



Wellbeing

Insights

Living a Better, More Vibrant Life



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Stalking: Warning Signs & How to Deal with It

In the age of the internet where endless information is available at our fingertips, stalking is a word that is frequently used jokingly as a way to imply that you've discovered more information about someone than you intended. But true stalking is no joke. It goes far beyond "Facebook stalking" someone to the point where you suddenly know what all their pets look like and the last vacation they went on.

All 50 states have laws against stalking, although the actual crime is defined differently in all states. However, a commonly accepted general definition is "a persistent pattern of unwanted behavior

committed by another person that makes you feel uncomfortable, threatened or afraid for your or your loved one's safety." Stalking typically escalates in frequency and severity over time.

While stalking behaviors vary greatly, common behaviors include:

- Repeated calls, texts, emails or social media posts directed at you
- Following you and/or frequently showing up where you're at
- Threatening to hurt you or the people you care about



Stalking: Warning Signs & How to Deal with It

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- Using technology to track your whereabouts
- Driving by or hanging out at your home, work, school or other places you frequent
- Seeking information about you via public record or a hired investigator, going through your garbage or contacting your family and friends
- Creating or manipulating situations in order to have contact with you

Dealing with a Stalker

- Trust your instincts. Stalking is not your fault, and if you feel unsafe, you probably are.
- Do not respond to attempts to communicate from your stalker and never confront a stalker alone.
- Document everything. Even if the incident seems small or insignificant, documenting the repeated behavior can help you build a case should you need to consider getting a court order.
- Tell others. Do not be embarrassed about being stalked. It is important for your safety that others know what's going on. Your family, friends, employer/coworkers and neighbors may all be good people to inform. Include pictures if you have them. Also contact the police to make them aware of the situation.
- Step up security around your children and your home. Alert your child's school or caretaker and be very cautious around your home. Keep floodlights turned on, doors locked and take any other safety measures you can identify.
- Limit social media use and revisit privacy settings. Do not taunt or tease your stalker on social media.
- Develop a safety plan, including the things above where appropriate. Also consider mixing up your routine to be less predictable, and avoid being alone in any setting where you might be fearful. Decide in advance what you might do if the stalker shows up at your work or home.

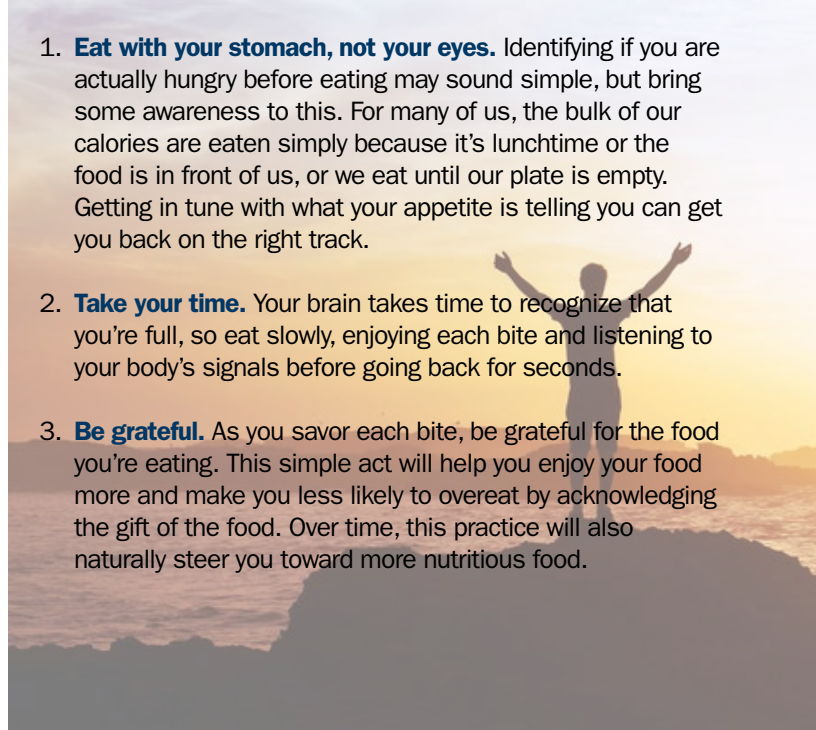
See page 5 for more important information on stalking.

Mindful Minute

With the holidays officially over, many of us have had our fill of the season's sweet treats and holiday banquets. While indulging in holiday delights can be good for our wellbeing in the moment, the start of the New Year marks an opportune time to return our focus to our long-term wellbeing, including our eating habits. A commitment to healthy eating remains one of the top New Year's resolutions of Americans.

