



# SmartFHR News

*Green Circle Life Newsletter*



## Healthy Relationships

With Valentine's Day showcased in February, this month can be a great time to reflect on your relationships. Do you have healthy relationships? Here's how you can tell: Healthy relationships value equality, respect, trust, communication, boundaries, responsibility and accountability, honesty, and non-threatening behavior.

Unhealthy relationships often have lack of communication, disrespect, dishonesty, jealousy, manipulation, criticism, dependence, isolation, and controlling behavior.

To build healthy relationships:

- Develop good communication skills and practice active listening.
- Express gratitude and appreciation through your words and actions.
- Treat others how you would like to be treated- practice understanding and compassion.

Learn more about managing relationships with digital coaching modules like 'Conflict Resolution' and 'Domestic Violence' found in the SmartFHR™ app. Reach out to us for a demo @ [info@greencirclelife.com](mailto:info@greencirclelife.com)

Wishing you the Best Health and Wellness!

SmartFHR Newsletter Team

## SmartFHR™ Feature

### Wellness Assessment

The Wellness Assessment in the SmartFHR™ App evaluates your overall wellbeing. Answer questions related to your physical, emotional, social, financial, occupational, and spiritual wellbeing while identifying areas of preventative care that may need to be addressed.

Compare your results to last year by accessing your 2021 Wellness Assessment report from Documents in SmartFHR™.

**Contact us for a demo of the SmartFHR™ platform or the Covid Passport at [info@greencirclelife.com](mailto:info@greencirclelife.com) or call us at 866-292-9645**

## Heart Health

February is American Heart month. What can you do to reduce your risk of heart disease?

- Maintain a healthy weight and get enough sleep. Lack of sleep is linked to increased weight and blood pressure.
- If you are a tobacco user, quit smoking.
- Stay moving. Participate in 150 minutes of moderate to vigorous physical activity each week (or 30 minutes, at least 5 days a week).
- Avoid sugar-sweetened drinks. Reduce fast food, restaurant food, and prepackaged processed foods to cut back on sodium and saturated fat.
- Increase vegetables, fruits, and whole grains, and choose lean protein like chicken, fish, or non-meat sources of protein over red meat.
- Know your numbers like blood pressure, blood glucose, and cholesterol.

## Healthy Tips

### Building a Healthy Relationship

Build relationships that keep you happy and healthy.

<https://www.helpguide.org/articles/relationships-communication/relationship-help.htm>

### Heart Healthy Nutrition Tips

Learn which foods are healthiest to improve your cardiovascular health and protect against heart disease.

<https://www.helpguide.org/articles/diets/heart-healthy-diet-tips.htm>