been shown to lower levels of the stress hormone cortisol, which can help reduce feelings of stress and anxiety.
- **Improve your mood:** Being outside can increase levels of the "feel-good" neurotransmitter serotonin, which can improve your mood and sense of well-being.
- **Boost creativity:** Studies have shown that spending time in nature can improve creativity and problem-solving skills.
- **Strengthen immune function:** Spending time in nature can increase levels of natural killer cells, which are a key component of the immune system.
- **Get your daily vitamin D:** Exposure to sunlight can help your body produce vitamin D, which is essential for strong bones and overall health.

SAVE THE DATE

And save on healthcare costs!

Don't miss your chance to fully fund your Health Reimbursement Arrangement (HRA) for 2024!

Mark your calendars to complete your annual health assessment between July 1- September 30, 2023 and you could earn \$300 of the \$500* maximum HRA funding, for employee-only coverage. If married, you and your spouse can earn \$600 of the \$1,000* maximum HRA funding, for family coverage.

Your HRA helps you save on healthcare costs and avoid a higher deductible as HRA funds are used to cover the first eligible medical expenses covered by the plan in each calendar year.

Keep an eye on your mail – we'll send you a mailer later this month with all the details!

Final earned amount depends on the other Health Related Actions you perform this year. **Must be HRA eligible on January 1, 2024.*



WAYS TO GET OUTSIDE MORE

- **Take a walk in a new neighborhood:** Visit a new park or outdoor shopping center. Take in the new sites and maybe do some shopping!
- **Explore your city:** Go mini golfing, fruit picking, or visit a farmer's market or flower festival and immerse yourself in your community.
- **Go for a bike ride:** Try running an errand on your bike or hit the bike path and enjoy the fresh air and exercise.
- **Eat al fresco:** Have a picnic in the park, enjoy a snack in your backyard, or barbeque with friends to soak up the sun while nourishing your body.
- **Bring the indoors outside:** Grab a good book, art supplies, or your yoga mat and head outside for some rest and relaxation.
- **Try a new outdoor activity:** Whether it's birdwatching or container gardening on your balcony, trying something new can be a fun and exciting way to get outside and stay active.
- **Stop to smell the flowers:** Take time to appreciate your local flora by visiting an arboretum, garden, or nearby nursery.
- **Make it a family affair:** Grab the whole family and get your dose of the outdoors at a petting zoo, playground, kid-friendly bike track, or spray park.

Spending time outside is a great way to enjoy nature and improve your overall well-being, but it's important to take precautions to avoid injury and stay safe. Stay comfortable in the outdoors by dressing appropriately for the activity and weather conditions. And remember to bring plenty of water to stay hydrated, especially on hot days when dehydration can sneak up on you quickly. Finally, protect your skin from the sun's harmful UV rays with sunscreen, a hat, and sunglasses. By taking these simple steps, you can enjoy your time outside while staying safe and healthy.

Sources: usda.gov, healthline.com, tripoutside.com, cdc.gov

DECODING THE PAIN

Is it a migraine or a headache?



Did you know that forty-two million Americans are affected by migraines? June is National Migraine and Headache Awareness Month, a time to raise awareness about the impact of migraine and headache diseases — which are among the most common health conditions.

Migraines can be debilitating, affecting people's health and well-being, and preventing them from performing daily activities. Luckily there are many ways to identify, manage and treat migraines.

WHAT IS A MIGRAINE?

Many people associate migraines with severe headaches. However, migraines are actually a neurological disease that affect nerve pathways and chemicals in the brain. These changes in brain activity can impact the blood vessels and tissues in the brain, leading to a range of symptoms beyond just head pain. Migraine sufferers may also experience nausea, heightened sensitivity to light, sound, or smells, dizziness, and extreme fatigue.

Migraine episodes can occur in four different phases, though not everyone will experience all of them.

1. The first phase, called prodrome, occurs hours or days before the migraine arrives and may include painless symptoms such as mood swings, food cravings, and neck stiffness.
2. The aura phase is the second phase and refers to sensory disturbances that can occur before or during a migraine, affecting a person's vision, touch, or speech.
3. The headache phase is when the pain usually hits, ranging from mild to debilitating, and can be worsened by physical activity and exposure to light, sound, and smells.
4. Finally, the postdrome phase is when the pain has subsided, and individuals may feel exhausted, confused, or generally unwell.

