



SmartFHR Newsletter



Healthy Strong Relationships

The number and strength of your relationships affects both your physical and mental wellbeing. Strong social connections have been proven to lower rates of anxiety and depression, as well as lead to higher self-esteem, empathy, and can even strengthen your immune system.

There are three types of communication that you can have with others:

- Intimate. This includes loved ones such as family and friends
- Relational. People you see regularly, such as coworkers
- Collective. People who share a group membership such as co-workers, those of similar faith groups, support groups, etc.

It is important to think about each area and whether or not you have meaningful relationships in each. You can focus on building stronger relationships by reaching out to people you already know, starting a conversation with someone you see on a regular basis, or joining a local team or hobby group.

Learn About the SmartFHR™ App: Wellness Assessment

Want to be as healthy as can be in 2023 but don't know where to start? Take the Wellness Assessment in your SmartFHR™ App to help identify areas to improve and get personalized recommendations. The Wellness Assessment is a great way to measure your health progress from year to year. Get started on yours today!

Healthy Recipe: Avocado-Grapefruit Salad

Flavorful ingredients of the Caribbean — avocado, grapefruit, cashews, allspice* and ginger root — combine to make a refreshing side salad. Add grilled shrimp or scallops and the salad becomes a warm-weather, main dish entrée. Two fruits in this salad deliver uniquely different nutrient benefits: avocados with their heart healthy monounsaturated fats, and vitamin C-rich grapefruit!

Read more at <https://www.eatright.org/recipes/salads/avocado-grapefruit-salad-with-citrus-vinaigrette-recipe>

Healthy Relationships

Respect for both oneself and others is a key characteristic of healthy relationships. In contrast, in unhealthy relationships, one partner tries to exert control and power over the other physically, sexually, and/or emotionally.

Read more at <https://youth.gov/youth-topics/teen-dating-violence/characteristics>

Connect with others

Your friend gets your joke. Your co-worker offers congrats. Your spouse hugs you hello. They are all helping you bust stress and boost well-being. In fact, Mental Health America found that 71 percent of people surveyed turned to friends or family in times of stress.

Humans are social animals: We crave feeling supported, valued, and connected.

Read more at <https://www.mhanational.org/connect-others>