

Dakota Wellness Program

DECEMBER 2024

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NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

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HEALTH PLAN

Mastering Goal Setting: The Key to Success

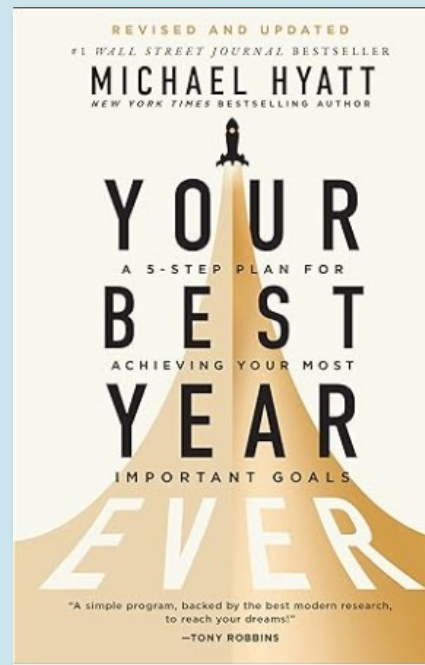
Goal setting is the roadmap to success, providing direction, purpose, and motivation in life. By setting clear and achievable goals, individuals can define what they want to accomplish and create a plan to make it happen. Goals give us something to strive for, fueling our ambition and determination. They provide a sense of focus and clarity, guiding our actions and decisions towards desired outcomes.

Moreover, goal setting helps prioritize tasks and activities, ensuring that time and resources are allocated efficiently. By breaking down larger objectives into smaller, manageable steps, goals become more attainable and less overwhelming. This incremental progress boosts confidence and momentum, encouraging continued effort and perseverance.

Additionally, goal setting fosters accountability and self-discipline. When we commit to specific targets and deadlines, we hold ourselves accountable for our actions and outcomes. This accountability drives us to stay disciplined and focused, even in the face of challenges and distractions.

Furthermore, setting goals promotes personal growth and development. It pushes individuals out of their comfort zones, encouraging them to stretch beyond their limits and unlock their full potential. Through the process of striving towards goals, people gain valuable experiences, skills, and insights that contribute to their overall growth and success.

In essence, goal setting is not just about achieving specific outcomes; it is about living with intention and purpose, continuously striving to become the best version of oneself.



Book Club

***Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals* by Michael Hyatt**

“*Your Best Year Ever*” by Michael Hyatt offers a comprehensive 5-step plan for achieving your most important goals. Hyatt emphasizes the importance of setting clear, achievable goals and provides practical strategies for overcoming obstacles and staying focused. The book guides readers through a process of reflection, vision casting, and action planning to make their dreams a reality. It’s a roadmap for personal and professional growth, aiming to help readers make the most of every year.

Discussion questions

1. How do Michael Hyatt’s 5 steps for achieving your most important goals resonate with your own goal-setting process? Are there any steps you find particularly insightful or challenging to implement?
2. Hyatt emphasizes the importance of reflection and self-awareness in setting meaningful goals. Share an experience where self-reflection helped you clarify your goals or overcome obstacles. How do you incorporate reflection into your goal-setting routine?
3. One of the key concepts in “*Your Best Year Ever*” is the idea of overcoming limiting beliefs and fear of failure. How do you personally tackle these mental barriers when pursuing your goals? Have you found any specific strategies or mindset shifts particularly effective in overcoming them?

Ask the Expert: **How do companion animals contribute to human well-being?**

Having a pet can significantly enhance mental well-being by reducing stress through companionship and unconditional love. Interacting with pets has been linked to lower levels of cortisol, the stress hormone, and increased production of oxytocin, known as the “love hormone.” Pets also provide social support, reducing feelings of loneliness and isolation. Furthermore, caring for a pet fosters a sense of purpose and routine, promoting mental stability. Overall, the bond between humans and their animal companions offers profound emotional support, contributing to improved mental health and a greater sense of happiness and fulfillment.



Harmony Within: The Art of Stress Reduction

Stress reduction is essential for maintaining mental and physical well-being. Simple practices like deep breathing, meditation, and exercise can significantly alleviate stress. Deep breathing techniques, such as diaphragmatic breathing, calm the nervous system and promote relaxation. Meditation cultivates mindfulness, enabling individuals to observe thoughts without judgment, reducing anxiety. Regular exercise releases endorphins, natural mood lifters, and decreases cortisol, the stress hormone.