Even if you've never experienced a migraine before, it's still possible to start having them. It's not uncommon for people to develop migraines later in life, so it's important to be

aware of the signs and symptoms to be able to identify them when they occur.

If you're not sure if you're experiencing a migraine or a regular headache, begin to pay attention to your symptoms. Migraines can last for hours, or even days, and are often accompanied by other symptoms such as dizziness or fatigue. Regular headaches, on the other hand, are usually less severe and may go away on their own or with the help of over-the-counter pain relievers.

COMMON MIGRAINE TRIGGERS

While the exact cause of migraines and headaches is not fully understood, research suggests that they are linked to a combination of environmental and lifestyle factors. Triggers for migraines and headaches can include stress, hormonal changes, certain foods and drinks, lack of sleep, and environmental factors such as bright lights and loud noises.

GET SUPPORT FOR MIGRAINES

Remember, migraines can be a real pain, but they don't have to control your life. By paying attention to your symptoms and seeking help when you need it, you can take control of your health and live life to the fullest. Whether you've been suffering for a while or think you may be experiencing migraines for the first time, the Trust Nurse Line is a great place to start.

PPO Plan Participants

The Sound Health & Wellness Trust's Nurse Line gives you direct access to trained registered nurses 24 hours a day, 7 days a week, 365 days a year, at no cost to you. Call **(877) 362-9969, option 1** to contact a nurse.

Kaiser Permanente Plan Participants

The Consulting Nurse Helpline gives you direct access to trained registered nurses 24 hours a day, 7 days a week, 365 days a year, at no cost to you. Call **(800) 297-6877**.



EASY SHAKSHUKA

Eggs are a great source of protein, and this traditional Middle Eastern dish is the perfect way to enjoy them. Plus, this quick recipe can be enjoyed for breakfast, lunch, and dinner!

Serves: 2.

INGREDIENTS

- 1 tablespoon of olive oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- 1/4 kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 28-oz can no-salt-added diced tomatoes
- 4 large eggs
- 1/4 cup fresh Italian parsley, torn

PREPARATION

1. Place a large sauté pan over medium heat. Add olive oil, onion, and pepper and cook, stirring frequently until the onions are translucent, about 5 minutes.
2. Add paprika, chili powder, cumin, salt and pepper and stir to combine. Cook until fragrant, about 1 to 2 minutes more.
3. Add the tomatoes and their juice and cook until the tomatoes begin to break down, about 5 to 7 minutes.
4. Create four wells in the veggies and break the eggs into them, cooking undisturbed until the eggs reach your desired doneness.

NUTRITIONAL INFORMATION

Serving Size: 1/2 of the dish

366 calories **9.9 g** fiber
18 g fat **18 g** protein
31 g carbs

Source: modified from Everyday Health at everydayhealth.com

FUEL YOUR BODY AND MIND WITH SMART SNACKING

Love snacking? Done right it can be an important part of a healthy diet. Studies have shown that snacking can impact weight, diet quality, and overall health for the better when you choose healthy options.

Did you know eating fruits and veggies throughout the day isn't just good for your body, but also your mind? A study published by *British Journal of Health Psychology* found that the more fruits and vegetables consumed, the happier, more engaged, and more creative people tend to be.

Healthy snacking can also improve cognitive and immune system function, as well as reduce the chances of lifestyle-related diseases such as diabetes and cardiovascular disease.

So, when it comes to snacking, make an effort to choose nutritious options that are high in protein, fiber and water to help fill you up. And remember to choose snacks that will truly satisfy you, taking into account when and why you're snacking.

HERE ARE SOME TIPS FOR MAKING SMART SNACK CHOICES:

- **Choose nutrient-dense foods:** Fruits, vegetables, nuts and seeds, are high in vitamins, minerals, and other nutrients but relatively low in calories. These foods can provide a quick boost of energy and help you feel full and satisfied.
- **Choose snacks that are high in protein:** Protein-rich snacks including hard-boiled eggs, cheese, nut butter, or hummus can help you feel full and satisfied longer. Pairing these with fruits or vegetables can provide a well-balanced snack.
- **Make a plan before you get hungry:** By planning your snacks ahead of time, you can avoid impulse snacking on less healthy options. Consider packing healthy snacks to bring with you when you're on-the-go or keep healthy snacks in your locker, breakroom or car.
- **Avoid processed snacks:** Chips, cookies, and candy are delicious, but are often high in calories, sugar, and unhealthy fats. These foods can cause a rapid rise in blood sugar levels, followed by a crash that can leave you feeling tired and hungry again soon after.

