

# HEALTHLIFESTYLE

## Monthly Wellness Briefs

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January 2025



### This Month

#### January is Cervical Cancer Awareness Month

Cervical cancer is a disease of the cervix, which connects the uterus to the vagina in women. It was once a leading cause of cancer death for women in the U.S., but screening and prevention have reduced deaths caused by this disease. Regular Pap tests can help to diagnose causes of cervical cancer before the cancer stage.

This cancer is one of several that can be caused by infections that arise from bacteria, viruses, and parasites. HPV (human papillomavirus) is a viral infection that can be associated with the cause of cervical cancer. This is why vaccines against this virus are so important to prevent infection.

#### Learn More!

Log in to your Wellness Portal at:

<https://workingwellcws.com/auth/>



Enter your User Name and Password,  
*or* click **First Time User? Register Now.**

Need help logging in?

Email [support@cws4life.com](mailto:support@cws4life.com)

or call 260-434-0909

## Creating Sustainable Habits

Many people make resolutions at the beginning of the year and then abandon their New Year's resolutions sometime around February 1st. Remember that a resolution need not take place at the start of a calendar New Year. Resolutions can be made throughout the year, and habits can be changed regardless of when the resolution is made. The start of the New Year for you is when you make the commitment to change.



If your resolution or goal this year is to get healthy, lose weight, run a 5k/10k/marathon, de-stress yourself, stay on budget, get organized, spend more time with family, or expand your career opportunities, then you are not alone since these are the types of goals that many people set.

These are all worthy goals, but you may have set yourself up for failure at reaching those goals before you even start working on them. Make sure that your goals are attainable and set short-term and long-term goals that you know that you can achieve. If you find yourself having trouble working toward your goal, then revisit your goal instead of abandoning it altogether. Recognize that you may need help to reach your goals and that you might have slips along the way.

Your lifestyle and wellness are made up of many habits that can create health and happiness for you or cause problems for you. Building new habits that create good, and replacing the bad habits with good habits is what making a resolution and creating a goal is all about.



**1 blood donation  
can save up to**

**3 lives.**

## National Blood Donor Month

According to the American Red Cross, winter is a difficult time to maintain a sufficient blood supply. Busy schedules and bad weather often lead to missed appointments and fewer donations. Consider donating blood this year.

**Blood donations can save many lives!**

January 2025 By: Jason Hojnacki, LCSW, LAC - EAP Therapist

## Leaving Work at Work

Often, we have challenging days at work, which we then carry home with us emotionally. This can rob us of needed time and energy to relax and recharge. Other times, we are so busy during the workday that we bring work home with us, which limits our ability to spend time with our families and complete household responsibilities. Another culprit

is when we begin checking our e-mail or texts at home, which might make us physically at home, but mentally still at work. Trying to balance our responsibilities at home, while still trying to complete work from our jobs can lead to substantial amounts of stress and even physical illness at times. What if we could find ways to leave work at work so we can relax at home and focus on the other important aspects of our lives?



*Effective ways to leave work at work:*

- **Have a routine that helps remind you when your work is completed for the day** - Turn off your computer and make sure you have notes laid out so you can pick up where you left off for the next business day. This could be a way to signal to your brain that work is done for the day.
- **Have a set schedule if possible** - Have a schedule posted that can be seen by everyone that shows set times when you are available and when you are not available. This will also serve as a reminder for yourself as to when to focus on work and when to complete other tasks. While this is not always practical in various positions, it can help keep you and those around you stay organized.
- **Communicate your schedule with your co-workers and manager** - Let them know when you will be available and when you will not be available and make sure everyone is agreeable and on the same page.
- **Leave your electronic devices at work or in another room** - This will limit temptation to check your e-mail, Teams, and other work projects.
- **Remember that your work time will be much more productive and effective if you are able to have sufficient down time** – If you have time on a daily basis to relax and do other projects, it will be much easier for you to focus and be mentally clear when it's time to focus on work.

***For more information, join our webinar on Leaving Work at Work & Pelvic Health on Wednesday, January 15th, 2025 at 11:30AM CDT/12:30PM EDT***

**Northern & Western Indiana Region, Illinois Region CALL 1-800-747-7262**

**Central (Indianapolis) Region CALL 1-800-963-0060**