Prioritizing self-care, adequate sleep, and healthy nutrition also mitigate stress levels. Establishing boundaries, managing time effectively, and seeking social support create a supportive environment. Ultimately, a holistic approach to stress reduction fosters resilience and enhances overall quality of life.



Mastering Time: Essential Tips for Effective Time Management

Effective time management is crucial for productivity. Here are some valuable tips to master and manage your time.

- 1 First, prioritize tasks based on urgency and importance**
- 2 Utilize tools like to-do lists or apps to organize and track tasks**
- 3 Break large tasks into smaller, manageable chunks to avoid overwhelm**
- 4 Set realistic deadlines and stick to them**
- 5 Minimize distractions by creating a dedicated workspace and turning off notifications**
- 6 Learn to say no to tasks that don't align with your goals**
- 7 Schedule regular breaks to recharge and maintain focus**
- 8 Practice delegation to lighten your workload**
- 9 Finally, review and adjust your schedule regularly to optimize efficiency and adapt to changing priorities**

Preventive Health

Immunizations

Immunizations are among the most effective ways to protect yourself and others from the risk of infectious disease. Almost all preventive immunizations are offered at zero cost to Sanford Health Plan members when using an [in-network provider](#).

Everyone: Different vaccinations are recommended throughout our lifespan. The CDC vaccine schedule varies by age group and includes infants, children, adolescents and adults. Vaccines are reviewed and administered during primary care visits. [Click here for tips to choosing a primary care provider.](#)

Pregnant Women: Babies can receive some disease immunity from their mothers during pregnancy by the passing of antibodies from mother to baby. This immunity can help protect babies from certain diseases during their early months, before they can get vaccinated.

Travelers: Travelers should consult with their primary care provider or travel medicine specialist several weeks prior to their trip. This visit will provide an opportunity to discuss routine vaccines, vaccines that may be required for entry into a country or vaccines that the CDC recommends for travelers, based on the destination.

To learn more about vaccinations covered by Sanford Health Plan, [click here](#).

Monthly Observances

Safe Toys and Gifts Month

December 1-7:
Handwashing awareness

December 1-7:
Influenza vaccination

December 1:
World AIDS Day

Turkey, Mushroom & Wild Rice Soup

Serves: 6

Total Time: 2 hours

Ingredients

3-4 pound roasted bone-in turkey breast	1 ½ tablespoons tomato paste
1 medium onion, diced	2 quarts chicken stock
2 carrots, diced	1 cup heavy cream
2 stalks celery, diced	2 teaspoons finely chopped rosemary or thyme, divided
2-3 cloves garlic, minced	salt and pepper
8 ounces button mushroom, chopped	
1 cup wild rice	

Instructions

Roast the turkey breast (can be done ahead of time)

(NOTE: You will use half of the roasted turkey to get the 2-3 cups of shredded turkey needed for this recipe.)

1. Dry-brine the turkey breast: season with salt, black pepper, and the zest of one lemon. Refrigerate for at least two hours, or overnight.
2. When ready to cook, preheat the oven to 425°F. Remove the turkey breast from the refrigerator and let temper on the counter for up to 30 minutes.
3. Line a sheet tray with parchment, and drizzle the turkey breast with a tablespoon of olive oil. Roast the turkey breast for about 20 minutes, then reduce the oven to 375°F. Continue to cook for about 35-45 minutes, or until an internal temperature of 165°F. Let the turkey rest to cool before shredding. Shredded turkey can be made ahead of time and stored in the refrigerator for 3 days.
4. Sauté the onion on medium heat for about 5 minutes, until it starts to become translucent. Add the carrots and celery, and cook for another 5 minutes or so, until the vegetables are slightly tender. Add the garlic and cook 30 seconds, until fragrant.
5. Add the chopped mushrooms. Cook for about 10 minutes, until tender and lightly browned. Make a well in the middle of the pot by pushing the vegetables to the sides. Add a tablespoon of oil and the tomato paste to the middle of the pot and stir for about 30 seconds letting it cook and darken slightly. Add 1 ½ teaspoons of the chopped rosemary and combine all the ingredients.
6. Stir in the chicken stock and salt.
7. Add the wild rice. Cook for about 40 minutes, until tender.
8. Add 2-3 cups of shredded turkey and the heavy cream. Stir to combine and warm through.
9. Serve immediately, topping each portion with black pepper and a pinch of the remaining chopped rosemary or thyme, if desired.



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