Ideas for Healthy Snacks at Work

- Nuts and seeds
- Air-popped popcorn
- Whole and pre-cut fruit
- Pre-cut veggies
- Hard boiled eggs
- Low-sugar or plain yogurt
- Olives
- Beef jerky
- Oatmeal
- String cheese
- Roasted chickpeas
- Dark chocolate

By snacking in a healthy way, you can provide your body with essential nutrients throughout the day and improve your overall health and well-being.

Sources: hbr.org, hsph.harvard.edu, and pubmed.gov

THE POWER OF HOPE

How cultivating a hopeful mindset can improve your life

Hope is an essential ingredient for a happy, successful, and fulfilling life. According to positive psychologist Charles Richard “Rick” Snyder, being hopeful can lead to better physical and mental health and help you achieve your goals. So, what exactly is hope, and how can you cultivate it in your life?

WHAT IS HOPE THEORY?

Snyder developed the concept of “Hope Theory,” which identifies three key components of hopeful thinking:

1. **Goals:** Approaching life in a goal-oriented way. Goals give you a sense of purpose and direction, and working towards achievable goals can motivate you to succeed.
2. **Pathways:** Finding different ways to achieve your goals. Being creative and adaptable when faced with obstacles can help you stay focused on your goals.
3. **Agency:** Believing in yourself and your ability to make changes in your life. With a sense of agency, you can take responsibility for your actions and feel empowered to create positive change.

Cultivating hope has many benefits. For instance, it can enhance overall health and well-being over time. When people are hopeful and expect success in achieving their goals, they’re more likely to experience positive emotions and feel satisfied with their life. Hope can also help you cope with stress and anxiety, leading to a more positive outlook on life.

In addition to improving well-being, hope has been shown to have practical benefits as well. Students who are more hopeful tend to have better academic performance, while athletes who are more hopeful are more likely to perform at their best. Hope can improve self-esteem, enhance interpersonal relationships, and give you more optimism about the future.

HOW DO YOU CULTIVATE HOPE?

You can begin to cultivate hope in your life by setting clear and achievable goals and believing in your ability to reach those goals. Having a goal to work towards can give you a sense of purpose and direction, overcoming obstacles and achieving your goals cultivates a sense of agency, and strengthens your belief in yourself and your ability to make positive changes in your life. These personal wins can make us feel more hopeful — and ready to take on more challenges.

Hope is a powerful force that can help you achieve your goals, improve your well-being, and lead to a more fulfilling life. By setting clear goals, being creative and adaptable in finding new solutions, and believing in yourself, you can cultivate hope in your life and reap its many benefits.



HOPE THEORY WORKSHEET

This worksheet focuses on hope as a cognitive and emotional concept that allows one to move toward goals, enhances motivation, and facilitates the development of a plan that will be actively carried out.

Visit www.soundhealthwellness.com/soundsupport to download a Hope Theory Worksheet.

Hope Mapping

Hope is an essential ingredient for a happy, successful, and fulfilling life. According to positive psychologist Charles Richard “Rick” Snyder, being hopeful can lead to better physical and mental health and help you achieve your goals.

Set Your Goal
What do you hope for? Write down a clear and achievable goal. Describe your goal in as much detail as possible. Consider: When will you have a chance to reach this goal?

Why is this goal important to you?
List what is motivating you.

Find Support
Who are you going to go to? Write down who you can go to when you need emotional, mental, physical, or financial support. Consider: How can you best get the support you need?

Worksheet created from data provided (2016) and is derived from Snyder's Hope Theory

Worksheet comes from Kate Snowise (2016) and is derived from Snyder's Hope Theory.

