

# SMART START Newsletter



Visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness) or contact Kara Gilman, Employee Wellness Coordinator at 588-6031 or [gilmanka@pcsb.org](mailto:gilmanka@pcsb.org) April 4, 2017

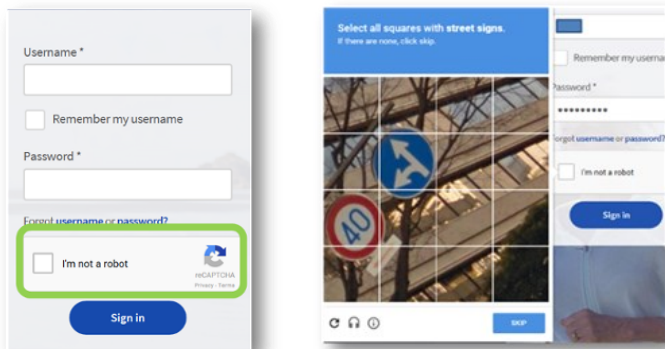
## Go365 Security Update



A security feature was added to the Go365 login portal to better protect member accounts.

Members will need to click the Captcha box that says “I’m not a robot” right above the “Sign In” button. Depending on the browser type, members may be prompted to click on some specific parts of a picture grid. Failure to do so will cause members to be locked out of their Go365 accounts.

For assistance with this matter please reach out to Go365 support at 1-877-230-3318.



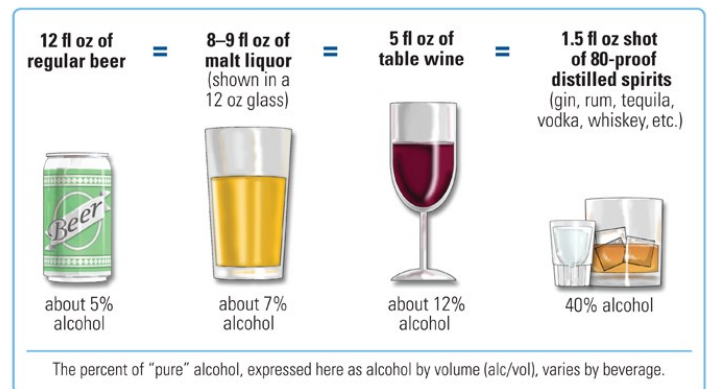
*The Go365 program is designed to reward members for making healthy choices with things like Amazon and Target gift cards, and fitness gear. If you are a Humana member, sign up now at [Humana.com](http://Humana.com).*

## April is Alcohol Awareness Month

Drinking too much alcohol increases people’s risk of injuries, violence, liver disease, and some types of cancer.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men. One drink is equivalent to:



- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don’t drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.
- Find healthy ways to relieve stress without alcohol. See more on page 3.

If you are concerned about your drinking, seek help. The PCS EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Up to 8 sessions per issue per year are available.

Visit online at:

[pcsb.org/employee-assistance-program](http://pcsb.org/employee-assistance-program) or

call 877.240.6863 to speak with a counselor.

## Do you know how alcohol affects your body?

After a long week at work many people kick back with friends to relax and enjoy an alcoholic drink. However, alcohol can have harmful physical effects. It is important, if you do drink alcohol, that you always drink responsibly. While it is often overlooked, alcohol is a drug and can be harmful and addictive if not drunk responsibly and in moderation.

A common misconception is that alcohol only damages the liver. While it is true that liver damage may occur from heavy drinking, it is not the only part of your body that is affected. The graphic to the right shows the negative effects alcohol consumption can have on your body.



### Are you wondering if you have an alcohol problem?

Are you concerned about the role alcohol plays in your life? With 26 questions, this simple self-test is intended to help you determine if you or someone you know needs to find out more about alcoholism. Take the test at: [www.ncadd.org/get-help/take-the-test](http://www.ncadd.org/get-help/take-the-test)



### Alcohol calorie calculator

Alcohol beverages supply calories but few nutrients and may contribute to unwanted weight gain. If you need to lose weight, looking at your drinking may be a good place to start. Click the link below to use the calculator: <https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/calorie-calculator.aspx>

# AREAS OF THE BODY NEGATIVELY AFFECTED BY DRINKING



## 1. BRAIN/ CENTRAL NERVOUS SYSTEM (CNS)

Alcohol affects the way you process information and disrupts the way your neurotransmitters communicate with the other areas of your body. Alcohol also damages your limbic system within the brain, impairing your memory, emotions and behaviors.

## 2. HEART

Prolonged alcohol consumption, or drinking too much on one occasion, can cause problems with your heart. Arrhythmias, otherwise known as irregular heart beats, can be caused from drinking large amounts alcohol. Alcohol can also cause high blood pressure, a stroke or cardiomyopathy (weakening of heart muscle).



## 4. LIVER

Heavy drinking, even over a long weekend or vacation, can cause your body to build up fat around your liver. This excess of fat impairs normal liver functioning and can lead to dangerous inflammations, such as alcoholic hepatitis.

## 3. PANCREAS

Consuming alcohol causes your pancreas to produce toxic substances, leading to pancreatitis. Pancreatitis, the unsafe swelling and inflammation of blood vessels in the pancreas, impedes on the proper functioning of your digestive system.