Bringing a more **mindful approach to how we eat** can greatly influence the amount of food we eat and how much enjoyment and nourishment we receive from that food. Here are some pointers to get you started:

1. **Eat with your stomach, not your eyes.** Identifying if you are actually hungry before eating may sound simple, but bring some awareness to this. For many of us, the bulk of our calories are eaten simply because it's lunchtime or the food is in front of us, or we eat until our plate is empty. Getting in tune with what your appetite is telling you can get you back on the right track.
2. **Take your time.** Your brain takes time to recognize that you're full, so eat slowly, enjoying each bite and listening to your body's signals before going back for seconds.
3. **Be grateful.** As you savor each bite, be grateful for the food you're eating. This simple act will help you enjoy your food more and make you less likely to overeat by acknowledging the gift of the food. Over time, this practice will also naturally steer you toward more nutritious food.



“
Life is not so shallow
that we can **achieve happiness** at
a deeper level simply by losing weight
or changing our shape.

— MARC DAVID

On the Menu

Grapefruit

The winter months are a great time to fill up on all of those dark root foods we know and love like Brussels sprouts and winter squash. But if you're looking for a refreshing contrast to those earthy favorites, citrus fruits are the shining stars of winter foods.

Grapefruit, in particular, is a juicy fruit that makes a great addition to winter meals and snacks. Whether it's sliced into segments and eaten plain with breakfast or tossed into a salad with dark winter greens, grapefruit adds a tart punch to your favorite recipes while boosting its nutritional content.

Grapefruit is a subtropical citrus tree native to Malaysia and Indonesia. It's been said that the creation of grapefruit

may have been a horticultural accident by crossing oranges with the pomelo fruit. The original fruit was referred to as the "forbidden fruit" and arrived to the U.S. in the early 1800s but took some time to gain popularity among consumers.

Now, grapefruit has been considered a household favorite since the 1940s, with the majority of groves residing in Florida, Texas, California and Arizona. As with most commercialized food products, growers have focused on developing larger, more attractive grapefruits with little seeds. Unfortunately this will usually compromise the flavor of the grapefruit, so if you are able to find heirloom varieties, grab them up!

Benefits of eating grapefruit include:

- Protection against cancer, heart disease and tumor formation from plant chemicals called bioflavonoids
- Lowering insulin levels and increasing the body's metabolic rate
- High amounts of fiber, which aid in bowel movements and reduce the risk of colon cancer
- Helping the body to release cholecystokinin, a hormone that regulates digestive juices and acts as a hunger suppressant

Keep It Fresh!

Grapefruits keep best in the refrigerator. A slight chill also helps to bring out their natural flavors. Consume grapefruits within two weeks of purchasing.

Winter Grapefruit & Avocado Salad

Ingredients:

- 2 medium ruby grapefruits
- 2 medium Hass avocados, sliced ¼-inch thick
- 1 medium shallot, sliced ¼-inch thick
- 2 Tbsp. olive oil
- 1 tsp finely grated grapefruit zest
- 1 tsp champagne or white wine vinegar
- Salt and pepper to taste
- Fresh chervil leaves, for garnish (optional)

Directions:

Using a sharp knife, cut the skin and all of the bitter white

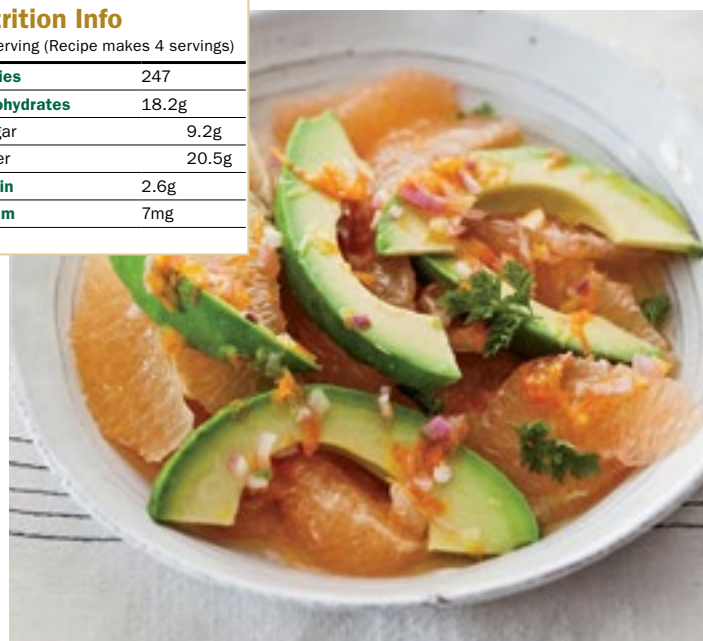
pith off of the grapefruit. Working over a bowl, cut in between the membranes to release the grapefruit segments. Squeeze the juice from the membranes into the bowl. Transfer 2 tablespoons of the juice to another bowl and mix with zest, shallot and vinegar. Arrange avocado on plates with the grapefruit sections. Stir the oil into the dressing, then season with salt and pepper. Drizzle onto the grapefruit and avocado. Garnish with chervil, if desired.