IMPORTANT NUMBERS TO KNOW

PPO PLAN PARTICIPANTS

Trust Office—Benefits, Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
VSP (Vision Service Plan)	(800) 877-7195
WellDyneRx —for Prescription Coverage	(888) 479-2000
MCC Nurses —for Hospitalization/Health Conditions	(877) 362-9969 Option 2
MCC Nurses —for Behavioral Health	(206) 308-5632
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit Tobacco Coaching	(877) 362-9969 Option 4
LiveWell Fit	(800) 225-7620 Option 2, then 5

PRIVACY POLICY

Your health information is completely confidential, protected by federal law, and cannot be shared with your union or your employer without your permission.

All Trust programs are provided and managed by independent service providers contracted by the Trust. The information on your health status and conditions, your medical and prescription drug claims, and the information you may provide when participating is only used to offer you programs that could help you meet your health and wellness goals.

By law, your health information cannot be used to deny healthcare coverage.

KAISER PLAN PARTICIPANTS

Trust Office—Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente—Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
WellDyneRx —for Prescription Coverage	(800) 373-1568
Consulting Nurse Helpline	(800) 297-6877
Quit for Life® Tobacco Cessation	(800) 462-5327
LiveWell Fit	(800) 225-7620 Option 2, then 5
Chronic Conditions Workshops	(800) 992-2279



SAMUEL HIRST



BELINDA HUDSON

MEET YOUR NEW GUARDIAN NURSES

We are excited to welcome two new Mobile Care Coordinators to the team! With years of experience in patient care and a passion for helping people, they will provide exceptional care and support to PPO plan participants. Whether you're facing inpatient hospitalization, surgery, or a serious diagnosis, a MCC nurse will be alongside you to make sure you understand your options, receive the support you need, and get the best care.





SOUND HEALTH
& WELLNESS TRUST

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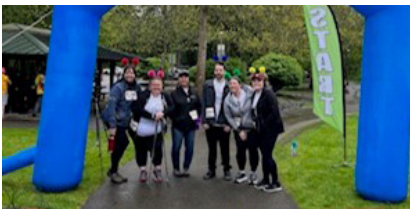
**GET
INVOLVED**

This newsletter provides a general overview of plan benefits. Please refer to your Plan Booklet for specifics about covered expenses as well as exclusions and limitations. The information in this publication is meant to complement the advice of your healthcare providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

SUMMER FUN STARTS HERE

Sign up for LiveWell
fit events today!

Sign up now to earn prizes and HRA funding and find your summer stride with LiveWell Fit. Whether you prefer walks, runs, or bike rides, there's something for everyone. And with up to four event registration fees reimbursed by the Trust per year, you won't want to miss out.



Earn funds for your HRA with LiveWell Fit. See the full list for details.

DATE		EVENT NAME & DESCRIPTION
JUNE		
17	Quilcene	Gravel Unravel Bon Jon Pass Out — 65-80, 45-55 or 25-35 mile bike ride
17	Seattle	Solstice Run — 39.3, 6.2 or 3.1 mile run/walk and kids dash
17	Lynden	Tractor Trot — 9.3, 6.2 or 3.1 mile run/walk
24	Bellingham	Padden Triathlon — 26.7 or 12.8 mile triathlon
24	Seattle	Run and Walk with Pride — 4.97 or 2.49 mile run/walk
24	Puyallup	Summer Solstice The Longest Day 5k — 3.1 mile trail run/walk
24	Port Orchard	Hot Foot 5k Trail Run — 3.1 or 1 mile trail run/walk
24	Issaquah	Tiger Peak Challenge — 31, 13.1 or 5 mile trail run/walk
24	Carnation	Snoqualmie Valley Half — 13.1 or 6.2 mile trail run/walk
24	Orting	Donut Dash — 3.1 mile run/walk
24	Doty	Ride the Willapa — 63, 52, 29 or 26 mile bike ride
25	Seattle	Defeat Myeloma Run/Walk — 3.1 mile run/walk
27	Seattle	Northwest Trail Runs Carkeek Warmer — 6.2 or 3.1 mile trail run/walk
JULY		
4	Tacoma	Independence Day 5k — 3.1 mile run/walk and kids run
4	Steilacoom	Four on the Fourth — 4 mile run/walk and 1 mile kids run
4	Edmonds	Beat Brackett 5K & Baby Brackett 1K — 3.1 or .6 mile run/walk
4	Puyallup	Firecracker 4 Miler & Sparkler Dash — 4 mile run/walk and kids dash