

Keep the momentum

Live now

December 2018 Newsletter

Featured Article:
Better living through laughter

Monthly Awareness:
It's Identity Theft Awareness Month: Are you at risk?

e-Health video:
Alone but not lonely

Let's Talk video:
Coping with an empty nest



Want to improve your life? Start by laughing. Seriously. Laughter is good for your body and mind. **Learn more about the benefits of laughter.**

Do you shop online? Go to ATMs? Use your smartphone and other e-tools to do your banking? **Learn more about identity theft and how to protect yourself.**

Do you know the difference between “being alone” and “being lonely”? Being alone can actually be good for you. **Find some ways you can benefit from alone-time.**

When children leave the house, it can be a big change for parents. **Watch this video to learn more about coping with the feelings of change.**

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®

Better living through laughter



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Want to improve your life? Start by laughing. Seriously. Laughter is good for your body and mind.

What are the benefits of laughter?¹

- **It can help control pain.** Humor can help ease and manage pain.
- **It can help fight stress and illness.** Stress is bad for your immune system. When you laugh, you reduce stress hormones and boost immune cells and infection-fighting antibodies.
- **It relaxes you and creates positive energy.** A good laugh can help loosen up tense muscles and reduce stress. It can connect you to other people. It can help fight depression and anxiety.
- **It releases “feel good” chemicals into your bloodstream.** Laughter causes your body to release endorphins — natural chemicals that help create a sense of happiness and well-being.

What’s so funny?

Wondering where to find humor in your everyday life? Look for fun and laughter by:

- Playing with kids and pets

- Watching comedies
- Replaying TV or movie scenes you’ve found most hilarious
- Surfing YouTube for funny clips
- Listening to jokes
- Reading the comics, humorous books and articles
- People-watching and observing everyday life. There are lots of funny things all around you: You just need to look for them.

Feel a giggle coming on? Don’t suppress it. Consider laughter part of your wellness regimen. They don’t call it “the best medicine” for nothing!

¹[Stress relief from laughter? It’s no joke.](#) Accessed November 2018.

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It's Identity Theft Awareness Month: Are you at risk?



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Do you shop online? Go to ATMs? Use your smartphone and other e-tools to do your banking? Conveniences like these make life easier for sure. But they can also put you at risk for identity (ID) theft.

How does ID theft happen?

It occurs when someone with bad intent gets information like your full name, birthdate, social security or health insurance numbers. They can get this data through scams, hacking, stealing or other illegal acts. Armed with enough information, crooks can try to file for tax refunds, make big purchases, access your bank accounts, apply for loans, open credit cards and more — all in your name.

Some warning signs of ID theft

- Your bank statement shows withdrawals you didn't make
- You get calls about unknown debts
- You see credit card purchases you don't recognize
- You get medical bills for visits or procedures you didn't have
- A company you do business with has a data breach

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Ways to protect yourself

- Never give ID information over the phone if you didn't make the call.
- Check your credit card and bank accounts at least monthly. Report any unusual activity right away.
- Don't share your passwords or pin codes.
- Check your credit report for free at least once a year. [Click here to learn how.](#)

How to get help

Want to find out more ways to protect yourself? [Just visit this website.](#)

And, if you think your ID has been misused, call the Federal Trade Commission (FTC) hotline: **1-877-IDTHEFT (1-877-438-4338)**. Or go online to [IdentityTheft.gov](#) to file a report and start a recovery plan. Be alert and proactive to help safeguard your identity.