

You've got focus

Be aware

August 2017 Newsletter

What makes you happy?

Monthly Awareness: Psoriasis: Myths and facts

Infographic: Small changes = big impacts

Let's Talk video: Parenting - Kids and chores



Many of us aren't aware of what makes us happy — or unhappy, for that matter. **Find out more about happiness.**

Psoriasis is a chronic disease that affects about 3 percent of people in the U.S. **Learn some facts about psoriasis.**

You may feel as if you have to make a big change all at once. But it might be easier to think in terms of making little changes over time. **Find simple steps here.**

Chores are an important part of life skills building. And they can help you balance out your workload as well. **Watch the video here...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources *for* Living®

What makes you happy?



It sounds like a simple question, doesn't it? Yet many of us aren't aware of what makes us happy — or unhappy, for that matter.

Some people think happiness is something that “happens” to them — like finding a pot of gold at the end of the rainbow. But happiness isn't luck or magic. It's something you create yourself.

You make your own happiness

Happiness starts with your attitude toward life and includes your choices, the people you keep close and your sense of purpose. You can increase your happiness by focusing on these tips:

- **Keep an optimistic outlook.** We all experience stress. It can be a challenge to stay positive at times. Yet happiness is built on a bright, upbeat point of view. So try to concentrate on the positives.
- **Connect with others who are loving and supportive.** Invest in friends and family who help you enjoy the good times and stick with you during the hard times.

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- **Find and fulfill your purpose.** Many people find they're happier when they're giving. Find out how you can become involved in a project or cause that fills you with purpose and pride.
- **Live in the “now.”** No one can predict the future so there's not much point in worrying about it. Try to live for today and fill it with fun, love and pleasure.
- **Value what you have.** Remember the old “glass half empty or half full” idea? See your glass as half full and don't forget to take credit for all the good you create.

You hold the key

Be aware of your choices, beliefs and actions; they make a difference in how you feel. Take happiness into your own hands and enjoy the results!

Psoriasis: Myths and facts



Psoriasis is a chronic disease that affects about 3 percent of people in the U.S.¹ The chief symptom is skin inflammation. Psoriasis can seem to go away for a while and then suddenly flare up.

During a flare-up, you can get scaly skin patches on your knees, elbows, scalp — or anywhere else on your body. Your skin may itch, burn or bleed. Psoriasis can make you feel uncomfortable and self-conscious.

TRUE OR FALSE?	ANSWERS
1. Psoriasis is genetic.	1. True. Psoriasis tends to run in families.
2. If you touch someone with psoriasis, you can catch it.	2. False. Psoriasis is not contagious even if you touch, kiss or have sex during a flare-up.
3. There is no cure for psoriasis but treatments can help during a flare-up.	3. True. There is no cure yet. But there are many ways to deal with flare-ups including creams, pills and UV light therapy.
4. People with psoriasis should stay away from others when they have flare-ups.	4. False. During flare-ups, people may feel upset about the way their skin looks. But there is no medical reason for staying away.
5. People with psoriasis can get depressed.	5. True. Like anything else that causes self-consciousness, psoriasis can lead to stress, low self-esteem and depression. Support groups and stress reduction are good ways to cope.

How many answers did you get right?

People who have psoriasis need to take special care of themselves. But their illness poses no risk to others. For more information, visit the National Psoriasis Foundation website.

¹Types of psoriasis: Medical pictures and treatments. Accessed April 2017.

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Small changes = big impacts

You may feel as if you have to make a big change all at once. But it might be easier to think in terms of making little changes over time.

For example, if you want to:

Practice

Get better at a hobby —
Practice an extra 10 minutes
a day



Save

Save an extra \$1,825 each year —
Cut your spending by \$5/day

Get fit

Take in fewer calories —
Eat slower from a
smaller plate



Learn

Advance in your career —
Learn a new skill each month

Connect

Keep in touch with friends
and family — Call someone
every week



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