

NOVEMBER 2020



PRACTICING GRATITUDE

Practicing gratitude is simply the act of recognizing the good things, appreciating them, and showing thankfulness for them. But how do you start?

Start a gratitude journal. You can write in long form, bullet form, draw—whatever way speaks to you, as long as you are conveying things you are grateful for.

Listen to a gratitude podcast. Some gratitude podcasts focus on learning to recognize negativity and training the mind to become more aware, while others simply talk about gratitude itself. Do your research to find a podcast that best suits your needs.

Create gratitude reminders. Setting yourself a reminder to pause and find something to express gratitude toward is a great way to practice gratefulness. Some ways to create gratitude reminders are:

- Setting a reminder or alarm on your phone for a certain time every day.
- Writing on a sticky note.
- Writing a message on your bathroom mirror in dry-erase marker that you can see every morning and change as needed.
- Setting a gratitude quote or phrase as your phone wallpaper—something you will look at whenever you check the time.

BREAKING DOWN BODY IMAGE

Body image is the mental representation an individual creates of themselves. But it doesn't always match up with how you actually appear. Body image can be distorted by early experiences, the attitudes of parents when growing up, and internal elements such as emotion and mood.

Severe poor body image is called body dysmorphic disorder, where perceived defects in appearance become an obsession. Poor body image can affect many aspects of life, including self-esteem, career performance, relationship satisfaction, and overall quality of life.



THOUGHTS AND OPINIONS ABOUT YOUR BODY START FORMING AS EARLY AS 3 YEARS OLD.

If you have a negative body image, how can you overcome it?

- Consider what your body does for you. Your legs take you where you need to go. Your arms let you hold the people you love. Write down the things your body does that you're grateful for.
- A trusted friend or family member can help you discuss your feelings and discourage negative self-talk.
- Engage in positive activities, such as eating healthy meals and exercising.

If you're struggling with severe symptoms, a therapist or psychologist could help you.

BENEFIT SPOTLIGHT



GOING GENERIC

We've all heard the news stories about high-cost prescriptions. But did you know you can save an incredible amount of money by choosing the generic option? The makers of brand-name drugs have costs such as research, testing and promotions, some of which will trickle down to the consumer. But once the patent expires, other companies can take the formulation and create a generic version.

Generic drugs are versions of brand-name drugs, so they share most properties, including:

1. Exact same dosage
2. Same intended use
3. Route of administration (i.e. oral, topical, or injectable)
4. Risks & safety

Because they are the same medicine, generic drugs are just as effective as brand-name drugs and undergo the same rigid FDA standards. But on average, a generic version costs 80% to 85% less than the brand-name equivalent. To find out if there is a generic equivalent for your brand-name medication, visit www.fda.gov.



BONUS ARTICLE OF THE MONTH: WINTER SAFETY 101
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