



BlueCross BlueShield
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.

QUARTERLY NEWSLETTER

JANUARY | FEBRUARY | MARCH | 2021

PRACTICING AN ATTITUDE OF GRATITUDE

Gratitude is more than saying “thank you” to a friend or loved one. It’s being grateful for all the things good and important in your life. You can be thankful for something like a gift, but you can also be grateful for things like a beautiful sunset, your ability to perform well at your job, or for simply being alive.

Research shows gratitude and your well-being are connected. Studies suggest that those who practice gratitude appear to be more optimistic, connected with others, and satisfied with their lives.

Here’s how you can practice gratitude and appreciate what’s important to you:

- At the end of each day, write down what you’re grateful for that day.
- Call someone just to say “thanks.”
- Write a short letter of appreciation to someone — you don’t have to mail it.
- Find creative ways to give thanks like taking pictures of things you’re grateful for or planting a garden of gratitude.
- Give thanks before a meal.



Source:

<https://www.lifehack.org/867535/attitude-of-gratitude>

Tips and Tricks for Safe-Shopping

Resource:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>

- Wear a mask in public settings.
- If feasible, order groceries online and opt for home delivery or curbside pickup.
- If online delivery or curbside pickup isn't an option, try going to the store during non-peak hours (early morning, late evening).
- If using personal reusable shopping bags, ensure they're cleaned before each use.
- Practice good hand hygiene. Before entering and after leaving the store, use a hand sanitizer that contains at least 60% alcohol.
- Use disinfecting wipes, if available, to disinfect the shopping cart.
- Avoid touching your eyes, nose, or mouth.
- While shopping or waiting in lines, stay at least 6 feet away from others.
- Use marked entry or exit points. Follow any directional signs or floor markings designed to ensure social distancing.
- If possible, only touch items you plan to purchase.
- When paying for your items, use touchless payment, if available. Otherwise, if you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
- When you get home, wash your hands thoroughly with soap and water.

3 BIG WAYS TO SHOP SMALL

When you shop local, you're supporting your town, city, and even your neighborhood. Here's three big ways you can shop small:

1. Frequent your local farmers market. Farmers markets are a great place to find homemade food, locally grown produce, and handmade products a plenty. You can get what you want, and happily shop knowing you are directly supporting important members of your community.
2. Shop as local as you can. There are over 28 million small businesses in the United States. Chances are you even know a friendly or family member who runs their own. Shopping local means you'll be purchasing products that can't be found anywhere else. If you're buying gifts for others, research local shops or restaurants in their area and buy a gift card or two.
3. Check out online marketplaces. Online shopping doesn't have to mean big retail. Online craft sites like Etsy are full of handmade, one-of-a-kind gift from creators across the globe.

No matter what you need, shop small first.



Source:

<https://blog.fivestars.com/shop-small-businesses-every-day/>



Utilizing Your EAP

With all the chaos going on in the world today, there's no better time to utilize your Employee Assistance Program (EAP).

An EAP offers a variety of services to you, the employee, and your immediate family members. These services are confidential and offered at no cost to you.

Most EAPs help with issues such as:

- Depression and anxiety
- Stress
- Fear
- Isolation
- Grief
- Financial challenges
- Housing concerns
- Family issues (marital issues, parenting challenges, etc.)
- Workplace concerns
- Alcohol or substance abuse

The COVID-19 pandemic has brought a lot of stress and uncertainty, and during these unprecedented times, you may be facing many challenges. Whatever you're dealing with, don't hesitate to contact your EAP. Be sure to find out if there's a virtual option available.

We're all feeling different emotions, so remember that it's okay to not be okay. Use the resources at your disposal to help you stay healthy and well.



Source:

<https://blog.ifebp.org/index.php/covid-19-eap>

FEATURED RESOURCE:

Getting Started With Mindfulness

If you're interested in learning more about the practice and benefits of mindfulness, check out this website for further information:

<https://www.mindful.org/meditation/mindfulness-getting-started/>.