Adapted from marthastewart.com

Nutrition Info

Per Serving (Recipe makes 4 servings)

Calories	247
Carbohydrates	18.2g
Sugar	9.2g
Fiber	20.5g
Protein	2.6g
Sodium	7mg



Resolve to Eat Better by Hardly Thinking about It

It's the New Year when many of us are enthusiastically (or not so enthusiastically) resolving to eat better. Efforts often include summoning our willpower, which probably failed us last year considering less than 10% of individuals keep their resolutions. Despite our prior defeats; however, we pull ourselves up by our boot straps again, resolving to try harder this year.

Adopting sustainable behaviors through willpower usually isn't enough; nor is educating ourselves a bit more. After all, how many of us already know what to eat but just don't do it?

Whether you're trying to shed those excess holiday pounds or manage your blood glucose levels, eating better doesn't need to be hard. The food environment provides an often-overlooked opportunity to improve the way you eat without giving it a lot of thought. Your food environment includes all of the places where you purchase or eat food, such as your home, workplace, etc. Our natural tendency within this environment is to see it then eat it. Instead of fighting our nature, we can tweak our surroundings to foster healthier choices by default.

Think about your food environment. How can you make it work for you as opposed to against you?

At Home

- **Do you serve food “family style” during mealtimes?** If you fill your plate at the table, that big bowl of mashed potatoes, gravy and pot roast will beckon you for seconds. Instead, serve yourself from the stove top to avoid temptation.
- **Are chips, baked goods and soft drinks in plain view on your kitchen counters?** If you see it, you'll likely

eat it. Therefore, display a bowl of fruit on your counter while hiding tempting foods in hard-to-reach places in your cupboard or even in another room. Out of sight, out of mind, out of mouth.

- **When you open your refrigerator or pantry, what's the first thing you see?** If your refrigerator appears to be a warehouse for condiments and Chinese takeout, stock healthier items, such as cut fruit and vegetables, at eye level. Building an arsenal of nutritious foods within your environment is just as important as hiding less healthy ones.

At the Grocery Store

- **How healthy is your grocery cart?** According to a leading food researcher at Cornell, the technique of dividing one's cart in half using a briefcase, purse or coat while allocating one of the halves towards whole foods led shoppers to spend 25% more on produce.*

At Work

- **Is your desktop free of candy and snacks?** The average person has 497 calories at their desk within arm's reach.* Instead, limit food storage to the break room. Otherwise, stash it away in a file cabinet across the room, making it a little less accessible or convenient.
- **Does your office have a breakroom, including a microwave, refrigerator, sink and healthier vending options?** If not, speak to your supervisor about the possibility of improving the nutrition environment to help you and your coworkers eat healthier. This may include something as simple as putting out a bowl of fresh fruit instead of donuts.

In Your Car

- **Do you keep a healthy snack in the car?** Our car can also steer us to less healthy options. Keep a healthy snack bar or single serving of dried fruit in your glove compartment to avoid that trip through the drive-thru when extra errands or traffic delays keep you from eating a more nutritious meal at home.

For more ideas on improving your food environment, visit www.SpectraWell.com.

**Reference: Wansink, B. (2014). Slim by Design: Mindless Eating Solutions for Everyday Life. New York, NY: Morrow Publishing.*

DIY Lemon-Ginger Detox Water

There are no shortage of cleanse ideas and detox recipes with outrageous claims circulating the internet in the post-holiday season. This lemon-ginger detox water is a simple recipe whose benefits extend beyond aiding digestion and offering antibacterial properties. The lemon and ginger will also give you a nice immune boost, which we can all use this time of year.

Ingredients:

- 1 cup boiling water
- 2 fresh lemon slices/wedges (rinse your lemons well before using)
- 2 thin slices of fresh ginger root
- pinch of cinnamon
- drizzle of local honey (optional)

Directions:

Place lemon, ginger, cinnamon and honey in the bottom of your cup and pour boiling water over the top. Let the tea steep and cool for 4 minutes. No need to remove lemon and ginger prior to drinking. Enjoy up to 3 cups per day.

