



SmartFHR Newsletter



Be as Healthy as you can be in 2023

Another year has come and gone; the start of a new year is always a great time to think about what you would like to accomplish in 2023. Consider parts of your health that could use the most improvement, and then set realistic expectations and steps to achieve your goals. Try using some of the tips below for a successful and healthy you in 2023!

Focus on a supportive environment: Your environment is always influencing you. Consider how the people you spend the most time with, the space you work and live in, what you read, watch, and follow-on social media support your healthy goals.

Self-monitoring: Try journaling to boost your mental health or tracking your physical health progress in the SmartFHR™ App to help manage stress - potentially avoiding burnout.

Prepare for barriers: Unfortunately, life has a way of throwing things off course; having a plan for these unexpected situations will help get you back on track. The goal is progress not perfection.

From the Desk of Green Circle Life Health Partners

Cervical Cancer Awareness Month

Read more <https://www.smartfhr.com/email-images/january-cervical-cancer-awareness-month.jpg>

Learn About the SmartFHR™ App: Communication

Stay up to date on wellbeing challenges and important benefits deadlines! Now is a great time to make sure your cell phone number and email address are updated in the SmartFHR™ App; you will never have to worry about missing out on important news!

Healthy Recipe: Simple Tomato Basil Soup

Soup is good for the body and the soul, especially on cold winter days when all you crave is comfort food. Canned tomatoes are one of my favorite items to keep stocked in my pantry, especially for soups and stews because they are healthy and convenient for making quick meals.

Read more at <https://foodandnutrition.org/blogs/stone-soup/simple-tomato-basil-soup/>

New Year's Resolutions that Stick

It's the time of year again when people make New Year's resolutions, many of which are health related. Losing weight, eating healthier, exercising and quitting smoking are popular choices. Losing weight usually leads the group, but also is the most difficult to accomplish.

Read more at <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/making-new-years-resolutions-that-stick>

Cervical Cancer Awareness

Cervical cancer is cancer that starts in the cells of the cervix. The cervix is the lower, narrow end of the uterus (womb). The cervix connects the uterus to the vagina (birth canal). Cervical cancer usually develops slowly over time. Before cancer appears in the cervix, the cells of the cervix go through changes known as dysplasia, in which abnormal cells begin to appear in the cervical tissue. Over time, if not destroyed or removed, the abnormal cells may become cancer cells and start to grow and spread more deeply into the cervix and to surrounding areas.

Read more at <https://www.cancer.gov/types/cervical>