## 5. IMMUNE SYSTEM

Alcohol hinders your immune system from warding off infections and diseases. Frequent heavy drinking can increase your chances of acquiring diseases like pneumonia and tuberculosis. Drinking a lot can weaken your immune system for up to 24 hours after intoxication.

## 10 Ways to Ease Stress Without Drugs or Alcohol

Don't let everyday stresses and problems get you down to the point where you think the only relief is heavily drinking or some other drug-related solution. Not only will your relief be temporary, it can also be harmful to your health, contribute to possible addiction, and leave you more incapable of dealing with stresses on your own the next time they occur. Below are 10 healthy ways to relieve stress without alcohol or other drugs:



1. **Assert yourself.** You do not have to meet others' expectations or demands. It's okay to say "No." Remember, being assertive allows you to stand up for your rights and beliefs while respecting those of others.
2. **Stop smoking or other bad habits.** Aside from the obvious health risks of cigarettes, nicotine acts as a stimulant and brings on more stress symptoms. Give yourself the gift of dropping unhealthy habits.
3. **Exercise regularly.** Choose non-competitive exercise and set reasonable goals. Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude).
4. **Study and practice relaxation techniques.** Relax every day. Choose from a variety of different techniques. Combine opposites; a time for deep relaxation and a time for aerobic exercise is a sure way to protect your body from the effects of stress.
5. **Take responsibility.** Control what you can and leave behind what you cannot control.
6. **Reduce stressors (cause of stress).** Many people find that life is filled with too many demands and too little time. For the most part, these demands are ones we have chosen. Effective time-management skills involve asking for help when appropriate, setting priorities, pacing yourself, and taking time out for yourself.
7. **Examine your values and live by them.** The more your actions reflect your beliefs, the better you will feel, no matter how busy your life is. Use your values when choosing your activities.
8. **Set realistic goals and expectations.** It's okay, and healthy, to realize you cannot be 100% successful at everything at once.
9. **Sell yourself to yourself.** When you are feeling overwhelmed, remind yourself of what you do well. Have a healthy sense of self-esteem.
10. **Find hobbies or other activities you enjoy, which can include:**
  - Read a good book
  - Get out and Garden
  - Listen to music
  - Practice yoga
  - Engage in meditation
  - Learn a new skill
  - Volunteer to help others
  - Do something special for someone

### **EARN COMPONENT POINTS ON LINE**

*Take the EAP Online Managing Stress Course and Earn Component Points!*

With this online course, participants will learn strategies, develop a systematic stress management plan and improve healthy coping strategies.

Participants will also receive 1 component point.

This course and others are available on True North Logic. Search for Course #20302.

Source: <http://my.clevelandclinic.org/health/articles/10-ways-to-ease-stress>

## FREE Weight Watchers

### Humana Members:

Receive a free 6 month membership each calendar year to Weight Watchers when you receive a recommended activity “lose weight gradually” through Go365. To see if you are eligible, log into your Go365.com account and click “Activities”.



### To register:

[https://wellness.weightwatchers.com/hs/hs\\_signup.aspx](https://wellness.weightwatchers.com/hs/hs_signup.aspx)

Organizational code: 200000001

### Non-Humana Members:

If you do not have Humana medical insurance and meet the eligibility requirements, you can receive a free 3 month membership to Weight Watchers online platform. Contact Kara Gilman at [Gilmanka@pcsb.org](mailto:Gilmanka@pcsb.org) for information.

## Partner Gym—Discount available!



\$149 vs \$159 Premier Unlimited Membership  
\$99 Elite 8 Session per Month Membership  
\$199 10-Pack plus 2 classes Corporate Bonus  
\$359 20-Pack plus 4 classes Corporate Bonus  
\$499 30-Pack plus 6 classes Corporate Bonus  
\$640 40-Pack plus 8 classes Corporate Bonus

[Find more information here.](#)

[See a complete list of all the partner gyms that offer discounts to PCS Employees at pcsb.org/wellness.](https://pcsb.org/wellness)



## Cranberry Walnut Slaw

Prep: 20 minutes

Makes: 10 servings

### Ingredients

1 (1-pound) head cabbage  
3 medium carrots  
1 c. walnuts  
1/3 c. cider vinegar  
1/4 c. canola oil  
1 Tbs. sugar  
1 tsp. celery seed  
1/4 tsp. salt

### Directions

1. Rinse cabbage and carrots. Thinly slice cabbage. Peel and grate carrots.
2. Chop walnuts
3. In a large bowl, whisk together with a fork vinegar, oil, sugar, celery seed, and salt.
4. Add cabbage, carrots, walnuts and cranberries. Toss to mix well.

## About the BeSMART Employee Wellness Program

When it comes to wellness, PCS has you and your family covered! Whether you are earning Go365 Points (and spending your Go365 Bucks at the Go365 Mall) or participating in one of the many Be SMART onsite wellness programs, there is something for everyone. When employees and their families are healthier, our student engagement increases. Go to [pcsb.org/wellness](https://pcsb.org/wellness) to learn more!

*This newsletter is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.*