Stalking Fast Facts

- 7.5 million people are stalked each year in the U.S. 1 in 6 women and 1 in 19 men have experienced stalking in their lifetime.
- Half of all stalking victims were stalked before the age of 25. The majority of stalking victims are ages 17 to 24, making it important to speak to your teenager about the signs of stalking and what they should do if they are being stalked.
- 80% of stalking survivors reported that their stalker was known to them in some way.
- Women are stalked at a rate 2x higher than men.
- Stalking and intimate partner abuse are closely related. 89% of femicide victims had also been stalked in the 12 months prior to their murder.
- Weapons are used to harm or threaten victims in 1 in 8 cases of stalking.
- The average length of stalking is 1.8 years.

To learn more about stalking, including state laws, how to support someone who is being stalked, where to get help and more, visit the Stalking Resource Center at victimsofcrime.org/src.

Activity Adjustment

Is working out on your list of resolutions this year? If so, are you looking forward to it? It's likely you grunted a little bit just thinking about it. Why? Because you may be viewing activity as something you need to do instead of something you want to do. Working out is a chore; in fact, the word "working" is right in the name.

However, being active is truly a gift and it's meant to be enjoyed, not dreaded. Focus on the immediate rewards that will keep you motivated such as improved mood and increased focus. Being physically active should be a celebration of what our bodies are capable of instead of a punishment or a means to lose weight or lower blood pressure. Those things are just the cherry on top; they don't get you excited to get off the couch every day.

While some folks enjoy hitting the gym or going for a run, many find it nearly impossible to stick to an exercise routine because they don't enjoy it. We encourage you to take this moment in 2018 to reconsider your workout resolution to make it work for you. The best way to do this is to make it fun!

- **Buddy up.** Fitness is more fun with a friend. You can take a walk or a class together, and as an added bonus you can split the willpower. Only one of you has to be motivated on any given day for you both to get moving.
- **Try a new class or activity you've always been interested in.** Pick something that looks like fun and go for it! Let go of the fear of embarrassment over how you look doing it and just enjoy.
- **Dance it out.** Dance fitness is an excellent way to be active and relieve stress.
- **Try YouTube.** Do a search to find something you enjoy and give it a shot in the comfort of your own home.
- **Take it outside.** One of the best ways to be active is getting outdoors; enjoy a hike, a walk, roller skating or skiing. Bringing nature into your exercise is added fuel for mental benefits.
- **Include the family.** Introduce a new activity to the youngsters in your life and then try to keep up! You could try a nature walk, water fight, bike ride, backyard Olympics or neighborhood ballgame. And don't forget the dog! Your furry friend will love being included.
- **Spice up your normal routine.** Create a new playlist, develop fun rewards for yourself, or change up your location, etc.



Strategizing for Financial Wellness in 2018

For many, the New Year signifies a fresh start – a time to think about personal goals and new commitments. When it comes to financial matters, it can be difficult to convince our present self to do what’s best for our future self on a daily basis. This is why it’s so important to think about our future and set goals to ensure our financial security. Here are some basic steps to help create manageable financial goals for 2018:

- 1. List your financial goals.** It’s much easier to attain a goal if you actually write it down. Categorize your goals according to length of time needed.
 - Short-term: < 6 months, up to 1 year (e.g., buying a new piece of furniture)
 - Medium-term: 1 - 5 years (e.g., placing a down payment on a home or purchasing a new vehicle)
 - Long-term: > 5 years (e.g., college fund, retirement fund)
- 2. Estimate the cost for each of your goals.** How much do you need to save? Once you’ve calculated the amount needed to reach your goal, break it down into small payments. It’s much easier to think about saving \$50 per paycheck, rather than the \$10,000 you may need as a down payment.
- 3. Set a target date for achieving your goals.** To do this, you will first need to prioritize which goals you want to focus on most aggressively. For short-term goals, have a specific completion day in mind. With longer-term goals, use a broader window such as a year, for example, "I want to retire in the year 2045."



- 4. Budget for your goals.** Once you’ve prioritized your goals and know how much you need to save, take a look at your budget to come up with a realistic savings plan for each one. Get creative with your budget; figure out where you may be overspending (like dining out or a \$5 coffee) and shift those dollars to one of your goals. You won’t feel like you need to come up with additional money if you approach it this way.
- 5. Be flexible.** Life happens and things will pop up from time to time, like a large car repair or medical bill, which may set you back. Don’t sweat it; be ready to make small tweaks and changes in your budget and savings plans in order to accommodate the occasional surprise. And always try to have a “rainy day” fund to help soften surprise hits to your wallet.
- 6. Include a vacation or getaway as one of your goals.** Have a good mix of goals that include some short-term gratification to help keep you on track. It’s much easier to save for things that are more long-term, such as retirement, if you’re also saving for something you can enjoy next summer.

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