

# Dream big

# Set your sights

February 2019 Newsletter

*Featured Article:*  
**Lace up your sneakers and head to the mall**

*Monthly Awareness:*  
**Self-esteem booster**

*Infographic:*  
**Ways to start a budget**

*Let's Talk video:*  
**Career networking**



Don't let winter put a damper on your exercise routine. Enjoy hassle-free walking all year long. **Learn more about mall walking.**



February is International Boost Your Self-esteem Month. There's no better time to start seeing yourself in a brighter light. **Find ways to increase your self-esteem.**



Are you writing or revising your personal budget? **Here are five tips to help you get going.**



Networking can help build your career and your communication skills. **Watch this video to find tips to help grow your career network.**

## 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<sup>®</sup>

# Lace up your sneakers and head to the mall



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Don't let winter put a damper on your exercise routine: Get your exercise at a local mall. Enjoy hassle-free walking all year long.

## Mall walking offers great benefits

- **It's free.** Exercise is "on the house" — or on the mall, actually. Naturally, if you're a serious window shopper, you could end up spending some money. But the exercise won't cost you a dime.
- **It's weather-proof.** It never rains, snows, gets foggy or dark at the mall. It's a pleasant place to walk in any season.
- **It's safe and clean.** Walkways are smooth and well-lit. Many also have security guards.

- **It's a good way to socialize.** You can join a group or meet other solo walkers. You can even meet up for a cup of coffee or lunch. Some malls let you enter before they open for business so you can walk without bumping into shoppers.

## How to find a mall walking group

Contact a local mall and ask for the customer services or management office. You may find that your mall already has groups. If not, you can walk alone or start a group. Management may even help you publicize the groups since they may draw people to the shops and restaurants.

## Set your sights on exercise

Thanks to mall walking, you can work out in any climate. You can stroll, power-walk or strike a pace in-between. Walking builds energy, fights depression and improves fitness — all good year-round goals.

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# Self-esteem booster



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February is International Boost Your Self-esteem Month. There's no better time to start seeing yourself in a brighter light.

Self-esteem begins in early childhood. At first, it's based on how adults in your life respond to you. Do they soothe you when you cry? Encourage you when you try something new? Their reactions help shape your sense of self-worth.

## Increasing your self-esteem

Many people have low self-esteem. Luckily, it's not set in stone. You can improve it at any time. Do you know how?

- 1. Pay attention to your self-talk.** We all talk to ourselves. What's your style? Do you give yourself positive messages? Or put yourself down? Do you think things like "What's wrong with me?" or "How could I be so stupid?" As you become aware, you can change negative self-talk.
  - Begin to notice achievements and tell yourself "Nice job!"
  - Reduce self-criticism because it's discouraging — not motivating.

- 2. Pay attention to your strengths.** It's easy to pick out flaws. Why not notice how you shine? Are you handy, a good friend, a caring pet owner, funny or loving? Give yourself credit for all your big and little assets.
- 3. Pay attention to your own needs.** Self-care shows how much you value yourself. Take care of your diet, fitness and emotional needs. You can't be "there" for others if you're not "there" for yourself.

Practice these steps to build up self-esteem. It takes awareness and repetition of new habits to improve self-esteem. And you can do it!

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# BUDGET

*Are you writing or revising your personal budget? Here are five steps to help you get going:*

1 Set your savings goals

2 Add up your pay

3 Track spending for a month or two

4 Look for costs you can cut

5 Watch your savings grow



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